

FRAMING AND REPROCESSING: The use of language to help the brain to frame and reprocess

Presenter: Mario C Salvador. Brainspotting Trainer, Spain

**Mario C Salvador.** Is a clinical psychologist with 30 years of experience. He is a Brainspotting Trainer, International Integrative Psychotherapist Trainer and Supervisor by IIPA, Prov Trainer and Supervisor Transactional Analyst by EATA-ITAA and EMDR practitioner. He is an international Trainer and Director of Brainspotting Spain and Alecés Institute. Is the current president of the Brainspotting Spanish Association. Author of the book *Beyond the Self, Healing Emotional Trauma and Brainspotting* and co-author of *The Power of Brainspotting*, and several articles on trauma and presence in national and International journals. He's an International lecturer in countries such as Spain, Brazil, Slovenia, England, Italy.

### Learning Objectives

1. To understand the two steps in a reprocessing session: relational framing and framing the issue and the reprocessing time
2. To differentiate the task and kind of language the therapist need to use in both phases : inquiry (being a detective) and giving directives to hold the focused mindfulness
3. Reflect on how the therapist language help different parts of the brain to do its job
4. Learn a tool to read relational hidden schemas y frame the issue: the funnel model (by Mario C Salvador)

### Abstract

During this 4 hours Workshop Mario will teach on the main stages of a reprocessing session with Brainspotting:

- a) **Stablising the relational frame and offer a frame for the issue.** We will see a Funnel Model developed by Mario (published on *The Power of Brainspotting*) to help practitioners to better detectives and read the uncouncious relational schemas hidden in the verbal and non-verbal narrative of the client. Framing the issue then acts as a kind of lens to help the client's brain to look inside and acces the core material of his painful issue. It means to help the brain to look inside itself to acces the core problem to later find the brainspot
- b) In the stage 2 the therapist should **hold the focused mindfulness.** Here, if needed, the language is oriented to help the client to keep an internal relationship with his experience: the Observing Self embracing the Experiential Self. The main purpose of the therapist is to hold this 'healing bubble' and, if needed, use a language to help different areas of the brain

participate in the reprocessing. We would reflect on the language for the prefrontal cortex, the hippocampus, the brain stem, and the amigdala.

During the Workshop we'll try to do a live demonstration to reflect on the model