

Abstract

This is an International Panel that will engage in an introductory conversation on how to integrate Brainspotting and parts work. The Panel welcomes all parts to this discussion. This will be a facilitated conversation of individual and collective experiences on working with parts. Through this collaboration all parts of the panel have contributed to the creation of a matrix which will be presented and further developed at the presentation. The panel will offer different lenses of life experiences through their own work and their clients' experiences.

The discussion will begin with defining different theories and move into a common language to further explore Brainspotting as an integrative model. Followed by a large interactive group discussion to further share and develop our common language. We will use the Polyvagal lens and the Brainspotting Window of Tolerance to consider how we explore setting the frame. We will then explore what set-ups and possible interventions may be used with different part(s) while working within the Brainspotting Frame. We will discuss Limbic Countertransference and its implications for self-attunement and presence during parts work. The importance of staying in the tail of comet as it relates to all Brainspotting work regardless of whether it is implicit or explicit parts work. There will be an opportunity for questions at the conclusion of the panel discussion.

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