

**Bodyspotting is a highly experimental Brainspotting technique introduced in 2018 by David Grand as part of Brainspotting Phase 4. I was the first Phase 4 Bodyspotting demo volunteer during the initial Phase 4 training. David began the session by asking me to describe any body sensations connected to my activation (processing violence connected to childhood trauma). David handed me a pointer, directing me to gently touch the metal end of the pointer to the specific body activation spot – Bodyspot. I found a spot on the right side of my chest, just below my clavicle. As I set the metal end of the pointer on this spot, my eyes immediately found an activation spot on the floor, to my left. During the session I used the pointer to process three different Bodyspots while using the original activation Brainspot, and organically finding a resource Brainspot on the floor to my left. I felt strong agency over my processing as the session unfolded with great ease. Each Bodyspot revealed more information somatically, cognitively and subcortically. I was aware of David’s attuned presence, yet I experienced profound self-attunement as I processed fragmented, unresolved trauma. Bodyspotting resulted in profound healing, and a deep sense of gratitude for the life I have been granted, greatly decreasing lifelong symptoms of depression and anxiety. Utilizing Bodyspotting with clients has led me to view Bodyspotting as an advanced attunement model. Bodyspotting allows therapists to attune and follow the client’s somatic experience, while allowing clients profound agency over their process.**