

PROPOSAL FOR DENVER CONFERENCE

Treating the Whole Person- Tools for the Therapist

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Abstract

This paper will discuss the outline and content for a presentation at the Denver Brainspotting Conference in Denver, CO. The content includes lecture and experiential learning. It can be categorized as “New Set ups for Specific Populations” due to the 8-10” proximity for early trauma, or “Open” for the content directed at new therapists. It would be easily covered in a 50 minute format.

The author is Helene E. Goble, MFT from Carmichael, California. She is an MFT in private practice for 5 years in the Sacramento area, and certified in Brainspotting. Married 37 years, mother to 4 adult boys, Helene has abundant experience and understands what therapists are facing as they present Brainspotting to their clients.

Treating the Whole Person- Tools for the Therapist

This presentation is designed to give the newer BSP therapist tools to share with their clients. Attachment, Brain Structures, and Healthy Boundaries are explored to equip the therapist with ways to explain and proceed with Brainspotting. As the client heals, the therapist can also encourage improved self-care as they leave the sessions.

Attachment and Early Trauma

Understanding and explaining attachment as it relates to our human experience can reduce the mystery of why the client reacts and struggles in certain areas. A brief exploration of the work by John Bowlby and Mary Ainsworth helps to clarify. Discussing how very early trauma may be resolved by processing close to the face gives the clinician another option when working with NICU experiences, early surgeries, and early attachment wounds.

Explaining the Brain to Clients

Discussing the work of Dan Siegel as it relates to understanding the “Upstairs Brain,” the “Downstairs Brain,” the “Right Brain” and the “Left Brain” can give the clinician another way to help the client better understand their reactivity and brain states. Peter Levine, Francine Shapiro, and Bessel van der Kolk help round out their repertoire of educational information for the client.

Healthy Boundaries

Healthy boundaries we can help clients lessen the propensity to store additional trauma. A chart is used to clarify basic information about boundaries so the therapist can give the client a tool to practice out of the sessions.

Healing the Whole Person

This portion discusses mindfulness, ways to understand continued processing and general information to share with clients to alleviate excessive distress if possible.

Conclusion

This presentation was designed for the recently trained Brainspotter that feels uncomfortable with some of the dimensions of treatment. It is an attempt to alleviate concerns and supply the therapist with tools to treat the whole person.

References

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- Van der Kolk, B. A. (2014). *The body keeps the score: Brain, mind, and body in the healing of trauma*. New York: Viking