

Enhance Brainspotting with Art and Parts Work

This program will show how to integrate art with Brainspotting to help clients (1) access distressing or resourcing sensations; (2) reduce SUDs through dialogue with personified emotions or thoughts when processing seems stuck; (3) “squeeze the lemon” by returning the gaze to the original upsetting image or by silently making a “test” comment to an externalized personality part; and (4) provide an alternative focal point for gaze spotting. In partner exercises participants will experience how distressing images amplify activation of sensations and uplifting pictures foster access to inner calm, compassion, or novel perspectives. A demonstration will show key junctures where pictures can support Brainspotting set-ups and processing without adding theoretical concepts common in other approaches to parts work. The neuroscientific basis of adding visual imagery to an already powerful brain-based therapy will be clarified.

This is an experiential workshop with partner exercises, demonstration, and Socratic discussion. The handout will include appendices on the Neuroscience of Brainspotting, Benefits and Drawback of Using Pictures with Psychotherapy, and The Similarities and Differences between Phenomenological and Theoretical Approaches to Parts Work.