

Human responses to trauma include flight, fight, freeze, submit (overly compliant), and attach (overly needy) (Fisher, 2017). A sixth response is to fragment, when internal parts are born into existence and hold the trauma for the apparently-normal part of the person (Fisher, 2017). The fragmented parts of the self can be highly dysregulated and often take on a role of one of these trauma responses (Fisher, 2017; Salvador, 2018). In a system that is highly dysregulated, different insiders come forward in psychotherapy and the psychotherapist adapts the brainspotting frame and adjusts the intervention level appropriately (Pinco, 2018). Interventions are “interventive in the context of following” (Grand, 2020).

Young pre-verbal and minimally verbal insiders present into the psychotherapy session in hope of healing and safe connection with the psychologist. They are frequently highly dysregulated and they re-experience the dissociative trauma memories in the body. Brainspotting processing uses creative adjustments. The treatment goal is two-fold: to both subcortically process and release the traumatic material as well as to assist the insider back into a state of regulation.

With subcortical attunement to the insider that is present in session, as well as to the entire internal system, creative adaptations of brainspotting are utilized to release and heal the trauma and to assist the insider and the internal system to become regulated in the process. The “tic tac toe board” or spatial mapping (Lanius, 2006) is taught in experiential for three set ups during session, for remote sessions, and for use at home.