

Community Education Series

The Recovery Village and Advanced Recovery Systems



Presentation Topic:

Where You Look Affects How You Feel:
Brainspotting and the Healing Process

Speaker:

Shaina Feingold, LCSW



About the Speaker:

Shaina Feingold,

LCSW



- Shaina Feingold is a Licensed Clinical Social Worker and Trauma and Performance Specialist, with training in Brain spotting, TF-CBT, and other somatic therapy strategies. She received her Masters in Social Work from California State University, Los Angeles with a focus in trauma and forensics. She has spent the bulk of her career working with adolescents and adults who have a history of trauma or chronic stress. She has experience working in residential substance abuse treatment, community mental health, and the school system in Minnesota.
- Shaina recently opened Mindful Reflections in Boca Raton, Florida, to offer a new and liberating way of conducting therapy and performance coaching. Through Mindful Reflections, Shaina aims to redefine trauma, performance, as well as addiction, in order for clients to feel heard. She sees people for who they are, not what they have experienced. Shaina helps clients find their truth so they can take back their power.

Brainspotting

THE REVOLUTIONARY NEW THERAPY
FOR RAPID AND EFFECTIVE CHANGE

DAVID GRAND, PhD

What Brings You Here Today?



Objectives

1

Discover the connection between addiction and trauma

2

Understand how Brainspotting can help in the healing process

3

Learn how Brainspotting differs, yet complements, other therapy methods

4

Understand why Brainspotting is effective

IMAGINE

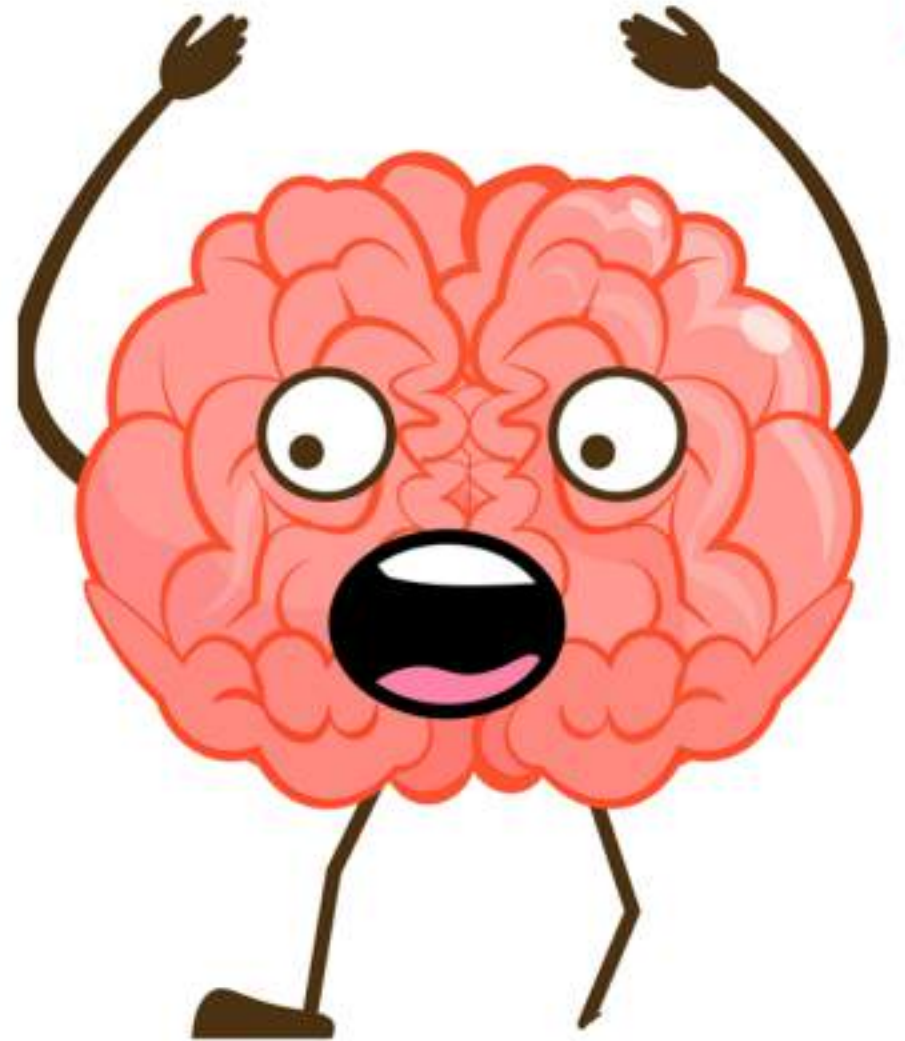




**Addiction is far from
a choice. It is a
disease with no
cure.**



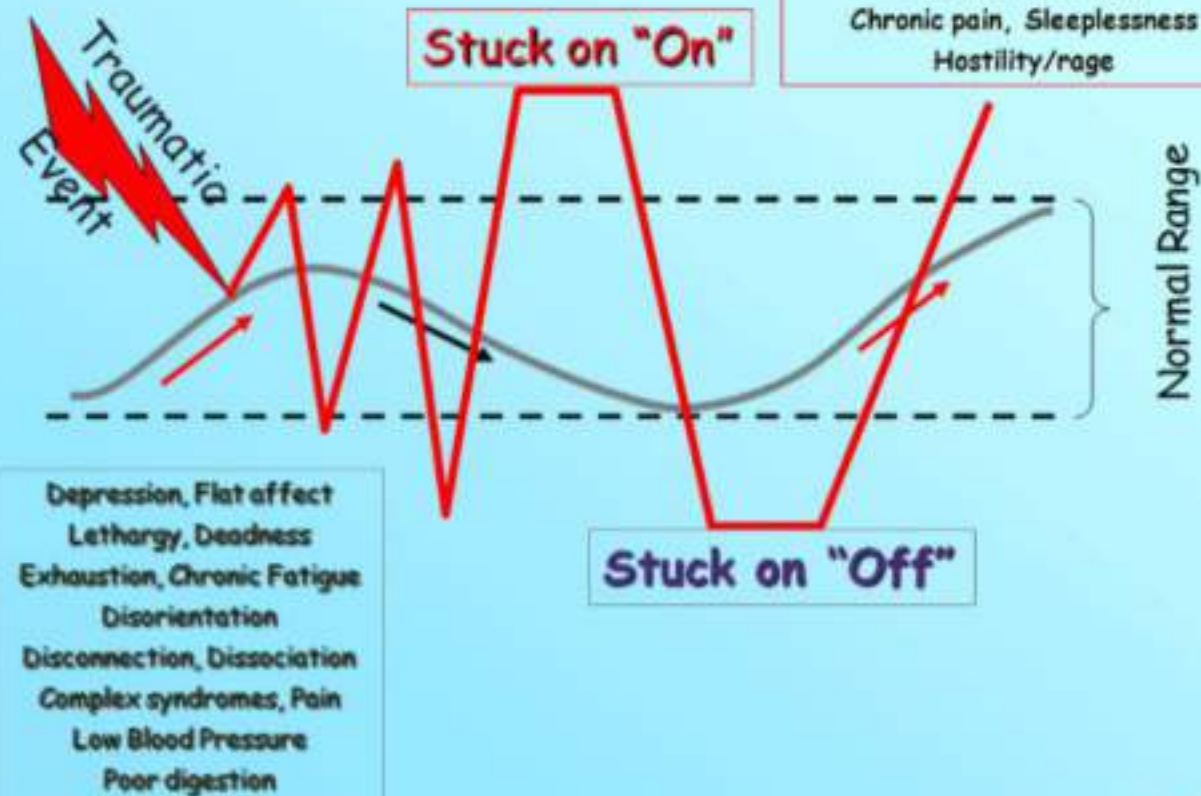
**Trauma is anything
that overwhelms the
brain's ability to
cope**







Symptoms of Un-Discharged Traumatic Stress



Brainsp●tting





My Brainspotting Story

What Is Brainspotting?

It is a brain-body, focused mindfulness, and relational therapeutic approach

Emphasizes the use of body sensations and the felt sense

Uses specific eye placements called brainspots to facilitate healing



The Eyes

- The eyes are an extension of the developmental brain and part of the central nervous system
- The eyes are complex and comprised of over 200 million working parts
- Almost 50% of information is obtained through vision



