

Brainspotting Conference 2020

Mindfulness and Self-compassion as a Support to Neuroregulation During Brainspotting
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Abstract:

The foundation of brainspotting is the dual attunement model, which invites therapist and client to rest in uncertainty and to allow the wisdom of the subcortex to guide processing, using *focused mindfulness* to witness a client's unfolding experience moment to moment. Mindfulness and self-compassion represent a dual attunement as well – with mindfulness focusing on the *experience* that is unfolding and self-compassion focusing on *the one who is having the experience*. Integrating simple mindfulness and self-compassion principles and practices helps prepare clients for brainspotting sessions, cultivates distress tolerance, facilitates neuroregulation during processing, and offers additional resources clients can access between sessions. This seminar will explore 5 core principles of mindfulness that dovetail well with the process of brainspotting: presence, the relationship with suffering, impermanence, concept of self, and kindness/compassion. Self-compassion offers a particularly powerful support for neuroregulation of both therapist and client during trauma processing. We will explore how the three key components of self-compassion – self-kindness, a sense of common humanity, and balanced mindful awareness – facilitate downregulation of the amygdala and stimulate the mammalian care-giving system. Participants will be introduced to a few simple self-compassion practices that can enhance subcortical and relational attunement in both therapist and client during brainspotting sessions. (197)