

## Abstract Gerhard Wolfrum BSP- Denver-Conference 2021

1. Presenter: Gerhard Wolfrum, Munich, Psychological Psychotherapist, Psychoanalyst, Brainspotting-Trainer, private office in Munich, representative for Brainspotting Germany, first contact with Brainspotting by Susan Pinco at the hypnotherapy conference in Kathmandu / Nepal
2. Title: **Phase-oriented BSP treatment with a complex traumatized patient – a case study**
3. 50-minute-lecture
4. Abstract:

The pioneer of psychotraumatology in Germany, Gottfried Fischer, recommended for the treatment in a phase sequential of „**deconstruction**“, „**construction**“ and „**reconstruction**“. That means, the patient comes when his life planning is broken down or he lost control. „**Construction**“ contains the development of trusting work alliance, similar to David Grands dual attunement - both a requirement for the **reconstruction**. Much more important is a phase-oriented method for complex traumatized patients. Only with the alliance it is possible to ask for difficult life events. These should be systematized with the help of a **traumatogramm**. The therapist asks for all memorable stress experiences, then for the belonging age and for the SUD-score then, for the score now and then for the consequences – which traces are left. And how the person could help her- or himself and who was eventually helping. In this way we win an overview of all memorable stress events and the trauma becomes also a border and a “gestalt”. Most patients understand by this first step of a „**cognitive working through**“ with more distance better what the burden is and why they have so many problems in her present life. We understand how often the patient was all alone and which of these stress experiences were attachment damages. We can start with the so called „**emotional working through**“ – ideally with brainspotting – but always the patient should have the choice of the event and determine the speed of the processes and also the intervals. A case study will describe the method.