

DETOXIFICATION OF MIND AND SPIRIT:

EMDR Combined With Highly Effective Brainspotting

Stress? Major Illness? **Anxiety?** Physical, Emotional, Medical/Surgical Trauma? **ADD/ADHD?** Hypertension? **Panic?** Insomnia? **Performance issues?** Sexual issues? **Fibromyalgia/Chronic Pain?** **Addictions?** Cravings? **Migraines?** **Stuttering?** Environmental Illness? **Depression?** Fatigue? **Phobias?** **Asthma?** **Anger?** **Rage?**

EMDR (Eye Movement Desensitization and Reprocessing) is a therapy that was developed about 20 years ago and is currently used by over 40,000 therapists worldwide. It can heal the symptoms of trauma as well as other emotional conditions, and dramatically enhance performance and creativity. Extensive scientific research has shown that when practiced as taught, it is the most effective and rapid method for healing PTSD (Post Traumatic Stress Disorder).

Brainspotting (BSP) is a more recent addition to the spectrum of holistic therapies. Utilizing Brainspotting in conjunction with EMDR (and even partly in lieu of EMDR in some cases) can make treatments even more successful!

First, let's focus on what makes EMDR unique: It is its use of bilateral eye movement and/or alternating bilateral sound or tactile stimulation, which repeatedly activate the opposite sides of the brain. This activity, combined with appropriate verbal interactions, helps the neuro-physiological system to free itself of "blockages" - negative emotional and behavioral patterns associated with painful memories of acute traumas (sudden, often surprising or shocking short term events) or chronic trauma (emotional pain or fear or negative emotions sustained over a long period of time, including long-term illness). This can allow the neuro-physiological system to "reconnect" itself - to "erase" the negative emotions (e.g. guilt, inadequacy, fear of loss, anxiety) and associated behavioral patterns that prevent us from attaining happiness, maximizing our potential, and fulfilling our life's goals.

EMDR therapists have successfully healed over a million people suffering from PTSD stemming from serious accidents, rape, muggings, the murder or suicide of a loved one, terrorism, torture, military combat and natural disasters, in as little as one to three extended sessions, as opposed to the months and years other treatments usually require to treat this condition. Although considerably more time is necessary, EMDR is also remarkably effective in the treatment of adults who have been traumatized by ongoing mental, physical and sexual abuse in childhood, or other forms of emotional, mental, physical, and social stress.

A performer or athlete suffering from performance anxiety and loss of confidence show the same neurological effects found in those suffering a traumatic event. EMDR resolves these performance inhibitions in the same rapid, effective manner as is seen with trauma and achieves astonishing results in performance and creative enhancement with athletes, actors, performers, artists, and writers. EMDR can benefit most human situations, including phobias (social anxiety, fear of public speaking or flying), depression, dissociation disorders, OCD (obsessive-compulsive disorder), overeating, anger management, low self-esteem and body image distortions, as well as bodily manifestations of stress

(head, stomach and back pain). EMDR is also a valuable tool with the traumas of divorce, illness or death of a loved one, financial crisis, alcohol & drug abuse by a parent or a child, and family violence. EMDR's bilateral stimulus stimulates powerful brain activity. The client reactivates an image of a traumatic event with its accompanying sensory experiences, along with the associated negative self-beliefs (guilt, inadequacy, fear...). This process generates emotions and body sensations. While bilaterally stimulated, the client is instructed to follow thoughts & associations in an uncritical manner, often leading to retrieval of old memories, rapid insights, and "letting go" of the traumatic event and the symptoms associated with it. After an EMDR experience, clients can accept that the crisis is in the past, they were not responsible, they are safe now, and they can go on with their lives. This results in finally letting go, finding profound recovery, and healing.

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Brainspotting

Brainspotting (BSP): BSP is a powerful, focused treatment method that works by identifying, processing and releasing core neuro-physiological sources of emotional/body pain, trauma, dissociation and a variety of challenging symptoms. Brainspotting is a simultaneous form of diagnosis and treatment, enhanced with "BioLateral" sound and tactile stimulation. Brainspotting identifies activated eye positions designated as "Brainspots." Located through either one or both eyes, Brainspots are observed from either the "inside window" of the client's subjective sense, and/or the "outside window" of the client's reflexive responses (blinks, eye twitches/wobbles, pupil dilation, quick breaths, and subtle body shifts), which are evaluated objectively by the therapist in order to achieve the desired therapeutic effect. Brainspotting can be practiced independently of EMDR, and in many cases its benefits exceed those of EMDR.

Brainspotting exploits the inter-connections between the brain's associative cortex areas and areas where basic emotions are "stored," to dramatically enhance the benefits of EMDR. By interacting with the brain's Limbic System, which controls emotions, emotional responses, hormonal secretions, mood, motivation, and pain & pleasure sensations, the practitioner affects the entire physiology when BSP and (to a lesser extent) EMDR are employed interchangeably. The limbic system includes well-known brain structures such as the Amygdala (controlling anger, avoidance, defensiveness, arousal, fear responses, and hormonal secretions), the Hippocampus (consolidation of new memories, emotions, navigation, spatial orientation), the Cingulate Gyrus (coordinates sensory input with emotions, emotional responses to pain, aggressive behavior), the Hypothalamus (controls autonomic functions, emotions, endocrine functions, homeostasis, motor functions, regulates food and water intake and sleep-wake cycle), and the Fornix (connects the Hippocampus to the Hypothalamus). Less known is the OrbitoFrontal Cortex, considered by some to be a part of the limbic system because of its functions in emotion and reward. Possibly, this OrbitoFrontal link is responsible for locating Brainspots whenever certain emotions and memories are accessed.

"Brainspotting is based on the profound attunement of the therapist with the patient, finding a somatic cue and extinguishing it by down regulating the amygdala. It isn't just PNS activation that is facilitated, it's homeostasis." Robert Scaer, MD, *The Trauma Spectrum*.

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