



Brainspotting Trainings Inc.

Phase Four Training Manual

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The Evolution of Brainspotting:
Healing through a
Neuroexperiential Lens
by
David Grand, PhD

THE EVOLUTION OF

Brain spotting

HEALING THROUGH
A NEUROEXPERIENTIAL LENS

DAVID GRAND, PhD

1



***Brainspotting
Phase 4***

***“Where you look still
affects how you feel.”***

2



NEWTOWN-SANDY HOOK
COMMUNITY FOUNDATION, INC.

Report of Findings from the Community Survey, September 2016

The mission of the Foundation is to devote itself to furthering and supporting operations and activities which address the short-term and long-term unmet needs of individuals and the Newtown community arising from the tragic events at Sandy Hook Elementary School on December 14, 2012.

<http://www.nshcf.org/wp-content/uploads/2016/09/2016-NSHCF-Community-Assessment-Report.pdf>

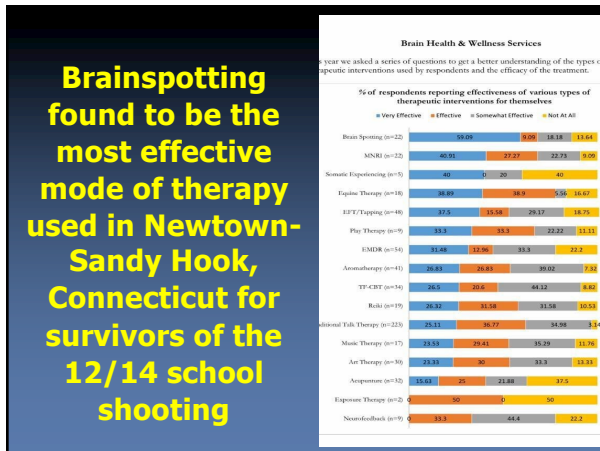
Brain Health & Wellness Services

Over the past year we asked a series of questions to get a better understanding of the reported specific interventions used by respondents and the efficacy of the treatment.

% of respondents reporting effectiveness of various types of therapeutic interventions for themselves

	Very effective	Effective	Somewhat effective	Not at all
Brain Spotting (n=22)	36.4%	59.1%	4.5%	0.0%
MIND (n=22)	45.5%	36.4%	18.2%	0.0%
Neuro Experiential (n=5)	40.0%	0.0%	20.0%	40.0%
Eyeless Therapy (n=10)	30.0%	30.0%	30.0%	10.0%
PT/CT Therapy (n=10)	30.0%	30.0%	30.0%	10.0%
Play Therapy (n=10)	30.0%	30.0%	30.0%	10.0%
EMDR (n=14)	35.7%	35.7%	35.7%	0.0%
Acupuncture (n=11)	36.4%	36.4%	36.4%	0.0%
YF/CRF (n=14)	35.7%	35.7%	35.7%	0.0%
Relax (n=15)	33.3%	33.3%	33.3%	0.0%
General Talk Therapy (n=23)	34.8%	34.8%	34.8%	0.0%
Mind Therapy (n=17)	35.3%	35.3%	35.3%	0.0%
Art Therapy (n=10)	30.0%	30.0%	30.0%	10.0%
Acupuncture (n=12)	33.3%	33.3%	33.3%	0.0%
Expressive Therapy (n=2)	0.0%	0.0%	0.0%	0.0%
Neurofeedback (n=15)	33.3%	33.3%	33.3%	0.0%

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4

Brainspotting – the efficacy of a new therapy approach for the treatment of Post Traumatic Stress Disorder in comparison to Eye Movement Desensitization and Reprocessing

by Hildebrand, Grand and Stemmler

Mediterranean Journal of Clinical Psychology MJCP
Vol 5, No 1 (2017)

