

Brainspotting Informed Consent

David Grande, PhD, developed Brainspotting (BSP) in 2003. David states, “BSP is a new psychotherapy approach that theorizes that the field of vision can be used to locate eye positions that correlate with relevance to inner neural and emotional experience. After they are located, these eye positions, or Brainspots, may, through maintaining eye fixation, lead to healing and resolution of issues that are held deeply in the non-verbal, non-cognitive areas of one's neurophysiology. BSP utilizes both focused activation and focused mindfulness as its mode of operation. It aims at a full, comprehensive discharge of activation (emotional distress) held in the brain and body.”

People typically respond to traumatic experiences through primitive fight, flight or freeze instinct. BSP allows clients to significantly reduce and eliminate the tension and hyper-arousal associated with these survival instincts. Clients can look forward to integrating healing on emotional, somatic, psychological, spiritual and even physical levels.

BSP functions as a neurobiological tool that allows the release of experiences and symptoms that are typically out of reach of the conscious mind and cognitive language capacity. BSP works with direct access to the autonomic and limbic systems within the body's central nervous system. BSP is accordingly a physiological tool/treatment, which has profound psychological, emotional and physical benefits.

As with all forms of psychotherapy, it is possible to experience some emotional distress and physical sensations related to prior life experiences. The clinical reports from BSP show no additional side effects when used appropriately. As with any form of psychotherapy, emotions may continue to arise after a therapy session, and you are encouraged to discuss such emotions with me.

On occasion, and only with your permission, we will use therapeutic touch during trauma therapy sessions. The touch may involve you remaining sitting on your chair or couch and receiving a supportive hand to hold, or the grounding touch of a hand on your shoulder, neck, or back. It is understood that therapeutic touch and the client therapist relationship is always non-sexual and only happens if you as the client want or need it.

If you agree to proceed with applying BSP methods toward reaching your goals, please sign and date below. Your consent is given freely, without any obligation and with complete understanding of the above information. We can discuss any aspect of this consent and you are under no obligation to continue to use these methods.

Client Signature _____ Date: _____

Therapist Signature _____ Date: _____