



***BRAINSPOTTING: A POWERFUL APPROACH  
TO BEREAVEMENT***

**MARY JANE O'ROURKE, MSW, LCSW, LICSW  
Kaiser Permanente Hospice and Palliative Care Northwest  
Bereavement Counselor**

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

## **Learning Objectives:**

- 1. Gain a broad view of the Brainspotting in the therapeutic context of the grief process.**
- 2. Understand the added value of Brainspotting in processing grief associated with various experiences of death, dying and bereavement.**
- 3. Explore the Brainspotting skill of profound therapeutic presence and the positive therapeutic outcomes associated with it in the bereavement setting.**

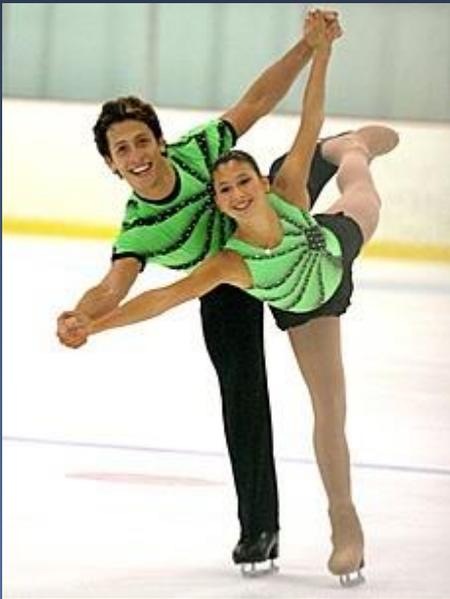
**Released  
by Sounds  
True in  
April 2013**

# Brainspotting

THE REVOLUTIONARY NEW THERAPY  
FOR RAPID AND EFFECTIVE CHANGE

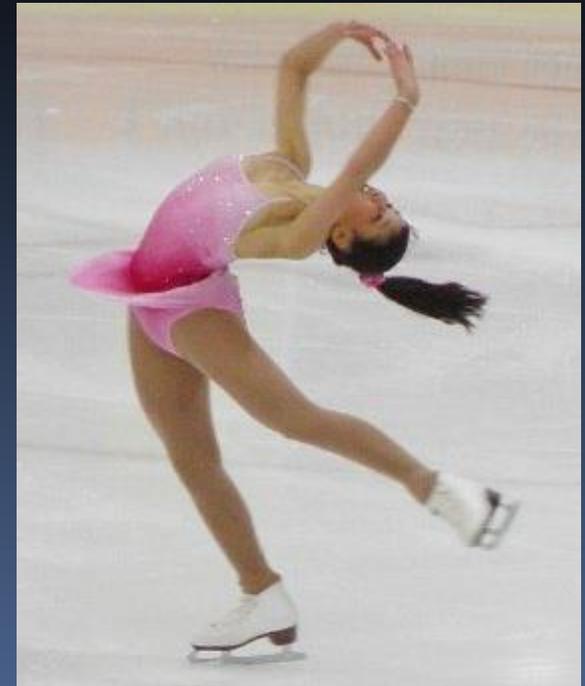
DAVID GRAND, PhD

**The discovery of Brainspotting occurred in 2003 with a 16 year old figure skater who couldn't master the triple loop. We targeted the moment her jump went awry.**



**While she tracked David's finger crossing her visual field, her eyes wobbled and froze. David instinctively held her gaze at that point.**

**A torrent of trauma material poured out for the next ten minutes.**



**Despite a year of weekly 90 minute sessions, new memories of maternal abandonment leading to parental divorce as well as countless sports injuries flowed out with intense emotion.**

**David Grand was struck by the fact that new material emerged that had not come out in a year of intensive treatment. But was even more struck that issues that had been “resolved” reemerged and processed through to a deeper level.**



