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### **Informed Consent for Brainspotting**

In my psychotherapy practice, I use various mind-body approaches with promising mental health benefits, though they have yet to be fully researched by the academic community. This informed consent will provide you with some basic information about one of these methods, called Brainspotting (BSP).

David Grand, PhD, developed Brainspotting in 2003. In his words, BSP is a new psychotherapy approach that theorizes that the field of vision can be used to locate eye positions that correlate with relevance to inner neural and emotional experience. After they are located, these eye positions, or Brainspots, may, through maintaining eye fixation, lead to healing and resolution of issues that are held deeply in the non-verbal, non-cognitive areas of one's neurophysiology. BPS utilizes both focused activation and focused mindfulness as its mode of operation. It aims at a full, comprehensive discharge of activation (emotional distress) held in the brain and body.

Brainspotting is a powerful, focused treatment method that works by identifying, processing and releasing core neurophysiological sources of emotional mind/body pain, trauma, dissociation and a variety of other challenging symptoms. Brainspotting is a simultaneous form of diagnosis and treatment. It uses bilateral sound and fixed eye positions to enhance deep, direct and powerful healing. The therapist helps the client locate internal resources to contain emotional reactions.

BSP functions as a neurobiological tool to support the clinical relationship. It allows the release of experiences and symptoms that are typically out of reach of the conscious mind and cognitive language capacity. Brain spotting works with the deep brain and the body through its direct access to the autonomic and limbic systems within the body's central nervous system. BSP is accordingly a physiological tool/treatment, which has profound psychological, emotional and physical benefits.

BSP is especially applicable for treating trauma. Approximately 75% of requests for medical care are linked to the consequences of overwhelming trauma and stress. People typically respond to traumatic experiences through primitive fight, flight or freeze instincts. BSP allows clients to significantly reduce and eliminate the tension and hyper-arousal associated with these survival instincts. Clients can look forward to integrating healing on emotional, somatic, psychological, spiritual and even physical levels.

As with all forms of psychotherapy, it is possible to experience some emotional distress and physical sensations related to prior life experiences. The clinical reports from Brainspotting show no additional side effects when used appropriately. As with any form of psychotherapy, emotions

may continue to arise after a therapy session, and you are encouraged to discuss such emotions with me.

If you agree to proceed with applying Brainspotting methods toward reaching your goals, please sign and date below. Your consent is given freely, without any obligation and with complete understanding of the above information. We can discuss any aspect of this consent and you are under no obligation to continue to use these methods.

This consent may be revoked verbally at any time. Please follow up in writing any verbal request to revoke this consent.

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Signature

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Date

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Parent/Guardian Signature

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Date