5

50,000 Therapists trained in Brainspotting

100 BSP Trainers Internationally

Argentina, Australia, Austria, Armenia, Azerbaijan, Belgium, Brazil, Canada, Chile, China, Costa Rica, Dubai, Ecuador, El Salvador, France, Ireland, Latvia, Germany, Greece, Hungary, Indonesia, Israel, Italy, Japan, Jordan, Madagascar, Malaysia, Mexico, The Netherlands, New Zealand, Norway, Panama, Paraguay, Philippines, Poland, Portugal, Romania, Russia, Samoa, Serbia, Singapore, Slovenia, South Africa, South Korea, Spain, Sweden, Switzerland, Taiwan, Thailand, Turkey, U.S., Ukraine, UK, Uruguay

6

**For information go to our
new website:
Brainspotting.com**

7

Brainspotting Phase 4

Day 1
AM
Intro lecture
Video microanalysis 1
PM
Dreamspotting/Projected Imagespotting

Day 2
AM
Intro lecture
Video microanalysis 2
PM
Expansion Model

Day 3
AM
Intro lecture
Video microanalysis 3
PM
Bodyspotting

8

Brainspotting Phase 4

Day 1

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**This Phase 4 training
is designed to be
highly interactive**



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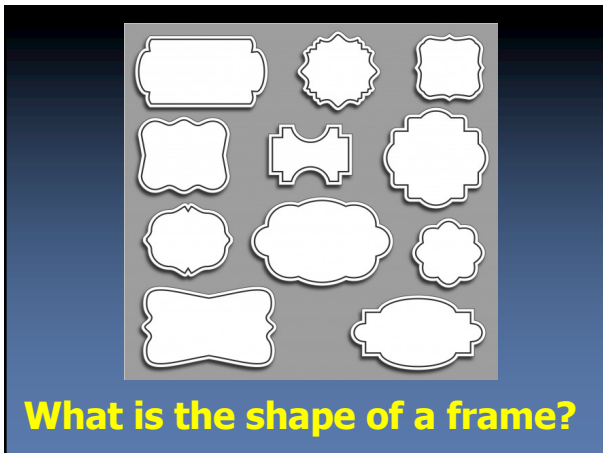
What is the frame in Brainspotting?

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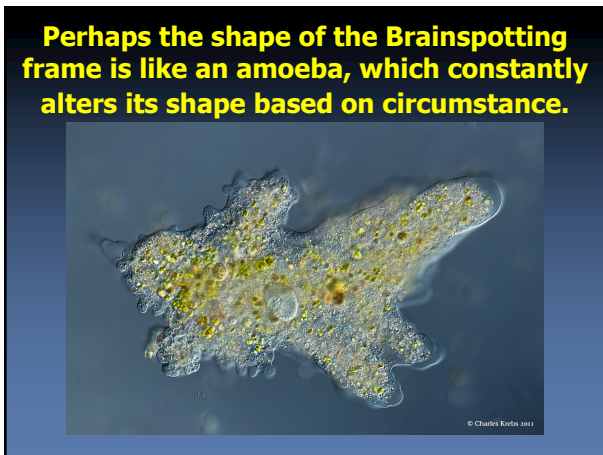
Why do we use a frame?



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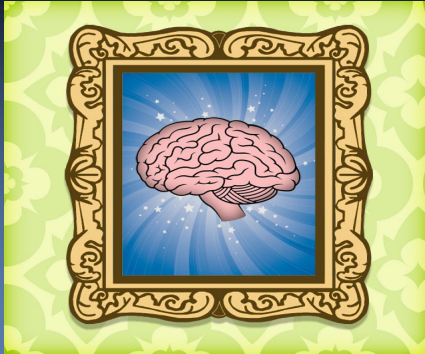


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Facing the Uncertainty of the client's 1 to 4 quadrillion synaptic connections, we set and hold a frame around the somatic and affective activation of their experience.



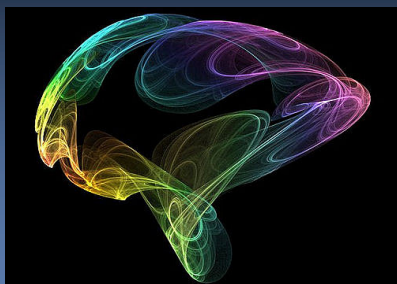
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The purpose of the frame is to provide neural and experiential focus for the client.

