

Mud and Lotus:
Navigating the Murky Waters of Uncertainty as a Brainspotting Clinician



In this workshop we will use clay, paint, mindfulness, and group spotting to explore and process our cortical and subcortical relationship with the uncertainty principle. An internet search of ***lotus plant*** will likely bring up a plethora of images of the lotus *bloom*, which is often used as an image of transcendence. Yet, the bloom is only the expression of that which lies in the mud beneath the surface. Just as it takes time for the lotus to reach the surface of the water and manifest in full bloom, so is the process of development as a brainspotting clinician and for the clients we serve. Navigating through the mud and muck of uncertainty as we move into deeper waters toward the root requires patience and presence with oneself and the process. It's fairly easy to be attuned to or mindful of that which is beautiful, joyful, or conscious. Yet, we tend to turn away from, ignore, or rationalize experiences that are uncomfortable. Sitting in uncertainty with ourselves and with our clients can, at times, be quite uncomfortable. Join us in exploring together our conscious and subconscious thoughts, feelings, and experiences with uncertainty. In this workshop we will discuss the uncertainty principle and how we as clinicians consciously relate to uncertainty, engage in a mindfulness exercise, use expressive materials such as mud (clay) to explore our subconscious relationship with uncertainty, and do a brief group spotting exercise to process our experience together.