

Title: Variations on the theme of Brainspotting: working with musicians

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Abstract:

The author will present her experience working with musicians since 2008, using Brainspotting for the treatment of performance anxiety and performance enhancement.

She is a member of ExerSer, a small group dedicated to the health of musicians. One of the activities is a self-care group for musicians, which meets for 8 sessions. One of these is dedicated to psychoeducation regarding performance anxiety and its treatment (including Brainspotting).

She also works with musicians individually and will describe some common characteristics, challenges, different ways of using Brainspotting and results.