

## **“Brainspotting with Kids & Adolescents: Wonderful Challenges & Joy”.**

### **Submission Title:**

“Brainspotting with Kids & Adolescents: Wonderful Challenges & Joy”

### **Learning Objectives - brief summary**

Participants will:

- 1) deepen understanding of “Uncertainty” as the foundational support for spontaneity in Brainspotting with young people
- 2) grow in use of the Dual Attunement Frame when working with kids and teens
- 3) Brainspotting in helping children heal during different age periods and settings

### **Topic**

BSP in specific populations

### **Abstract**

#### **Preconference**

The Uncertainty Principle and the Dual Attunement Frame are foundational to Brainspotting, and their intentional, skillful use is essential for treating kids and adolescents, as well as adults.

The Uncertainty Principle leads to spontaneous following and adapting to the kids’ processes. Silence and waiting as well as being active and creative can help the therapist stay in the tail of the comet of the child’s Brainspotting process.

Through the Dual Attunement Frame, relational feelings of safety, trust, and confidence are developed between therapists and child clients. The neurobiological frame focuses on what we observe from the outside and hypothesizes in relation to the inside of the developing brain. Case studies of Brainspotting work with young people, as how their inner healing system is accessed through the focus of the Brainspot will be shared.

When Brainspotting therapists are entrusted with the care of children and teens, a great privilege and responsibility is placed upon them because these young clients often have no other answers to their life circumstances than survival responses and post-traumatic symptoms to protect themselves.

Our responsible support can become part of the treatment that leads to protection and deepening process. The presentation will address ages and developmental stages of children from birth to 18.

PowerPoint, video presentation, and live demonstrations will be used in this participatory workshop to introduce and strengthen participants' skill in using Brainspotting with children and adolescents.