

Brainspotting Without a Target: An Emotional Balancing technique that also Titrating Activation for clients with Severe Trauma history

I will describe a BSP procedure without specific issue as a target. The procedure focuses rather on several emotional states underlying major problematic attachment types. I will also point to the brain and neurological bases for the procedure and show how and why the procedure is rather effective, particularly in cases of severe childhood trauma where the clients is being stuck and cycling in the state of themselves when they experienced the trauma as a child.

I will demonstrate this procedure with a volunteer in the audience.

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