

Treatment of Concussions and Brain Injuries: Incorporating Bi-Lateral Stimulation and Brainspotting Techniques

Abstract:

Concussions and Traumatic Brain Injuries can be the result of traumatic events such as car accidents, domestic violence, war or sport injuries. Bi-Lateral Stimulation (BLS) is a necessary component for treating concussion symptoms headaches, anxiety and sensory overload using techniques of Brainspotting and EMDR. The focus of this treatment method can reduce both physical and emotional components of concussion symptoms that your client may experience.

The combination of BLS, Brainspotting and particular parts of the EMDR protocol can reduce the symptoms of headaches, sleep disturbance, sensory overload, anxiety and depression, and physical pain. The focus of the treatment is to release out the muscle memory of the injury and the use of BLS can stimulate the neural pathways to create neuroplasticity and improve recovery. The importance of accurate and specific history taking regarding the number of incidences of concussions is of particular importance as it is so often misdiagnosed. Misdiagnosed concussions maybe the underlying issue of clients PTSD, anxiety, depression and suicidal ideation and this treatment can assist in the alleviation of their symptoms.

BLS, Brainspotting and EMDR is non-invasive and there are limited treatment options for concussions and traumatic brain injuries, this presentation will cover simple techniques that may have a powerful impact on the functioning of your client.