

# APPLICATIONS OF BRAINSPOTTING

Issues including but not limited to:

- Physical and emotional trauma
- Anxiety, phobias, OCD
- Depression
- PTSD
- Recovery from injury and accidents
- Trauma resulting from medical interventions and treatment
- Stress and trauma-related medical illness
- Performance and creativity enhancement
- Fibromyalgia and other chronic pain conditions
- Addictions (especially cravings)
- Environmental illness and Chronic Fatigue Syndrome
- Preparation and recovery from surgery
- Mass trauma including war and natural disasters

# MOUNT TABOR COUNSELING

Mount Tabor Counseling utilizes brainspotting as an effective therapeutic modality to reduce unwanted suffering (emotional distress), promote personal growth, and develop professional competency.

## CONTACT US



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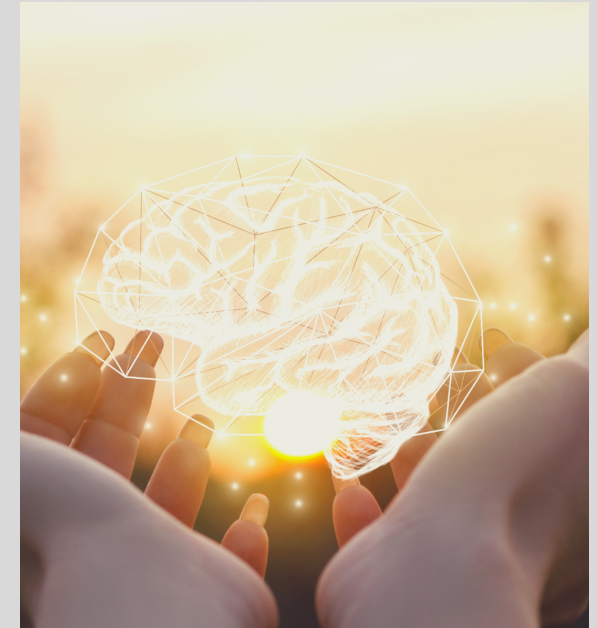
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# Brainspotting



THE NEW BRAIN-BASED  
THERAPY FOR RAPID  
AND EFFECTIVE CHANGE

"Where you look,  
affects how you feel."  
-David Grand

[www.brainspotting.com](http://www.brainspotting.com)

# Brainspotting

## What is Brainspotting?

Brainspotting (BSP) is a powerful, focused treatment method that works by identifying, processing and releasing core neurophysiological sources of emotional/body pain, trauma, dissociation and a variety of other challenging symptoms.

BSP makes use of the natural phenomenon of where you look affects how you feel through its use of relevant eye positions. Together the therapist and client pair a fixed eye position and body sensation to an unresolved issue. This rapid, highly effective mind/body centered therapy technique appears to go beyond the cognitive awareness and connects one to their body's innate wisdom to heal itself.

## What if I don't have trauma?

We all have experienced trauma in some capacity, whether it be from distressing events, adverse childhood experiences, unmet emotional needs, or abuse and neglect.

## Could it help me?

Brainspotting is a therapeutic tool for everyone with a variety of issues. If you are new to therapy and are looking for a way to change patterns of behavior, BSP can help resolve the emotional and physical pain that keeps you stuck in those patterns. If you have been in therapy before, but have the sense that your work could go deeper, BSP can take therapy to another level of healing. If you are uncomfortable with talking about your past traumatic experiences, this modality will enable you to heal without having to tell or retell your story. Lastly, BSP can be used to enhance performance, creativity, and create regulation in your brain and body.

## How effective are the results?

Clients report they are able to find the cause of their conflicts and turn them into growth opportunities.



"Brainspotting allowed me to find my path to self healing and a renewed life."

-Ted

"Having been on both sides of the couch so to speak, I can vouch both personally and professionally to the power of Brainspotting. Brainspotting was transformative in my personal life to the point that I felt I needed to earn my certification in order that I could share the healing power of Brainspotting with my clients. Brainspotting is like a gift of change and healing that you want to share with everyone."

-Lisa