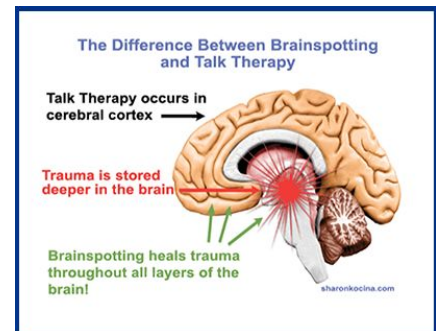


BRAINSPOTTING THERAPY

What is Brainspotting?

Brainspotting is a gentle, yet powerful brain-body therapy that helps you identify, process, and overcome the psychological impact of trauma, stress, and other emotional imbalances.

Brainspotting is based on the idea that “where you look, affects how you feel”. Specific eye placements allow your brain to process unconscious and emotional experiences that are often associated with your presenting symptoms. Brainspotting helps you access the parts of the brain that traditional talk therapy techniques cannot reach, ultimately, healing you faster and more effectively.



Is Brainspotting Right for Me?

Every person has a different goal when seeking therapy. While traditional talk therapy methods can be beneficial, people frequently experiment with a variety of techniques for years without seeing much change. Brainspotting is unique to each person. It does not require you to relive your past, but rather, lets your body release those memories, so you can live a life without the stress, fear, guilt, and pain associated with those experiences. If you are looking for a type of therapy that goes deeper and truly gets to the root of your symptoms, than Brainspotting is right for you.

What Problems Can Brainspotting Help?

- Anxiety
- Depression
- Bullying
- Sexual and Physical Abuse
- Early Attachment Issues
- Chronic Pain
- Phobias
- Eating Disorders
- Addiction
- ADHD/ADD
- Post-Traumatic Stress Disorder
- Neglect
- Grief and Loss
- Unexpected Life Change

To schedule an initial Brainspotting session or to learn more, please call
763-577-2489.

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