**The next day the young skater performed a flawless triple loop for the first time.**



**And she never had the problem again**

# Sandy Hook Tragedy



## Report of Findings from the Community Survey, September 2016

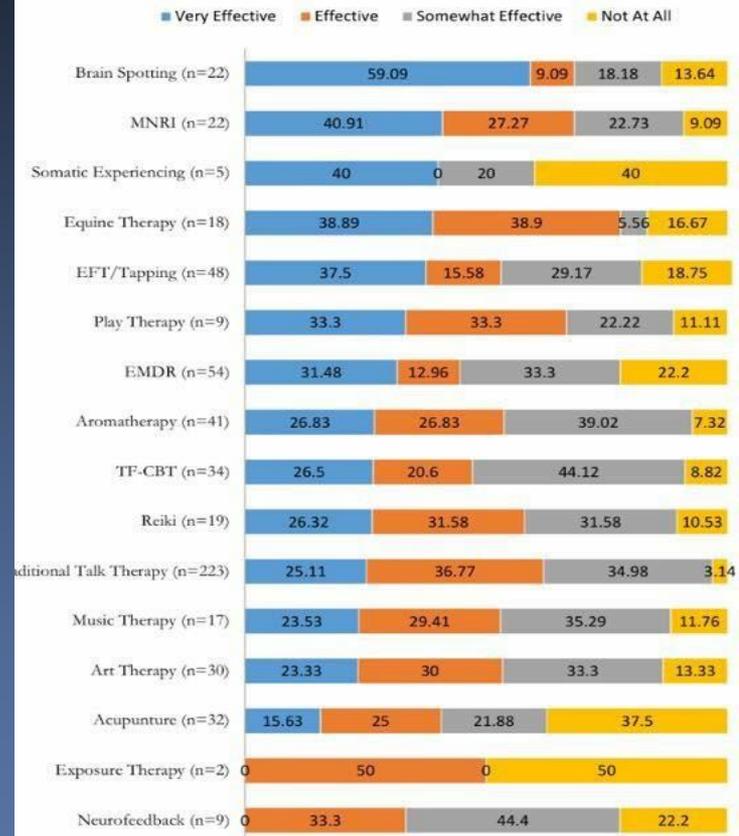
The mission of the Foundation is to devote itself to furthering and supporting operations and activities which address the short-term and long-term unmet needs of individuals and the Newtown community arising from the tragic events at Sandy Hook Elementary School on December 14, 2012.

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

### Brain Health & Wellness Services

This year we asked a series of questions to get a better understanding of the types of therapeutic interventions used by respondents and the efficacy of the treatment.

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

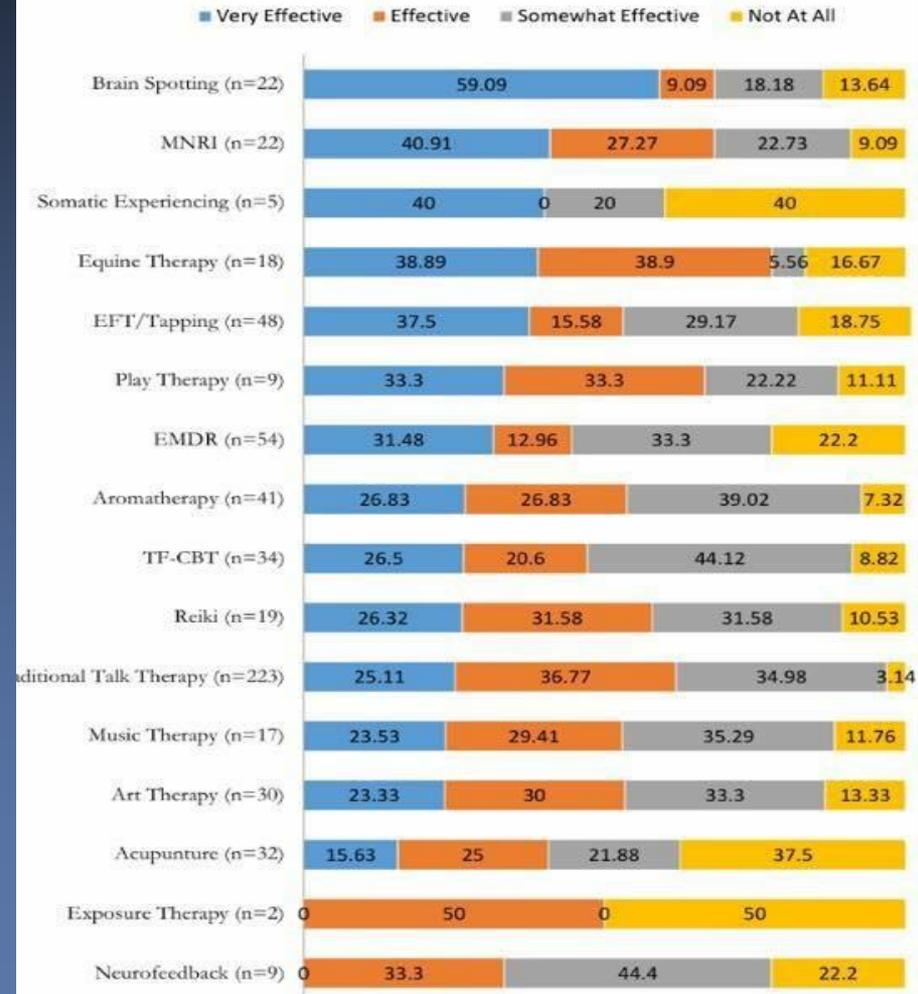


# Brainspotting found to be the most effective mode of therapy used in Newtown- Sandy Hook, Connecticut for survivors of the 12/14 school shooting

