

Brainspotting from a Neurobiological Point of View

In this keynote lecture, the human brain will be presented as a "system" characterized by complex structural and functional interactions. This includes the smallest biochemical element as well as the individual with his consciousness and his surrounding environment. But how can we think of the brain as a complex system? What are its functional principles? Where do disorders manifest themselves and how can psychotherapy and brainspotting support change processes and thus stimulate self-organization? The lecture tries to give answers to these questions.

Here you have the opportunity to get to know the speaker a little bit:

<https://www.youtube.com/watch?v=hg9j4ul8Bf8>