

This presentation describes the uses of Brainspotting in the treatment of deep emotional wounds and past traumatic experiences uncovered during Financial Therapy and Career Counseling.

Financial therapy focuses on constructively and effectively managing money-related conversations (Britt et al., 2015) and helps people understand how profoundly their money-related beliefs, feelings, and activities affect their daily lives. Money is a significant source of stress for many people, sometimes even more so than work, health, or family. Our cultural money taboo prevents us from communicating our financial concerns and seeking help. Financial distress and psychological trauma can be deeply interrelated, impacting all aspects of one's life, such as cognition, behaviors, emotions, and relationships (Ross & Coombs, 2018).

Career counseling helps people understand themselves in the context of the world of work and make satisfying career, educational, and life decisions. People reflect on what matters most to them and identify activities that resonate with their core self (Savickas et al., 2009). Career counseling focuses on individual's unique experiences, meaning-constructions and trajectories, in the context of the developmental phenomenon where the perfect solution may never be found (Watzlawik & Kullasepp, 2016). Conflicting voices and past memories of unprocessed emotional experiences create tensions within us that interfere with our work performance.

Brainspotting allows people to get to the root of their problems (Grand, 2015). It addresses their innermost fears and anxieties about security, authority, shame, grief, self-esteem, being stuck or overwhelmed, in a gentle and efficient way, opening the possibilities of improved performance.