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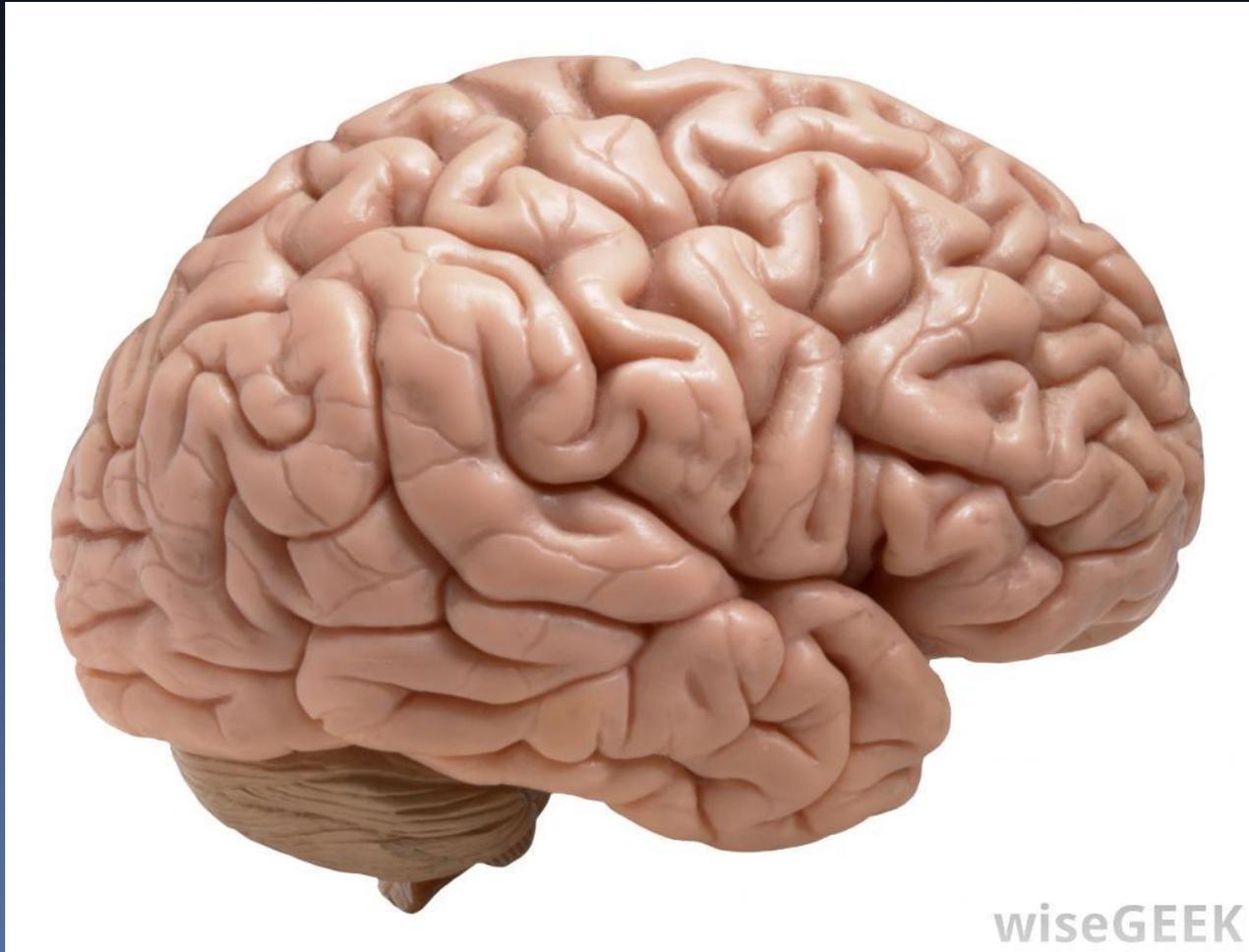
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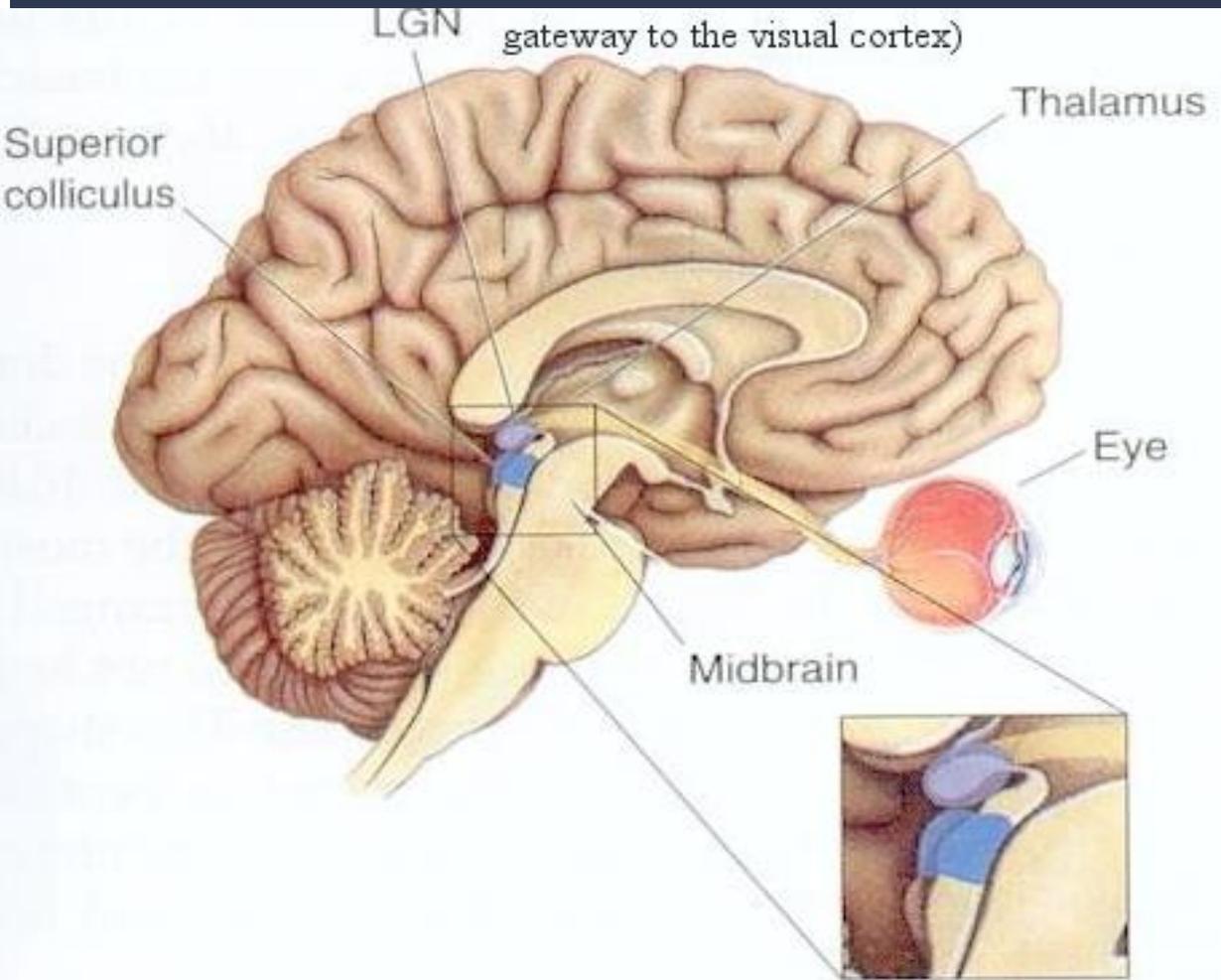
**For information regarding  
research and case studies go to:**

