

What to Do to Get Ready for a Virtual Brainspotting Session

To help you get ready for a virtual brainspotting session, I'd like to ask you to gather a few items:

- Your phone and a computer/tablet (decent size screen).
 - Two devices if possible. One for the telehealth session and one for playing music. If this is not possible, that's okay - Brainspotting will still work!
- A scarf that you can easily tie, a beanie, another type of winter hat (the material should feel comfortable on your skin), or a COVID mask.
- Bilateral/biolateral sounds readily available on your phone.
- A pair of headphones.

Here are a couple options for bilateral/biolateral sounds:

- Spotify:
<https://open.spotify.com/album/5IVVEoTyCTPAOSbeWtLPx3?si=W873tVvPRWus9TmdQXfUoA>
- Ocean sounds: <https://www.youtube.com/watch?v=CLWzoGkkmqs>
- Guitar sounds:
https://www.youtube.com/watch?v=Eu_kSaFzSR0&list=OLAK5uy_kHWc_TguRKMYgg0b4ajY
- Biolateral Sounds: [8phTP-VfhDYk](https://www.youtube.com/watch?v=8phTP-VfhDYk)
- 90 minute Seaside:
https://soundcloud.com/hardcvr/lateral-ambient-seaside-90-mins?si=7c9f5fd1beab421db944417310a62360&utm_source=clipboard&utm_medium=text&utm_campaign=social_sharing

If you have access to two devices, see if you can play the sounds on your phone and connect your headphones to that. Then see if you would be able to still hear me on your computer or tablet with the sounds playing on your phone. We can play around with this when we get started to make sure we have a setup where you can both hear the sounds and hear me talking.

When you're getting ready, make sure you have a comfortable seat in a space with comfortable lighting. If you can place your computer or laptop on something stable so you don't have to hold it or have the computer shift, that will allow you to focus on your session. If you would like to have other objects that help you to ground, please feel free to bring those to our session. Lastly, please know that we will be exploring and talking about what works best for you. There's no right or wrong here.