

Spirituality/Religion, Brainspotting and Beyond with Cynthia Schwartzberg, LCSW

*More than half of adult Americans report they have had a spiritual experience that changed their lives. NPR, July 21, 2009 (3)*

How often have you heard this in session or soon after, “I don’t know what just happened.” “I am seeing all kinds of things coming off your pointer.” (Brainspotting Training, LLC, 2018)

A new science called neurotheology is growing. (3) Why? Let us dive deep into what Brainspotting has to offer around spirituality, enhancement and beyond.

We will look at what arises in our clients and ourselves during a session. We will explore the intersection of brain, religion, beliefs, spirituality, attunement and beyond. We will discuss the various spiritual/religious traumas our clients experience including case examples.

As humans we move through a hero’s journey called life (4). We often hear about developmental trauma but how about developmental healing? How do our experiences impact us, what happens with our life experiences as we heal? How often do our clients come because they experience anxiety and as we enter into Brainspotting we discover the complexity of the physical symptoms that go beyond words.

As we sit in silence with our clients in a dual-attuned frame (3) anything is possible. Let us review the brain and religion/spirituality, and explore together how we can enhance the anything whether it is a spiritual, religious or something else experience. Let us discover how we can support our clients to go to places we have never gone.

1. Bronzite, D. (n.d.). *The hero's journey - mythic structure of Joseph Campbell's monomyth*.

<http://www.movieoutline.com/articles/the-hero-journey-mythic-structure-of-joseph-campbell-monomyth.html>. Retrieved February 14, 2020.

2. Grand, D. (2013) *Brainspotting: The revolutionary new therapy for rapid and effective change*. Boulder, CO: Sounds True.

3. National Public Radio. (2010). Neurotheology: This is your brain on religion. *Talk of the Nation*. December 15, 2010.

<https://www.npr.org/2010/12/15/132078267/neurotheology-where-religion-and-science-collide>. Retrieved February 20, 2020.

4. Sayadmansour A. (2014). Neurotheology: The relationship between brain and religion. *Iranian journal of neurology*, 13(1), 52–55. Retrieved February 22, 2020.