Katie Plumb

MA, LCSW (93568)

hello@katieplumb-lcsw.com

562-731-0549

Client Setup for Telehealth Brainspotting

Virtual Brainspotting (BSP), requires the client to do some setup on their end before the session takes place, since the therapist can't provide the usual equipment. Before a telehealth-BSP session, the client will need:

- ❏ A device that can play audio (a cell phone, ipod, etc). To avoid technology conflicts and complications, it is ideal that this is a separate device from the one used for the telehealth session
    - ❏ A desktop or laptop computer is best for the telehealth meeting, if you have access to a computer with a camera. This is both to allow as big a field of vision as possible and make the clinician easy to see. If a tablet or cell phone must be used for the video session, it should be stationary (not held in your hand), and set up to be eye level or as close to that as possible.
- ❏ Headphones: the best headphones are those that go over the ears and do not limit environmental sounds (ie. the NON noise cancelling/cheap kind--earbud work as well). This allows the therapist to talk to the client through the telehealth platform while the Brainspotting audio track is running. Note that in order for the music track to be effective, both ears need to receive the audio equally and the audio sound needs to be in stereo.
- ❏ A Brainspotting "Biolateral Sound" audio track, downloaded or otherwise prepared on the device being used for BSP. These can be found on Apple Music (e.g. 'David Grand's Biolateral Sound for Brainspotting'), Spotify and YouTube (note that the best one would be whatever you have a subscription to, as some will interrupt the music with ads). If you cannot access these playlists, let your therapist know in advance of session.
    - ❏ The volume of the Biolateral Sound should be quite low; *barely* audible, dim background music. It should be easy to hear the clinician over the biolateral track.
- ❏ An environment that is as distraction-free as possible. Pets should be put in a different room. On the devices being used, notifications and other noises (such as incoming call volume) should be turned off or muted.

Helpful Additions:
- ❏ Sticky notes or something that can help park spots in your field of vision outside the telehealth screen
- ❏ Tissues
- ❏ Drinking Water

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❏ Blanket, sweatshirt or other means of temperature control
❏ A sleep mask, bandana or something else to cover one eye, in the case that the BSP session involves isolating one eye.

Other things to do to prepare for session:

It is recommended that you come to session ready with the issue/topic of your choice. It is important that you become "activated" (ie upset/dysregulated enough that you can feel it in your body), which your therapist will assist you with in session, but the more prepared you are, the more efficient the process will be. It is very helpful to journal about the topic and your feelings about it just prior to session. It is also helpful to practice Mindfulness as frequently as possible. Meditations are available on YouTube, but my favorite app for learning the art of staying present and observing your internal process is called 'Buddhify'; it is available on the app store for a one-time purchase (no subscription required) of $5.00, and allows you to choose a meditation based on whatever you are currently doing (e.g. feeling stressed, trying to sleep, taking a walk, scrolling social media, etc).

Setting all of this up in advance allows for session time to be used for the more meaningful process. If you have any hiccups or questions, please do not hesitate to reach out to your clinician for support and assistance.

Katie Plumb, MA, MSW, LCSW
3701 Long Beach Blvd., Suite 303
Long Beach, CA 90807
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https://katieplumb-lcsw.com