<https://brainspotting.com/about-bsp/research-and-case-studies/>



**Brainspotting is a “brain-body based” relational therapy**

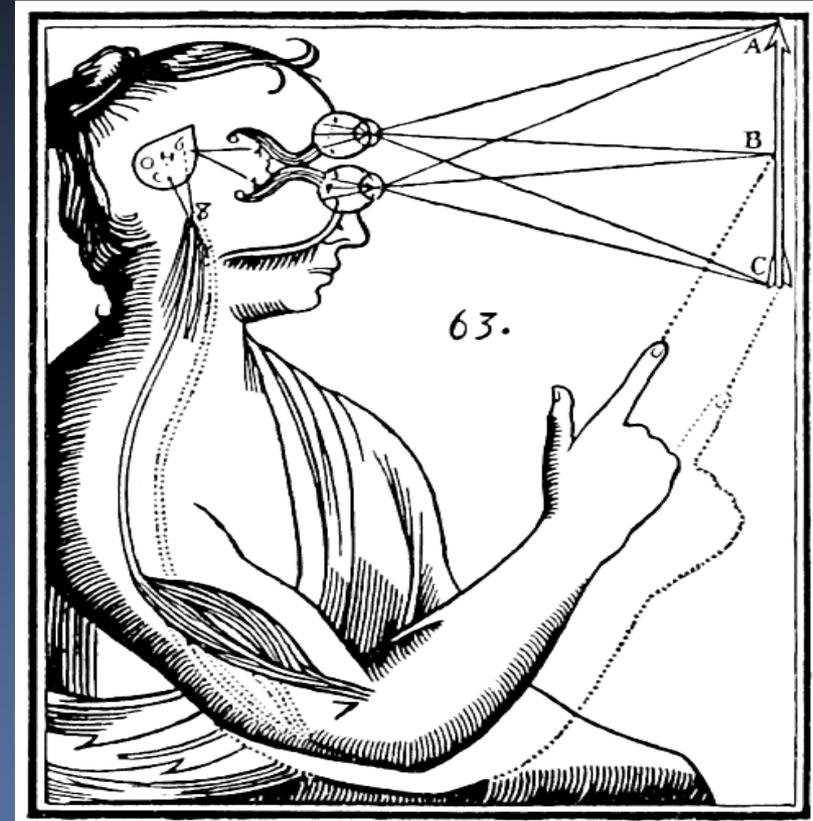
**It is theorized the BSP accesses the visual (1st) and tactile (3<sup>rd</sup>) layers of the Superior Colliculi. The BioLateral Sound may access the auditory (2<sup>nd</sup>) layer**





