

PREPARING FOR BRAINSPOTTING

Brainspotting can be a powerful therapy to help people reduce the after-effects of traumatic experiences like abuse and to reduce the intensity of unpleasant emotions like guilt and shame. It can also be used to strengthen desired qualities like self-confidence.

When Brainspotting is done in-person, the therapist sets up the environment and the necessary equipment. When it is done over video, the client needs to do that prep work for the session to go well. So the following information is provided to help you get set up for your Brainspotting session. Here's what you'll need:

1. A safe, private space

Because you'll be activating a deeper part of your brain (the midbrain) it'll be important for you to not be interrupted. An unexpected interruption may end your deep processing for that session because it takes time to get back into the groove again.

2. A good device for video telehealth

Just like any video telehealth appointment, you'll want a good internet connection without lag. Being on a desktop or laptop is ideal for the larger screen. If you use your phone, you should have a place to prop up the phone so you don't have to hold it.

3. Bilateral music

Please check out these resources in advance to see which music you like and which music platform works for you.

FREE on YouTube

- "1 Hour Bilateral Music Therapy" by Destined Dynamics:
<https://m.youtube.com/watch?v=3AAH7vINhmQ>

FREE on no-copyright-music.com (I wouldn't click on any of the ads there)

- "EMDR Bilateral Music": <https://www.no-copyright-music.com/album/emdr-bilateral-music/>

If you have a PAID Spotify account (otherwise Spotify will interrupt with ads)

- "EMDR Music Therapy Bilateral Stimulation"(by EMDR):
<https://open.spotify.com/artist/7L6OpwIhZukbabyh66knpa?si=T51WrrBDRGOkEzBQOZUkkw>

4. A device for separate audio

It's easiest to use a second device like a cell phone to play bilateral music. If you use the same device to play audio from the telehealth platform and the music, it's good to test it in advance--for example, sometimes it doesn't work well to have a browser tab open for telehealth and another tab for YouTube for the music.

5. Headphones

Headphones are essential so you can hear the bilateral music cycle between your left ear and right ear. The trick is to be able to hear the music in both ears and hear the therapist, too. There are different options, e.g.:

- You can wear headphones for the music and have the therapist's audio play through a speaker you can hear from outside your earphones.
- You can have the audio from the therapist and the music come from the same source. If so, you will likely need to adjust the volume of one or both.
- You can have earbuds for one audio source and wear over-the-ear headphones for the other audio source, too.

6. Good lighting

More than usual, it's helpful for your therapist to see details on your face, so it's good to have lighting in front of you rather than being backlit.

7. Sticky notes

Sometimes during the Brainspotting, you may need to focus on a point in your visual field that's off the screen. You can use a sticky note or other object to help mark the spot for yourself.

8. Bonus comfort stuff

It's nice but not necessary to have Kleenex and water to drink. You'll want to be comfortable for your Brainspotting session.

After your session, ideally you can take some time to reflect on your experience and take care of yourself. You may be a little extra tired from the processing.