

During my 30 years as a psychotherapist, I began to see patterns of behavior in patients who suffered the loss of a living person through means other than death. For example, being the parent of a missing child or the partner of a person with dementia. I have developed the concept Chronic Loss Syndrome (CLS) for these situations. These are non-death losses but still extremely painful. Also common to CLS are feelings of little control over the situation and no opportunity for closure. Now, in the time of large scale COVID-19 emergency, people are experiencing multiple layers of feelings regarding changes in ways of life, future, family, connection, employment, home, work, school, and health. Grief reactions are normal, but so many losses happening at the same time can result in trauma and delay healing. In my experience, Brainspotting regulates the brain and body toward clarity, adaptation, healing, recovery, and ability to tolerate ambiguity.