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Thus the frame activates and potentiates focused mindfulness that leads to systemic change.



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Video microanalysis of a Brainspotting Session - 1

19

Dreamspotting/Projected Image Spotting



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**Client memories, fixed images or
flashbacks can be, or are, projected on to
the wall behind the therapist.**

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The image that is spontaneously projected positionally, creates a simultaneous eye position or Brainspot.



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Group exercise with Projected Image Spotting

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Dreamspotting is the application of Projected Image Spotting to dreamwork

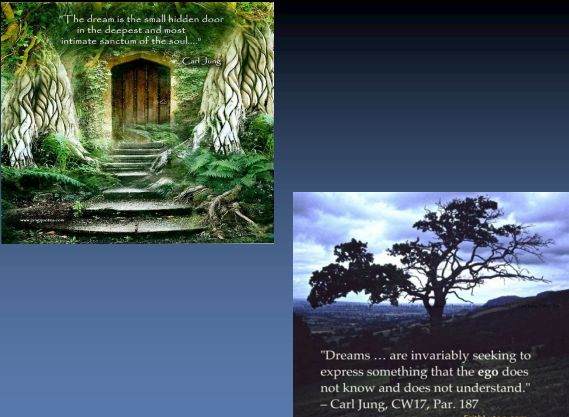


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**Freud called dreams,
"the royal road to the unconscious".**

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The dream is the small hidden door
in the deepest and most
intimate sanctum of the soul...
- Carl Jung

"Dreams ... are invariably seeking to
express something that the ego does
not know and does not understand."
- Carl Jung, CW17, Par. 187
erithluton.com

26

**The whole brain is active during dreams,
from the brainstem to the neocortex.**



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How often do your clients bring a dream to their sessions?



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How often do dreams come up in your client's sessions or during their processing?

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When the client presents a dream for processing, the therapist first asks if the client is visualizing it.

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**The therapist then asks the client,
"Where do you see the dream on the
wall behind me?"**



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**The client is guided to gaze at the
Dreamspot and follow their
processing wherever it goes.**

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**Periodically the therapist guides the
client to go back to the dream to see
what it looks like and feels like.**



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The dream may have faded or gone away and something else may have arisen.

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The end of the Dreamspotting process is organically determined.



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Dreamspotting Demonstration

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Dreamspotting Practicum

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Brainspotting Phase 4

Day 2

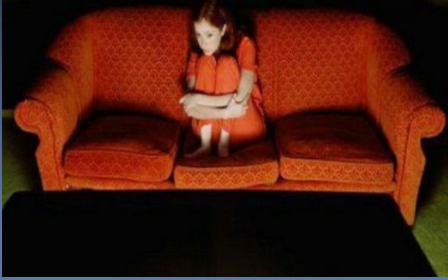
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**What therapist exposure
generates the most intense
limbic countertransference?**

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As trauma therapists we are exposed to cruelty such as perpetration against children as well as domestic abuse including assault and murder.



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We are also exposed to existential traumas both natural and man-made.



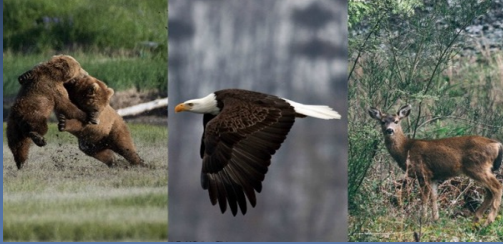
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All therapists hold their own personal vulnerability, both conscious and unconscious.

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What exposure triggers you the most?



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Video microanalysis of a Brainspotting Session - 2

44

The Expansion Model of Brainspotting



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Expansion can be used when the client reaches a squeezed lemon zero.

46

The SUDs goes from ten to zero. Expansion goes from zero to infinity.



47

The therapist guides the client to return awareness to the site of the original body vulnerability. As it has been cleared it becomes a site of body possibility.



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Processing from this expansion spot can be done for a brief or extended period of time.

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Brainspotting Sports Performance and Creativity Enhancement are examples of the Expansion Model.

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Clients can come in solely for expansion work. This can include performance, creativity, personal growth, spirituality and raised consciousness.



