



## *What can I expect with Brainspotting?*

### **During**

It is not uncommon for you to feel both more activated during Brainspotting or more calm. The vast majority of people will feel more calm by the end of a session. If you are not feeling calm or grounded, there are Brainspotting techniques that can help you get to that before leaving the office.

It is also not uncommon for people to experience physical sensations, impulses, a desire to move, thoughts, emotions, or memories during Brainspotting. These may come in waves. During Brainspotting, you simply need to notice what is going on in your brain and body and let it work through your system. Remember what goes up will come down, and your Brainspotting therapist will be with you through it.

### **After**

Following a Brainspotting session you may feel calm, energized, or tired. You may experience vivid dreams or an absence of dreaming. This is part of the processing continuing to move through your brain and body. You may still experience some of the things you did during Brainspotting for a while. That is okay; it's even good. Some people experience physical sensations, even headache, nausea, shaking or twitching after their first session. Generally these subside within a day or so. If you have any concerns, please contact your therapist.

### **Things you can do at home to ease symptoms or continue processing:**

- Gazespotting: You may find yourself gazing at a spot or you can purposefully find a spot that feels calm to gaze at and allow processing to continue.
- Treat yourself like a plant; remember you are growing. Make sure you get plenty of water, natural foods, rest, and sunshine. A little light exercise can be good for you as well.
- Bilateral music is available for downloading. If you have used this in session with your Brainspotting therapist and found it to be calming to your brain, check and see if your therapist thinks it is appropriate for you to use at home.