Where You Look Affects How You Feel



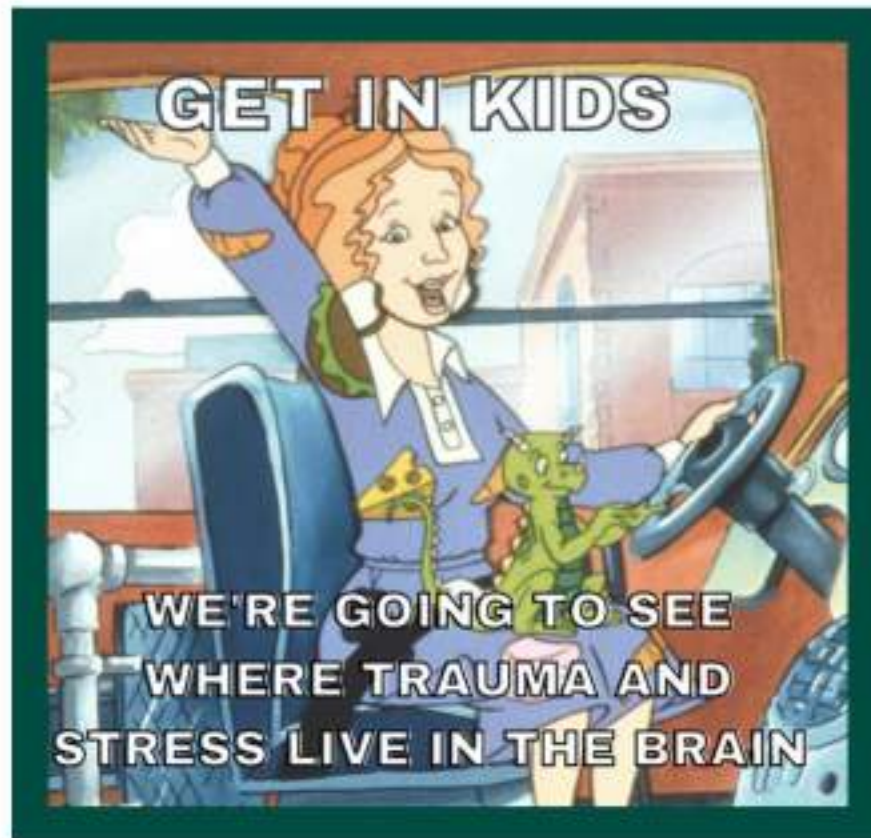


**I can do this on my
own!!**

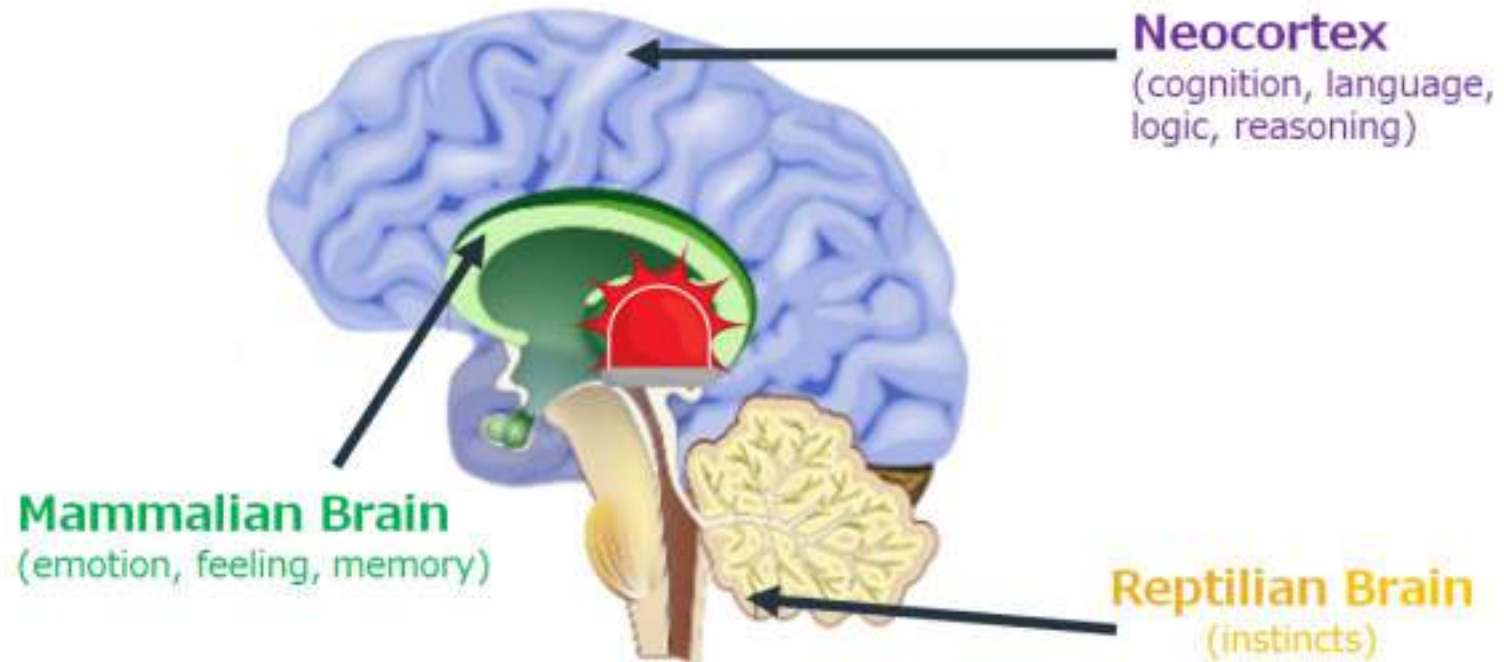




So How Is Brainspotting Different Than Other Modalities?

