



Brainspotting (BSP) Guidelines

- 1.) You do not have to try to do anything :)
- 2.) Allow yourself to feel emotion and various sensations in your body--do your best to not push anything away
- 3.) You do not have to try to analyze the problem. You are not *thinking about* the problem/issue, you are *feeling and sensing* the issue
 - a. In session we are attempting to move your process out of the neocortex (thinking, reasoning brain), into the subcortex (deepest felt emotions, sensations, memories). The more you analyze, the less subcortical you will remain, and the process will slow.
 - b. Thoughts will arise (some will seem random, but there is a reason for all) naturally, but rather than letting your attention be taken (by following them in a judgmental or analytical way), mindfully notice them as separate from you, something to observe with curiosity.
- 4.) You may talk as much as you want, or as little as you want during the session
 - a. Silence is absolutely OK
- 5.) I may ask you, Where are you now? This is referring to where you may be in your thoughts or what you are experiencing emotionally (or remembering, or seeing, etc).
- 6.) I may ask you, What are you feeling in your body? This is referring to various sensations or pains you may be experiencing such as tightness in your chest, stomach ache, tension in your neck, eye twitching, or anything else being experienced.
- 7.) I will ask you on a Subjective Units of Distress (SUDs) scale of 0 to 10 "how 'activated' do you feel?" by the issue you are focused on, or the emotions you are feeling, 10 being the most activated/upset/dysregulated, and 0 being not activated at all.
 - a. The BSP process is most effective and efficient when we start at the highest activation level possible.
 - i. If you are under-activated, I will ask questions to increase it. These can be unpleasant in the sense that feeling such emotions and senses is typically difficult and something that is avoided--they are only designed to help

the process, and the more activated you are going in, the more relief you will feel at the end.

- ii. If you are consistently struggling to “drop in” at the start of session, I may ask you to journal about the issue: what is upsetting about it, what the worst part about it is, and what you’ve lost/stand to lose if this issue is not resolved, just prior to beginning the session.
 1. You can also practice the mindfulness aspect of the process on your own--the app Buddhify is my favorite for learning and practicing this skill.

8.) I will ask you to wear headphones during your session for bilateral stimulation music (these should be the NON-noise-cancelling type). This is where the sounds you hear bounce 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. The music will be playing at a very low volume, loud enough you can hear it faintly but can also hear my voice clearly.

9.) TRUST the process and allow your brain to heal and unwire unhealthy connections. Everything that happens during a session is important, so do your best not to judge anything that comes up.