**BSP appears to bypass the neocortex to access the subcortical limbic system and the brainstem (midbrain)**

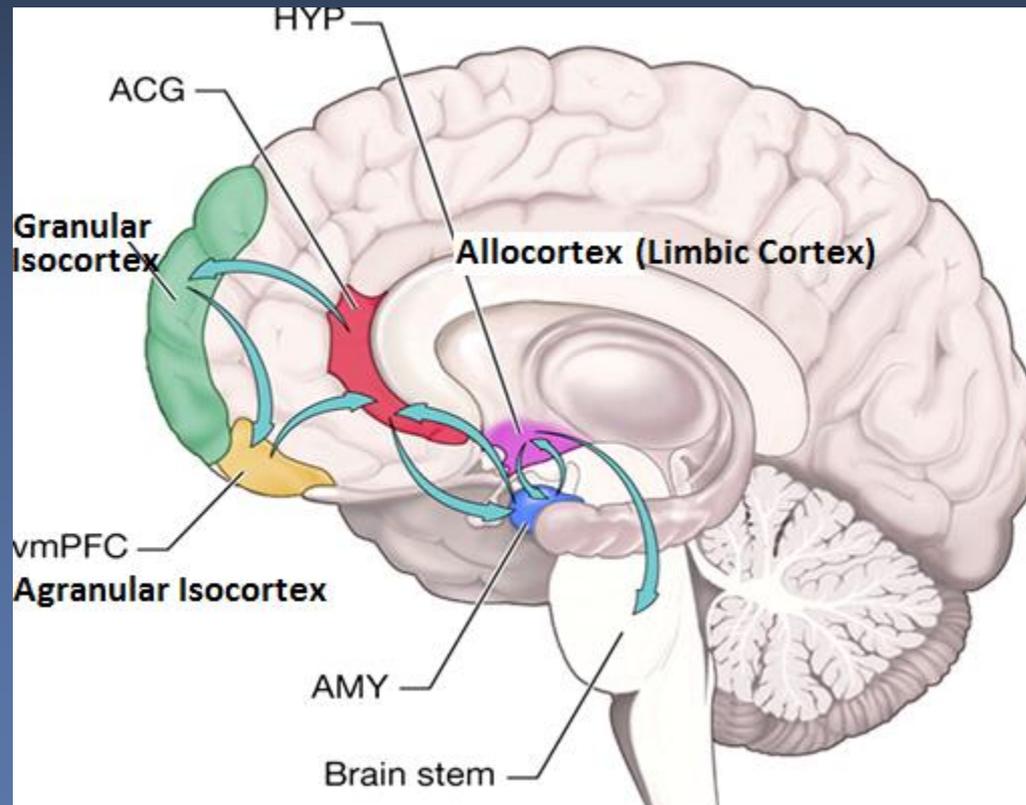
**BSP is accordingly is seen as a physiological approach with psychological consequences.**



**The limbic system has a cortex known as the allocortex (limbic cortex) which is highly involved in regulation**



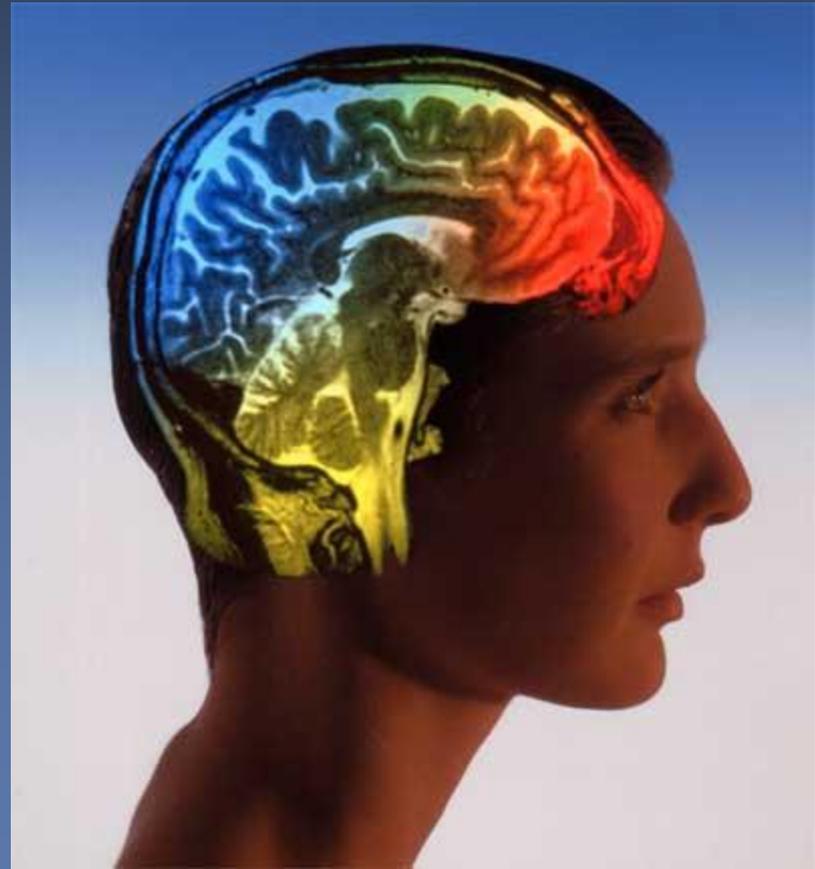
**The agranular isocortex (ventromedial, orbitofrontal and anterior pfc) and the allocortex are involved in ongoing regulation, the granular isocortex (neocortex) is not.**



