

Glenda Villamarin

This experiential workshop is designed to show the results of the application Group Brainspotting (Ecuador) to different groups of first responders and volunteers in Ecuador; and the results of applying Projected Image Brainspotting (auto-spotting) and bilateral sounds to two groups, who experienced the earthquakes of September 2017 in Mexico. The trainers will discuss group experiences with Brainspotting, and the results of Pre and Post-test intervention with different populations. They will show how to use a Brainspotting set-up with groups, through a group experience.

The modality of the projected image of Brainspotting with bilateral sounds was applied to 2 groups of the open population. Group 1 formed by 87 people (68 women and 19 men, age between 2 and 75 years) on 12 days of the 2017 earthquake in Mexico; Group 2 formed by 39 people (28 women and 11 men, age between 5 and 79 years) one month after the earthquake happened. The results of Group 1 show an initial average SUD of 7.33 and a final average SUD of 1.3, telephone follow-up was carried out at 2 weeks later and they presented an average SUD of 1, at 3 months an average SUD of .05. Group 2 reported an initial average SUD of 7.1 and a final average SUD of .89, followed up by telephone at 2 weeks later and presented an average SUD of .12, at 3 months an average SUD of .01. The same modality has been applied to parent groups, Brainspotting Phase 1 training groups with excellent results as well. It is concluded that the effectiveness of Brainspotting in early intervention and the projected imaging modality for groups are evident and satisfactory.