

Living with the Uncertainty Principle and Attunement in the Real World.

KEYNOTE: Abstract for Pie Frey, PsyD

ABSTRACT:

Brainspotting principles are not just techniques for the therapy office. Brainspotting teaches us how to BE with one another. By mindfully holding uncertainty and attunement we can more deeply exchange kindness and respect. By paying attention to who is connected to us relationally and what we have to give to others relationally, we can experience the ripple effect, fostering increasing connections everywhere in the real world.

OBJECTIVES:

1. Accept living in the world with uncertainty.
2. Recognize what is needed to be in relational attunement with the others in our lives
3. Identify how to be in the present moment with the people to whom we want to be connected.