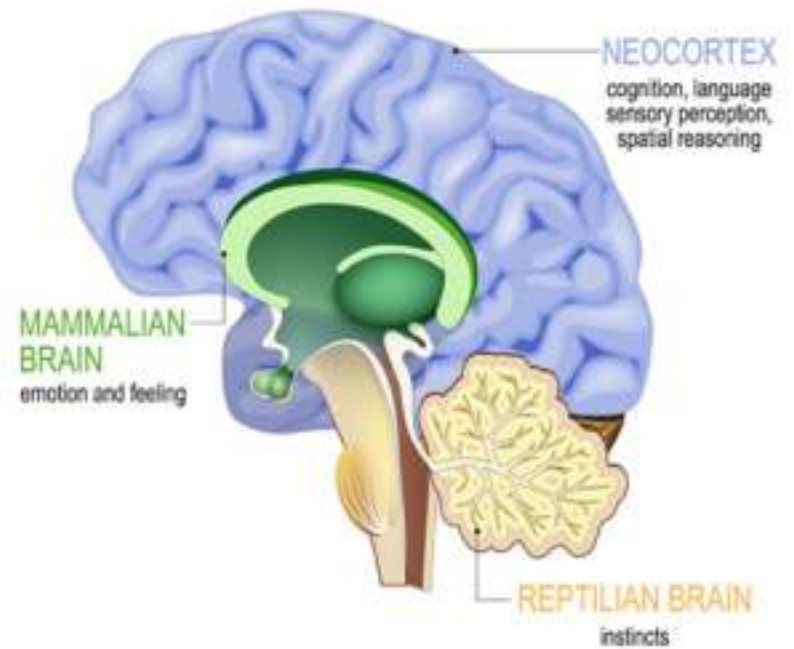


The Brain

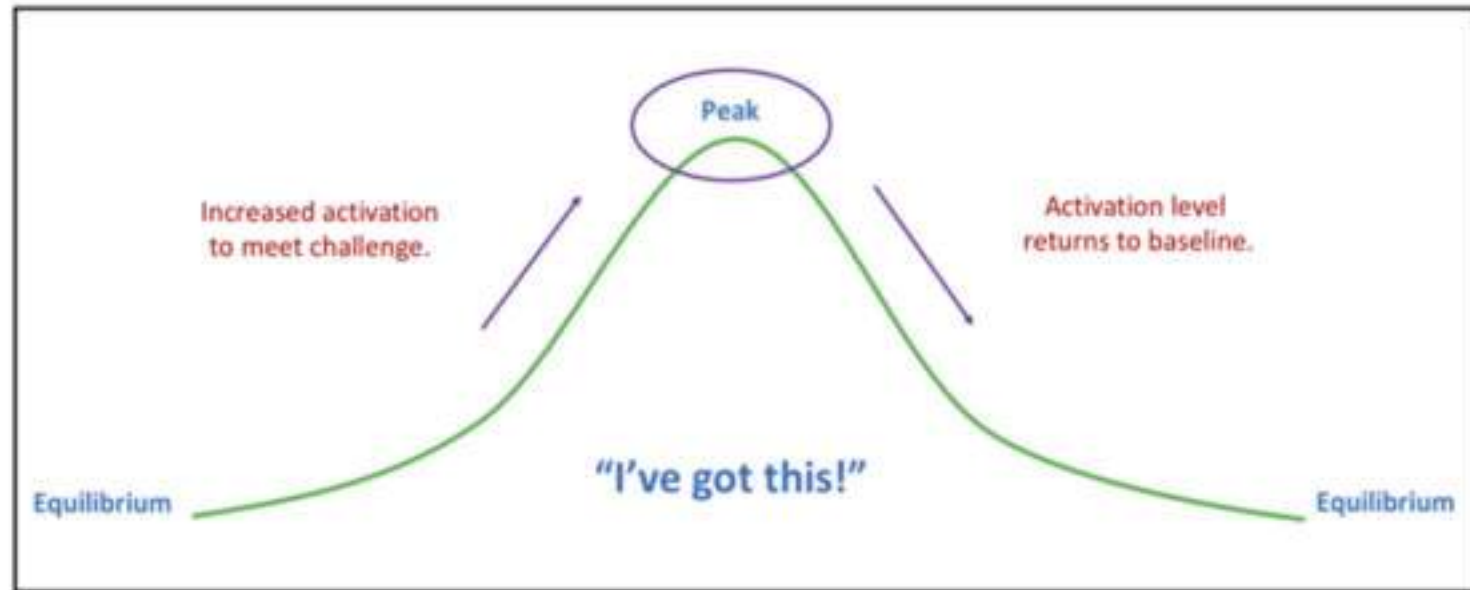


The Difference Between Other Therapy Methods

- Top-down approach (eg. CBT, TF-CBT, DBT)
- Bottom-up approach (Brainspotting, EMDR, SE, ART)



The Goal of Brainspotting



Common Questions

Does Brainspotting work over Telehealth?

Yes, I have been using Brainspotting online with clients since March and have seen great results.

How many sessions does it take to see a difference?

It varies person to person. However based on my experience people generally notice something within the first 6 sessions.

Will I have to relive my trauma?

No, that is the beauty of Brainspotting. While some sessions may feel uncomfortable, you do not have to relive your trauma to heal like many other therapy methods

Will Brainspotting feel like I am being hypnotized?

No, Brainspotting is not a form of hypnosis

Will Brainspotting help me forget about my trauma?

No, Brainspotting does not erase memories

BRAINSPOTTING: WHAT TO EXPECT

- Your mind will wander-just follow it wherever it may take you
- There may be times when it feels like “nothing is happening”
- The discomfort may increase
