

Abstract – Jeff Ryan

Brainspotting (BSP) is naturally resourcing with embedded regulations which includes: dual attunement frame, containment through an eye position, and embrace of adaptive neurophysiological that is naturally resourcing (ex/ dissociation) however sometimes more resourcing is needed to match the needs of the presenting client's system. During this presentation, attendees will have an opportunity to focus directly on BSP's resourcing capabilities so they can walk away with a greater understanding of key aspects of BSP resourcing, gauging when to use resource and experientials to practice resource set ups.