

Brainspotting with Populations with Very Complex Trauma- Dissociation and Self Harm Considerations

Client groups who have sustained trauma, abuse, or exploitation over an elongated period of time can fall to the bottom of the window of tolerance, frequently vacillating between the Very Complex and Severe designations. Through enhanced resourcing techniques, these patient groups can begin to tolerate the new feelings and sensations that come with safety and healing.

In beginning, feelings and situations that many would consider 'safe', create a chaotic upheaval for client groups with very complex trauma. Navigating the route with Brainspotting to safety, self-care, and self worth for this client group must include the ability of the practitioner to maintain dual attunement and demonstrate acceptance and flexibility with self-soothing skills of the population, which can include dissociation and self harm. This presentation will demonstrate how to navigate these issues in session, during resourcing, and how client outcomes can be positively effective.

This will be a 110 minute lecture and experiential, mixed presentation.

Learning Objectives

1. Increased comfort with dissociation and self harm as coping tools
2. Deepen understanding of connections made in Brainspotting and harm reduction, and increase clinical comfort for clinicians sitting with discomfort
3. Increased recognition of the manifestations of Very Complex and severe PTSD

Presenter Bio

Emily Waters has been involved in various anti trafficking efforts for over 11 years, and is a survivor of sex trafficking. She has served as a consultant in trafficking prevention, program design, research, legislation, operational and leadership support, and aftercare solutions in Eastern Europe, and has run residential facilities and trained therapists in Southeast Asia and the US. She is a published author and researcher, keynote speaker, and visiting lecturer and professor at several universities throughout the Northeast US, and serves on various US and international board of directors for anti-trafficking organizations. She also serves as a contractor for the US Department of State as a Human Trafficking subject matter expert. Emily is the Director of Human Trafficking Programs at The Safe Center in Long Island, New York and holds a Master of Social Work degree from Azusa Pacific University and a Master of Public Administration from Pennsylvania State University.

Presenter Affiliation

US State Department, Long Island University (professor), and The Safe Center LI (Director of Human Trafficking Programs)

Cited Material

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