

SOUTHEAST  
**BRAINSPOTTING**  
INSTITUTE

The Southeast Brainspotting Institute exists to promote the utilization of Brainspotting as an effective therapeutic modality to reduce unwanted suffering (emotional distress), promote personal growth, and develop professional competency.

[www.brainspotting.com](http://www.brainspotting.com)  
[www.southeastbrainspottinginstitute.com](http://www.southeastbrainspottinginstitute.com)

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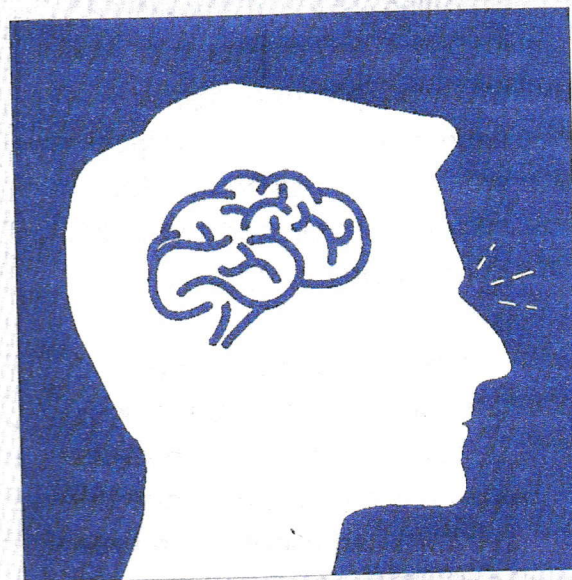
Licensed Clinical Social Worker  
Brainspotting Professional

Helping you heal during life's  
difficulties and transitions

*Children, Adults & Families*

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# Brainspotting



**THE NEW BRAIN-BASED  
THERAPY FOR RAPID  
AND EFFECTIVE CHANGE**

*"Where you look  
affects how  
you feel."  
David Grand*



# Brainspotting

## **What is Brainspotting?**

Brainspotting (BSP) is a powerful, focused treatment method that works by identifying, processing and releasing core neurophysiological sources of emotional/body pain, trauma, dissociation and a variety of other challenging symptoms.

BSP makes use of the natural phenomenon of where you look affects how you feel through its use of relevant eye positions. Together the therapist and client pair a fixed eye position and body sensation to an unresolved issue. This rapid, highly effective mind/body centered therapy technique appears to go beyond the cognitive awareness and connects one to their body's innate wisdom to heal itself.

## **What if I don't have trauma?**

We all have experienced trauma in some capacity, whether it be from distressing events, adverse childhood experiences, unmet emotional needs, or abuse and neglect.

## **Could it help me?**

Brainspotting is a therapeutic tool for everyone with a variety of issues. If you are new to therapy and are looking for a way to change patterns of behavior, Brainspotting can help resolve the emotional and physical pain that keeps you stuck in those patterns. If you have been in therapy before, but have the sense that your work could go deeper, Brainspotting can take therapy to another level of healing. If you are uncomfortable with talking about your past traumatic experiences, this modality will enable you to heal without having to tell or retell your story. Lastly, Brainspotting can be used to enhance performance, creativity, and create regulation in your brain and body.

## **How effective are the results?**

Clients report they are able to find the cause of their conflicts and turn them into growth opportunities.