

**The Use of Essential Oils for Resourcing Dissociation in Brainspotting a Client with Post
Traumatic Stress Disorder.**

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Abstract

Essential oils have been used for thousands of years to combat a myriad of physiological and psychological conditions (Mein, 2019). Recent studies from New York University have shown that the amygdala (the gland that stores and releases trauma) only releases emotional trauma through the sense of smell, not through sight and sound as it was originally believed (Pert, 1997, as cited in Mein, 2019).

It is proposed that dissociation can accompany any psychiatric condition, making it difficult to render a specific treatment protocol. However, due to the high level of threat to oneself and one's survival, the prevalence of dissociation in those with PTSD is far greater (Sar V, Ross C, 2006; Messman-Moore, T. & Buhptani, P. 2017; Sar, V, 2011; Ford, J, 2009). Although used to protect oneself from the trauma endured, dissociation during Brainspotting can interfere with the client's ability to fully heal (Bailey, T. & Brand, B. 2017).

This case study aims to show how the use of essential oils when combined with the treatment modality of BSP have been effective in resourcing dissociation in a client with Post Traumatic Stress Disorder (PTSD). More specifically, using essential oils tailored to release the amygdala and associated resistance provided one client with the ability to escape dissociation and utilize BSP effectively.

Biography

Nicole Young is a Licensed Clinical Social Worker and Licensed Clinical Alcohol and Drug Counselor, who has over 12 years of experience working in Kentucky with a variety of populations. She has experience regarding depression, anxiety, grief and loss, trauma, relationship difficulties, and addiction & recovery. Ms. Young specializes in working with people who have substance related problems, and those who love them. Ms. Young's therapeutic approach is psycho-dynamic based and is adaptable to both short- and long-term therapy. She is also trained in Motivational Interviewing, Dialectical Behavior Therapy, and Brainspotting. Ms. Young received her Masters degree from Smith College in Massachusetts.

THE USE OF ESSENTIAL OILS

Learning Objectives

Upon completion of attending this 50 minute presentation, attendees will be able to:

1. Identify characteristics of dissociation during Brainspotting.
2. Conceptualize a basic understanding of essential oils and application to the Brainspotting treatment modality.
3. Recognize barriers to using oils in Brainspotting.

References

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