

## **Vision & Brainspotting: The Body Keeps the Score and the Eyes Can Open the Door**

**Abstract:** Brainspotting (BSP) involves the eyes and brains of both client and therapist. In fact, over 80% of our brain processes involve visual pathways. A basic understanding of the science of visual processes may aid BSP practitioners in their quest to facilitate therapeutic change.

Visual data is used to create an internal brain construct of space, objects (e.g. pointer), images and experience for **sensorimotor and perceptual** processing and integration. Vision is both an internal process of where we look and point our eyes, as well as external identification and expression of what we see and understand. A brainspot as a “stored oculomotor orientation to a traumatic experience which has failed to integrate” can reflect the internal and external visual mismatch that is addressed with BSP.

Our dual attention is both neurobiological and relational through mirror neurons that are highly visual in nature, seen in both client and therapist eye and facial movements. Since there are more areas of the brain dedicated to vision than all the other senses combined, we can use vision to accelerate mindfulness for greater post-traumatic growth (PTG).

This presentation will give you insight into how different eye movements can be used to find and hold IW/OW brain and gaze spots (known as a fixations) to access subcortical and cortical neural pathways for visual-spatial matching and trauma resolution. In addition, use of color and central-peripheral vision processing techniques are offered to address narrow functional visual fields, common in those experiencing acute and chronic visual and emotional distress.