

This process emerged as an introductory experience for new clients to become comfortable with Brainspotting before engaging in activation-based processing. The client is given bilateral audio stimulation, identifies their initial body sensation/feeling state, and then the pointer is held by the therapist in each of 9 positions for 30 seconds, followed by inquiry at each point of the client's somatic and emotional response. After the sequence is completed, the client is given time to explore eye positions silently according to their own curiosity. 52 clients signed consent forms to have their responses added to a database, which was evaluated for trends using qualitative data analysis. 1) Resource activation occurred on a random basis regardless of eye position, 2) Stressful activation with unpleasant body sensations was more likely to happen with eyes to the right, and 3) Neutral sensations were more likely to happen in the center eye position. Clients expressed appreciation and enthusiasm for the procedure, as evidenced by their further participation in Brainspotting treatment, as well as their willingness to submit their clinical data for a research study. More research is needed with larger sample sizes and more diverse clinical populations.