

No one is immune from extant and inter-generational systemic oppression and the trauma it engenders. Dominating groups benefit through the oppression of others, with power, superiority, preferential treatment, and access to resources, while members of marginalized groups experience externalized (explicit and implicit discrimination and bias), internalized inferiority, and intra-group, “horizontal” oppression. Unconscious power will show up in our Brainspotting sessions and trainings. If the therapist/trainer is not aware of their unearned privilege: being white, heterosexual, male, Christian, monied etc., and their earned rank such as: education and psychological training, the therapist may have a serious impact on our clients and workshop participants.

In his book “Sitting in the Fire, and Dreambody in Relationship”, Arnold Mindell discusses how these dynamics effect both our clients and workshop participants. He writes: “anytime any two people are interacting and both are not aware of the power dynamics between them, they can easily abuse each other”. Without this awareness the therapist or trainer cannot be fully attuned to their clients. Unless we are a LGBTQ, person of color, Non-Christian, uneducated, disabled and poor, we are likely to own some unconscious or conscious privilege or rank. We can either use our rank and/or privilege in favor of our clients, or we can oppress them with it. All of us have done both. Included in our time together will be a practicum to process our own experience of rank and privilege, and how it has affected our clients,