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The therapist explores the experience of expansion in the client's body and then guides the client to locate the expansion spot. Multispotting is common in Expansion work.

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The therapist and client hold the Expansion Frame together and openly follow wherever the process leads.



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Expansion Model Demonstration

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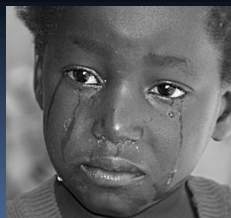
Expansion Model Practicum

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Brainspotting Phase 4

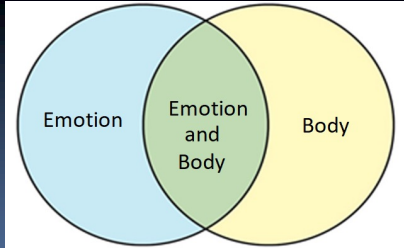
Day 3

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**Much attention is given to body
memory while less attention is
given to emotional memory.**

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Emotional memories and body memories can be felt together or separately.

58

Emotions felt in adulthood may actually be memories. Powerful emotions may be unrecognized manifestations of flashback.



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This is especially the case with sadness, grief, anxiety and panic.

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Panic attacks and phobias may be unrecognized flashbacks of traumatic experiences, perhaps from preverbal development.



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Brainspotting can be used to frame powerful, abiding emotional states and gain access to early traumatic experiences.

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Video microanalysis of a Brainspotting Session - 3

63

Bodyspotting

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I handed the pointer to a client to do some selfspotting with proximity. He asked if it was okay for him to use the pointer to touch and press a spot on his body.



65



The client went into deep somatic processing which he found very helpful. I also observed that as soon as he pressed the pointer on a bodyspot, his eyes immediately locked on a gazespot.

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In sessions, the client and I continued to use this approach, at times employing two or more pointers on different bodyspots.



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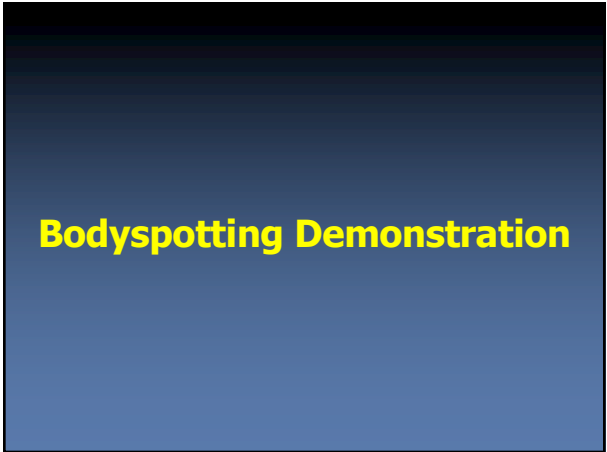
Bodyspotting appears to be different than acupressure or energy tapping because the bodyspots were found solely intuitively and were matched with spontaneous eye positions.

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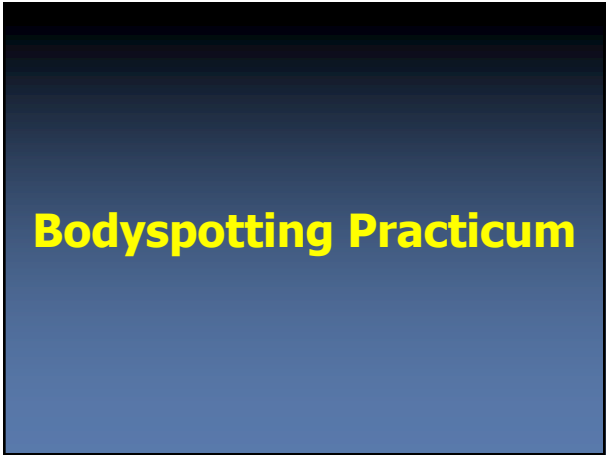
Although highly experimental, I have found Bodyspotting to be very effective with a variety of clients. It reflects that beyond eye positions, there are many sensory avenues for accessing the neurobiology and releasing trauma.



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