

***Brainspotting: Delivering Hope and Healing for Sexual Assault Survivors***

Presenter: Katherine Allen, MA, LMFT

Sexual assault and abuse have long been discussed in the privacy of our offices. Today, we see and hear daily media headlines regarding this issue and awareness and prevention are mainstream. Brainspotting (BSP) is a model that can provide healing and hope to recipients of this type of assault. BSP fills a void by offering a level of privacy, support, avoiding retraumatization, while being quick and effective.

During this multi-media presentation, Katherine will provide an overview of her BSP experience working with a diverse population of sexual assault and abuse. (College students, seniors, military, ritual, single-event, repetitive.)

Select portions of a videotaped 60-minute BSP demonstration of the triple resource model will be shown with commentary from the facilitator and volunteer involved. The volunteer has a complex early developmental sexual trauma history. The session was recorded more than a year ago so there has been time for integration. Sections shown include when volunteer attacks pointer, uses brain model for integration, and uses external resource spot to support continuing healing and integration.

The volunteer has a complex history involving a decade of repeated multigenerational incest and ritual abuse. Following her powerful shifts with BSP, she has since become a Certified Brainspotting Practitioner.

**Takeaways:**

1. Overview including specialized tips and strategies for acute single event sexual assaults to complex repetitive trauma.
2. Comparison and contrast of cases involving incest, rape, etc.
3. Review of key segments of videotaped BSP session, using the triple resource model.
4. Open discussion from facilitator and volunteer perspective with opportunity for audience questions.