

Brainspotting is vital to successfully treating such complex diagnoses as chronic pain, fibromyalgia, chronic fatigue or phantom limb pain. The brain has, for instance, a vision center, a balance center, speech and hearing centers. However, there is no pain center in the brain. So, why and how do we feel pain?

Also, what causes ordinary pain to become chronic pain? Understanding pain and the brain is a crucial piece for successfully using Brainspotting to help our clients and patients heal from the lasting physical and emotional effects of trauma.

This presentation will help you understand the neurology of pain, chronic pain and these often perplexing and debilitating syndromes. You will learn why physical pain continues to permeate so much of survivor's lives after trauma.

Additionally, you will learn new skills to enhance the functional carryover of Brainspotting sessions with all your clients – especially those with any type of chronic pain.