

Abstract for presentation at the 2020 International Brainspotting Conference

In 2007 I was in therapy treatment with Brainspotting, which eventually helped me to heal a 25-year-long depression. Subsequently, I found Biolateral sound and Self-spotting to be useful when symptoms would creep in, or in preparation for difficult situations. I began using it in my office whenever I've had to perform a task, especially if it involves creating something new: a method, a client proposal, etc. I have since introduced Biolateral sound to my corporate team for use while they work (many still use it to date).

In 2017 I opened a private, full-time speaker/trainer business, training middle and upper management to better perform on stage, with a focus on the form: breath, voice, stage presence, etc. Since completing Phase 1 BSP in NYC in 2017, I have steadily applied BSP with my corporate and private clients, with excellent results. With my first client, who went into a freeze state whenever he had to speak in front of his boss, I used Outside Window BSP with Biolateral sound, with very positive results that have continued for him. as well as many other corporate clients as I've developed more ways of using BSP with this population.

Because I am not a therapist, most of my clients come to me as a speaker/coach. Thus, I focus on strengthening and building resources, while using several different Brainspotting setups.

This workshop's focus will be on presentation of client cases, as well as a practical demonstration of applications of BSP in a non-clinical environment.