- No session will be the same as the last



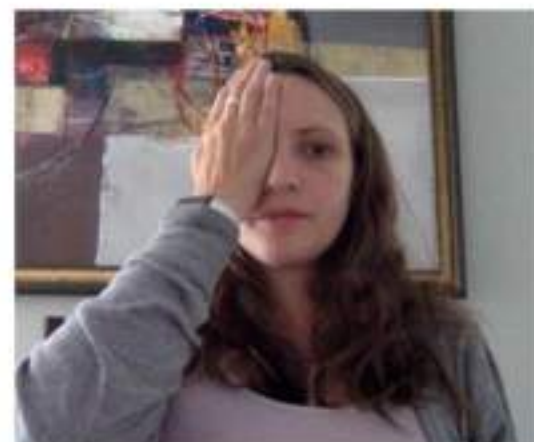
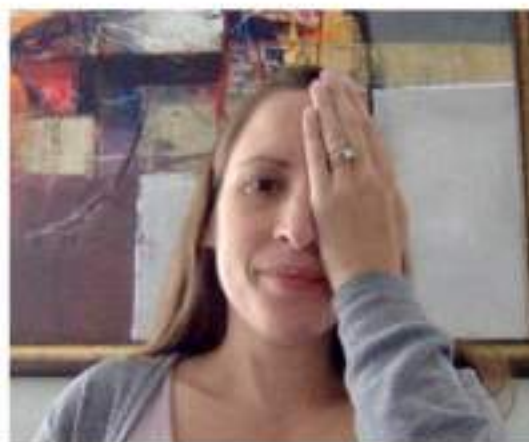
Bilateral Music

- Gentle nature sounds or soothing tones
- Moves back and forth from ear to ear to integrate the brain
- Helps with the healing process and allows you to go deeper



BRAINSPOTTING: HOW IT WORKS

- Identify something mildly stressful
- Find where/how in the body you are experiencing that stress
- Cover one of your eyes
- Cover the other eye
- Which eye do you feel more stressed/activated?



With the more activating eye

- Look to the left
- Look to the center
- Lastly look to the right
- Which direction do you feel the most stressed/activated?



At the eye position just notice anything and everything that comes up-don't try and change it, just follow!

About Me!

- Certified Brainspotting practitioner
- ~10 years helping adults and adolescents overcome trauma and stress
- BA in Criminology and Criminal Justice from the University of Maryland, College Park
- MSW from California State University, Los Angeles



Contact Me

- www.mindfulreflections.com
- Phone: 561-223-1524

 @mindfulreflectionsfi

 /shainafeingold

 @mindfulreflectionsfi

Questions?



THANK YOU