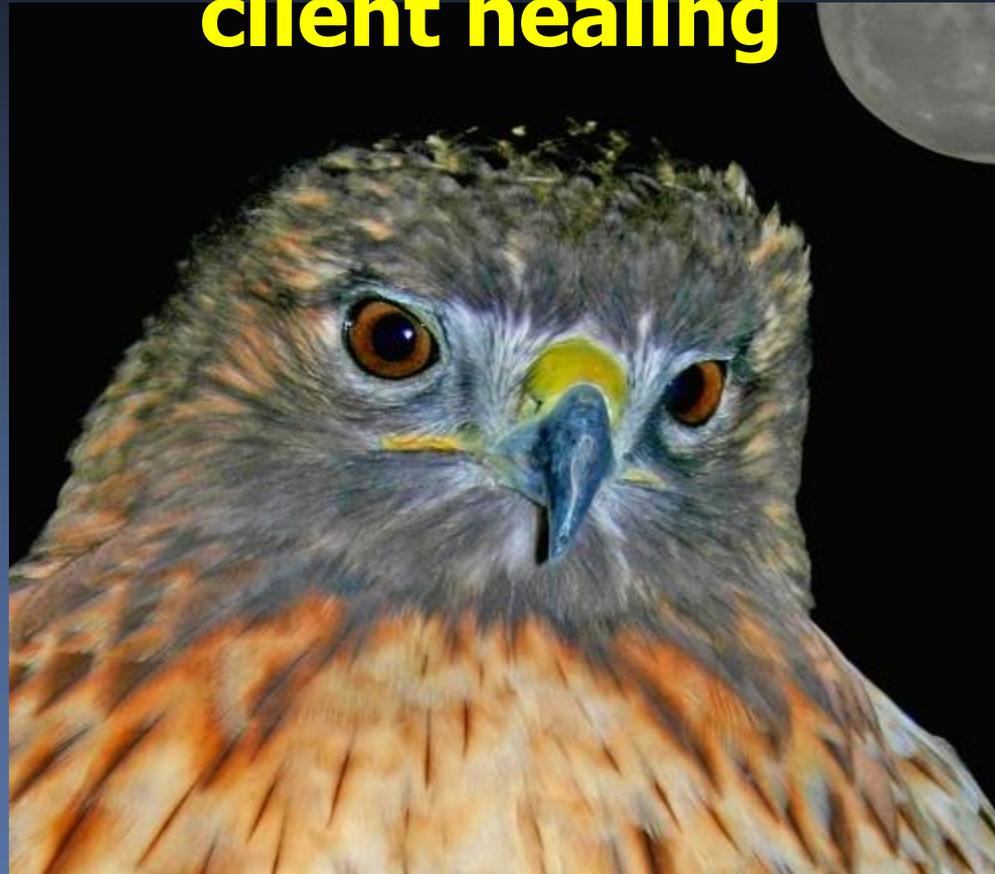


**Brainspotting attempts to access the the regulating capacities of the agranular isocortex and the allocortex with the dual attunement frame**

**Brainspotting makes use of Dual Attunement which simultaneously combines relational and neurobiological attunement. This fits the model of Interpersonal Neurobiology (Siegel)**



**It is the attuned, empathic, witnessing presence of the therapist that promotes client healing**



**Being focused mindfully on this enhances the healing**



**Evelyn Turner cries next to the body of her husband, Xavier Bowie  
New Orleans, August 30, 2005  
*Photo by Eric Gay***

