

In this workshop, attendees will learn how Brainspotting offers individuals with a history of addictive, compulsive behaviors the capacity to observe their nervous systems with curiosity and non-judgment. Because addiction is often rooted in attachment ruptures and brokenheartedness, this presentation illustrates how Brainspotting can alleviate suffering related to common themes such as grief and loss, unresolved shame and profound isolation. Problematic sexual behavior will be highlighted as an example of disconnection and secrecy, and there will be an exploration of how Brainspotting offers the possibility of attachment repair as clients develop greater perspective and self-compassion.

Addiction is commonplace in our culture. But so is the desire to heal. Thirty years ago, clients came to me with the sole purpose of stopping their self-destructive behaviors. Today it's a different story: not only do they want to put an end to their cravings, they want to live better lives as well, with greater intimacy and more satisfying relationships. The root cause of their suffering tends to be brokenheartedness. I have found that their addictive, compulsive behaviors are really about pain, and the remedy is reliable relationships. Brainspotting has not only been a highly-effective modality to regulate the nervous system, but it offers a road back to connection, meaning and purpose.