

## **What is Brainspotting, EMDR, and EMI?**

These approaches believe that past emotionally-charged experiences affect you in the present, by impacting your creativity, emotions, nervous system, performance, and thoughts about yourself, both consciously and unconsciously.

Historically Dr. Francine Shapiro made a discovery that eye movements could change the way memories feel. EMI, and Brainspotting were developed later on by Dr. Connirae and Dr. Steve Andreas in 1989, and further developed by Danie Beaulieu into a model of psychotherapy. Dr David Grand one of the first therapists to be using EMDR in the USA, he discovered while that fixed eye positions could also be very powerful. He then developed 'Natural flow EMDR', which he now calls Brainspotting.

## **How do they work?**

They use the brains natural healing abilities to process stuck or traumatic memory, so they do not have as much of an impact or felt sense. Neuroplasticity is a phenomenon whereby the brain is able to essentially rewire itself and adapt – recover basically.

Brainspotting, EMDR, and EMI all use the eyes optic nerve as a way in to the deeper regions of your brain where emotions and memory is held. They either use eye positions or eye movements to help process stuck memory and emotions

## **What can happen?**

Sometimes memories are triggered, emotions and bodily sensations like feelings of tension.

## **How long does it take?**

Anywhere from 1 session, like any therapy you may require quite a few sessions to get the full benefit.

## **Do I have to talk about it?**

Not necessarily it might be helpful to talk about it, but with Brainspotting & EMDR there is no requirement to talk about what happened. EMI a detailed or sometimes brief statement of what happened is required.

It is best that you discuss your history and work out with your therapist what has happened to you in life, and what needs targeting.

## **What can they be used for?**

Overpowering thoughts or beliefs  
Addictions, bingeing, habits, and compulsions,  
Bad memories  
Nightmares  
Pain, phantom pain, unexplained pain, pains from operations etc.  
Phobia and fears  
Trauma, CPTSD & PTSD.

**Side effects:**

As we are working with memory, memories maybe reexperience or forgotten memories can 'come back', tension headaches, tiredness and difficult emotions are common. The good news is that these are usually brief and once treatment is completed memories feel like they are in the past without the emotional hold.

It is important that treatment is completed. Not completing therapy is a 'half a job', and you won't get the benefit from the therapy. You may feel a benefit briefly but the problems may come back.

**Sessions:**

I recommend sessions, when you haven't got much on afterwards. Avoid alcohol, and just best when you're on just a normal day.

They aren't really talking therapies, they are more experiential and feeling therapies - just see what comes up, and how it feels.

The sessions aren't about trying not to feel, or trying to focus, or not trying to think. We're not trying to close down, but allowing your system to present to you what it needs. Were just allowing the river to flow, feeling and observing without getting in the way of it.

Sessions should be regular. Not having regular therapy is like going to the gym once a month and expecting results. Sessions should be weekly, possibly more often with some traumatic memories... at least fortnightly.