

***“Often the hands will solve a mystery that the intellect has struggled with in vain.” ~ Carl Jung ~***

**“The Art of Brainspotting: A Reflective Journey”** introduces an integrative approach to using “Felt Sense” expressive art exercises in conjunction with a brainspotting session.

As brainspotters, we are aware, trauma is a sensory or implicit memory. We know ‘encapsulated’ emotional memory is stored in the limbic or non-verbal part of the brain/brain stem, thus, integrating “Felt Sense” art expression with brainspotting becomes beneficial as a multi-modal approach.

I refer to this process as “conjoint healing awareness” plus, “seeing creates believing” further validates the individuals experience, enhancing the development of new neural pathways (Grand, 2013).

Just like the process of brainspotting, our brain holds the memory in the limbic system which includes negative thoughts, images and sensations such as sight, sound, and smell (Malchiodi, 2012).

As a result the individual is able to access both imagery and emotional sensations without any specific skill set. All that is needed is the safety of the therapeutic environment, permission and the attunement of the BSP therapist, together with the individuals desire to begin the healing process.

Our “Body Memory” knows what is held deep within the sub-cortical brain. Drawing or more precisely, releasing this experience onto paper and then moving into the brainspotting, enhances the “Felt Sense” as we move into the activation spot. Drawing the “Felt Sense” experience after the session allows for a deeper integration and “embodied awareness” (Malchiodi, 2019).

***The best way out is always through ~Lisa Larsen~***