

## **Brainspotting on Pain**

Pain is one of the most ancient tools for interpretation of stimuli from our nervous system that has endured until the present time. Pain is an alarm mechanism that has alerted our primitive system to avoid danger, seek help and repair our tissues in order to survive for over a billion years.

The subcortical regions of our brain are constantly scanning our body for receiving stimuli from receptors in our skin and organs, detecting tissue irritation or damage. This alarm system could be either oversensitive to scanning for body sensations or may get stuck sounding danger even long after body repair has taken place.

Kay Thompson states, "Pain is a warning signal when everything that can be done and should be done has been done, there is no reason for it to continue..." Yet, in our offices we hear it is still continuing.

Erick and Cynthia have been addressing pain with their clients around the relationship to the pain and have developed certain set ups that have been effective. Erick has discovered how exploring the vocabulary of pain and discomfort with his clients has changed the approach to working with pain. They will share case examples, set-ups and demonstrate how changing vocabulary from pain to discomfort can be highly effective.