Brainspotting: The Preferred Power Therapy for Adoption

Adoption Competent Mental Health · https://bridges4mentalhealth.org/hub/adoption-competence/brainspotting-the-preferred-power-therapy-for-adoption/

Developed by Dr. David Grand, Brainspotting taps into deep neural processing by focusing on eye movements and body sensations, helping individuals access and process traumatic memories. It is particularly beneficial for adoptees due to its attunement to emotional and physical experiences, enabling healing even without verbal communication. This approach is considered safer and more effective than traditional methods like EMDR, especially for adoptees who have experienced trauma. This webinar presented by Brooke Randolph explains how it is helpful for therapy with the adoption constellation.

Watch the webinar