# the tasks of grief

**T** = To accept the reality of  
the loss

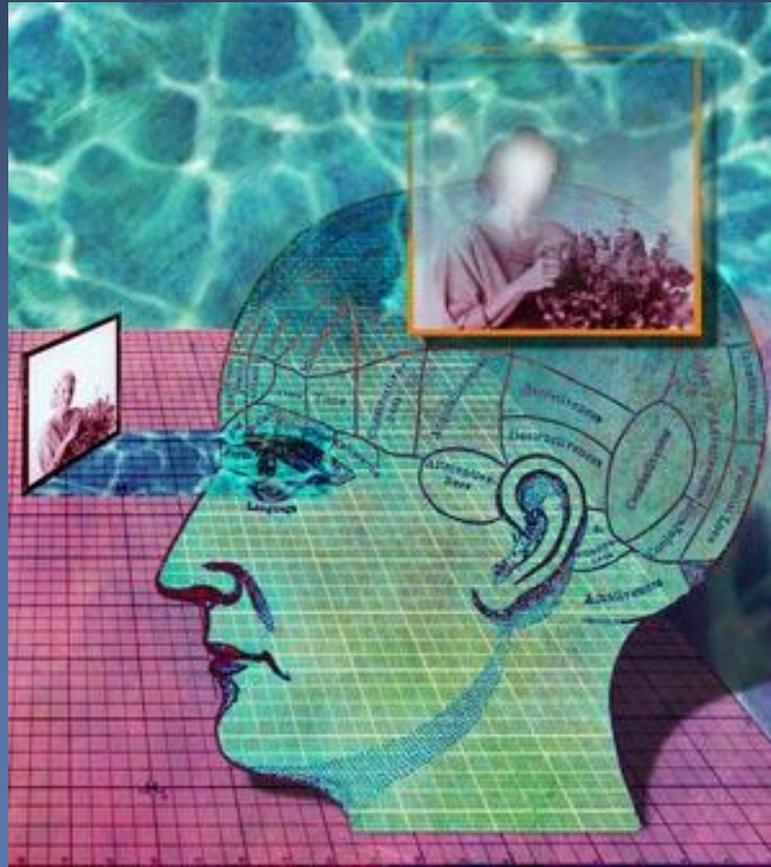
**E** = Experience the pain of the loss

**A** = Adjust to the new environment  
without the lost person

**R** = Reinvest in the new  
reality

**By addressing trauma associated with grief, bereaved are afforded the opportunity for the experience of missing the person who died vs. reliving the dying process.**

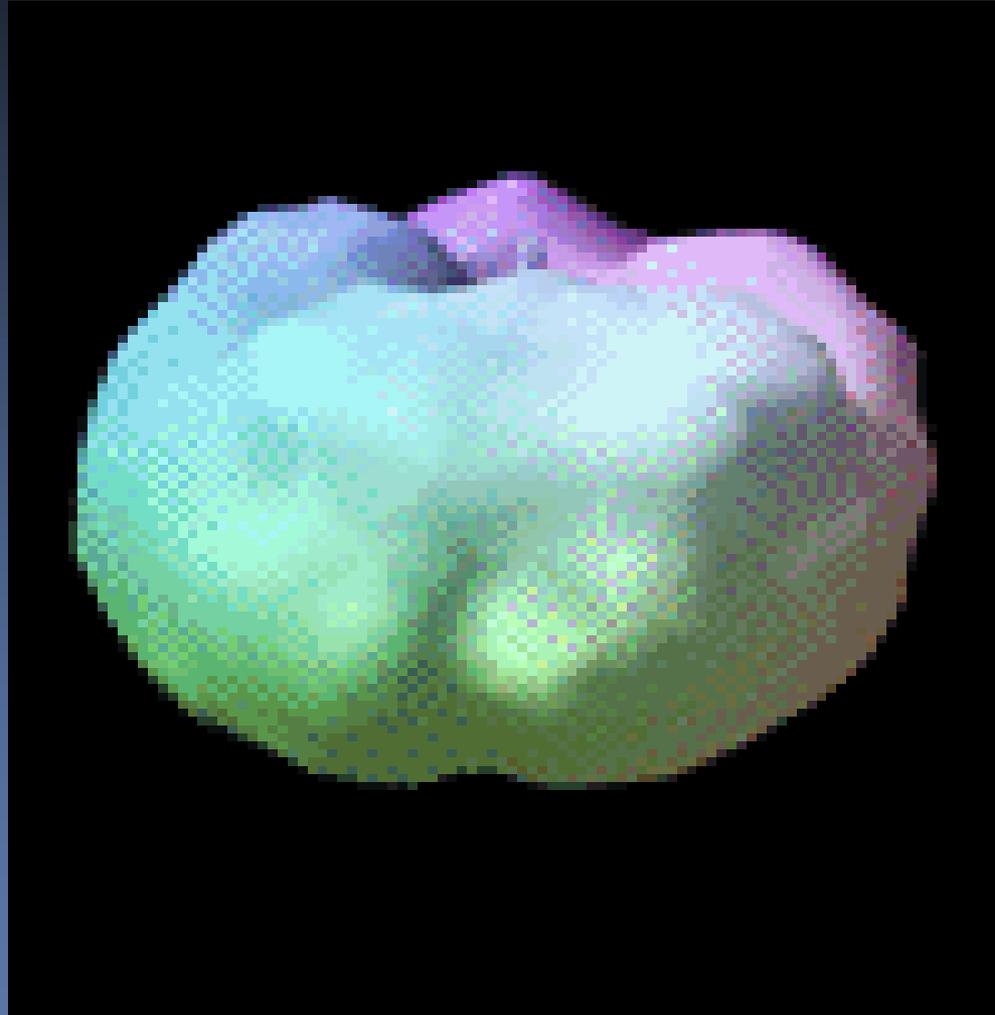
**Trauma overwhelms the brain's processing leaving pieces of unprocessed experiences frozen in time and space**



