

## **Neurobiology of pain & its regulation with methods like Brainspotting**

Neuroscience shows us how the brain functions in the regulation of homeostasis, in the construction of bodily experience, and in the processing of pain stimuli.

The lecture shows the complex pathway from nociception (pain stimulus) to the mental experience of pain. This pain processing is influenced by many factors. In the lecture these factors will be described and valuable hints for psychotherapy and brainspotting in pain will be given.

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

<https://www.youtube.com/channel/UChvWkLrfBAspeiViyO2UGVQ>