

What We Learn About the Brainspotting Therapy for Natural Disaster Survivors in Indonesia

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Indonesia is one of the world's most natural disaster-prone areas and is at risk of multiple hazards, including flooding, earthquakes, landslides, tsunami, volcano, and cyclone. Over the last 30 years, there have been an average of 289 significant natural disasters per year and an average annual death toll of approximately 8,000 (GFDRR, 2017); and these disasters are still happening. A natural disaster is one of the traumatic events that have negative psychological consequences. One of the interventions used in the disaster areas is Brainspotting. Brainspotting is a powerful, focused treatment method that works by identifying, processing and releasing core neurophysiological sources of emotional/body pain, trauma, dissociation and a variety of other challenging symptoms (Grand, 2013). Brainspotting was done for the survivors in various disaster areas, such as earthquake and tsunami in Lombok Island, Central Sulawesi, and Banten, as well as flooding in Jakarta from 2018 - 2020. This paper describes Brainspotting sessions that have been done in groups and individuals settings with children, adolescents, and adults' survivors. The technique and principles of Brainspotting develop therapeutic relationships and break the barrier difference cultures and languages which allows the processing the psychological issues deeply. There are various challenges such as the location of remote areas, personal characteristics, denial from clients, also the limited opportunities to conduct Brainspotting sessions. Nevertheless, the survivors of disasters got benefits from Brainspotting sessions where the intensity of symptoms experienced, such as anxiety, fear of sleep problems, sadness after loss, fear of leaving home, were reduced. The Brainspotting sessions also help survivors to prevent psychological effects that are prolonged and to prepare survivors in managing psychological responses to the possibility of another similar natural disaster.

Keyword: brainspotting, natural disaster, survivors, trauma