**Unprocessed  
traumas are held  
in capsule form in  
the brain (Robert  
Scaer, MD)**



# What is a Brainspot?



**A Brainspot is seen as a physiological capsule holding dissociated emotional experience in memory form**



# The Uncertainty Principle (Heisenberg) is one of the foundations of Brainspotting





**The client is like the head of a comet  
and the attuned therapist is like the  
tail of the comet that follows the head**

# **Three Legs of Brainspotting:**

**Outside Window  
Brainspotting (BSP)**

**Inside Window BSP**

**Gazespotting**

**What started as Brainspotting David later called  
“Outside Window” as he realized Brainspots can  
be located & processed from the “Inside  
Window” of the client’s felt sense**

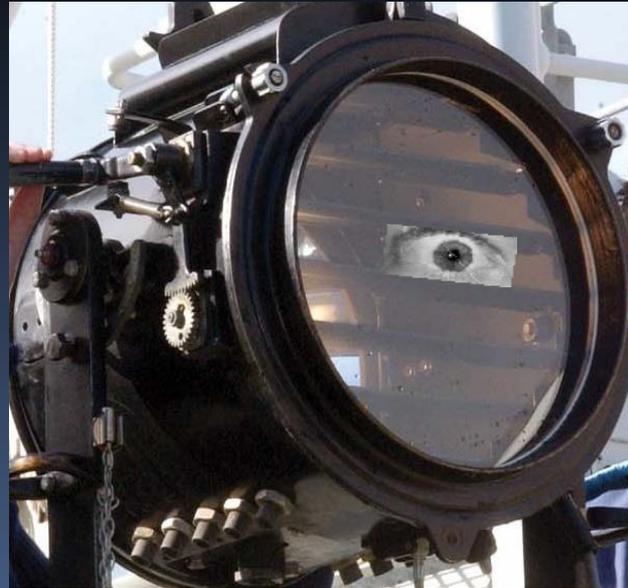


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**In “outside window” Brainspotting the therapist observes the client’s eyes while tracking micro-slowly, searching for reflexive responses, without the client’s awareness or active participation (subcortical).**



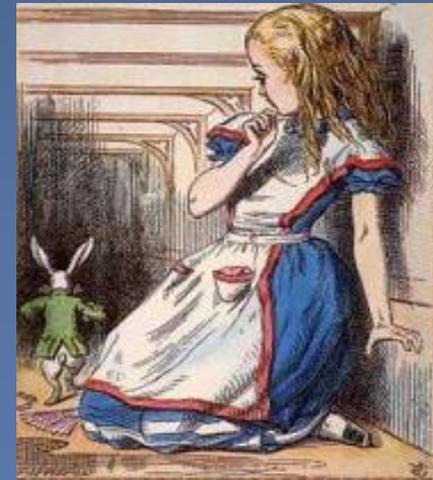
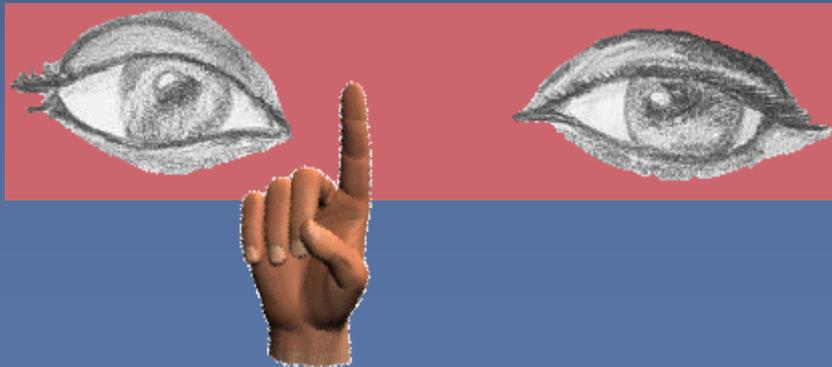


**When a Brainspot is stimulated, the subcortical brain appears to reflexively signal the therapist, beyond the awareness of the neocortex, that an area of relevance has been located.**





**In "Inside Window" Brainspotting the therapist and client together locate Brainspots through accessing the client's felt sense of the highest somatic activation**





## **Gazespotting**

**Intuitive gazing while thinking or speaking is observed and utilized**



# Brainspotting is ambitious

- We work on evolving our practice as we align clinical process with what we know to be scientific fact about our neurobiology.
- We observe everything with curiosity and work toward assuming nothing.
- We are interested in permanent neuroplasticity.

**BSP is an open integrative model. It is designed to be adapted into any clinical approach and therapeutic style.**



**There is no turf when it comes to healing**

# **10,000 Therapists trained in Brainspotting**

## **30 BSP Trainers Internationally**

**Argentina, Australia, Austria, Belgium,  
Brazil, Canada, Chile, China, Ecuador, El  
Salvador, France, Latvia, Germany, Greece,  
Israel, Italy, Japan, Latvia, Mexico, The  
Netherlands, Norway, Panama, Paraguay,  
Portugal, Romania, Slovenia, South Africa,  
Spain, Sweden, Switzerland, Turkey, U.S.,  
Ukraine, UK**



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