

Brainspotting Session Guidelines

- o You do not have to try to do anything-just notice.
- o Allow yourself to feel emotions and various sensations in your body.
- o You do not have to try to analyze the problem or what you're experiencing.
- o You may talk as much as you want, or as little as you want.
- o I may ask you, "Where are you now?" or "What are you noticing now in your body?" This is referring to where you may be in your thoughts or what sensations/feelings you may be experiencing.
- o You may have waves of feeling uncomfortable sensations and emotions and waves of feeling more calm-pay attention to the process is all you need to do to let your brain/body heal.
- o It can be common to feel twitches, muscle tension/relaxation, or changes in breathing during the session- this is part of the nervous system accessing and healing trauma.
- o I may ask you on a scale of 0 to 10 how activated you feel by your issue you are focused on or the emotions you are feeling, 10 being the highest and 0 being not at all.
- o Silence is OKAY and helps to facilitate deeper processing.
- o I may ask you to wear headphones during your session for biolateral stimulation. This is where the sounds you hear moves back and forth from right to left helping your right and left brain to integrate together while processing which helps you to stay in your inner deep brain.
- o TRUST the process and allow your brain to heal and unwire unhealthy connections.
- o You may ask for anything you need during the session.