BRAINSPOTTING (Neuro-Emotional Processing)

I decided to get trained in Brainspotting after my own sampling of it. I found it to be organic, mindful, often non-cognitive, deeply integrative… mmmmm. As a therapist, I often feel privileged to be present at such **beautiful and profound transformations**.

According to Dr. Robert Scaer, a neurologist and trauma specialist, "Brainspotting is based on the profound attunement of the therapist with the patient, finding a somatic cue and extinguishing it by downregulating the amygdala. It isn't just parasympathetic nervous system activation that is facilitated, it's **homeostasis**."

From **Fran I. Hamilton, M.D.:** "Sat Tara Kaur Khalsa offers a compassionate, skillful therapy in our community. Brainspotting is an effective modality that she has integrated in her work with clients who can benefit from balancing their central nervous system. Chronic fatigue, pain, trauma, and many other medical conditions respond positively to the release of sympathetic overdrive and strengthening the parasympathetic system."

HERE IS WHAT OTHERS HAVE SAID AFTER SAMPLING BRAINSPOTTING WITH SAT TARA (with their permission):

From **Pam Chandler, Nurse Practitioner**: "It gives me pleasure to be able to write a comment about my recent Brainspotting session with Sat Tara Kaur Khalsa. I have known Sat Tara for many years and I deeply respect her work as a mediator, so I felt very comfortable embarking on this new (for me) technique with her as my guide. I was working on coming to terms with the death of a loved one under very traumatic circumstances so it was important to me to feel safe. I had already undergone EMDR and hypnosis, but was still experiencing anxiety and a sense of despair.

Sat Tara's calm and balanced demeanor provided a **completely secure cocoon** for me as we embarked on the work together. I knew very little about brain spotting before we started and still don't fully understand it (something I don't feel is necessary), but she gave me just enough of an overview to begin. During the session I was somehow drawn to close my eyes and follow an inner journey, and she completely went with this, rather than feeling the need to super-impose a set structure on how our session evolved. For that reason, my own experience might have been a bit different than a more typical session, but I was able to experience a deep sense of calm and was grateful not to be pushed into a particular direction. I think it takes a great deal of empathy and flexibility to be able to adapt when using a particular technique, as she did with me.

Following our session together, I definitely noticed a **reduction in the pervasive anxiety** that had been my reality for weeks. I think it was the perfect addition to the work I had already done, and over time I realized that I had come to a place of **resolution in my grief process**. I would highly encourage anyone who has unresolved issues or is working through trauma to enlist Sat Tara's support and try one or more sessions of brain spotting with her." Pam Chandler

"I just had a session called Brainspotting that felt beautiful and safe. I could choose how deep I wanted to go. **This session helped me feel stronger, more grounded, less fearful and more confident in my ability to face what I need to face**. At times I felt a whole wave of grief, sadness and loss and yet at the same time I also felt the **joy of life** and the feeling of life all around me and in me. This brought me to a balanced and peaceful place. Sat Tara is a real gift in my life". Dorothy Rupert

"You have a true gift!! The container that you created was very safe and healing, while at the same time very spontaneous, organic, in the flow and not structured. That was reassuring to me and it felt peaceful. I felt I was not trying to fit into anything, and didn't have to do much. **The process itself was amazing**, I really felt my brain re-patterning and balancing itself physiologically. I felt it working psychologically in the way the trigger softened….. I couldn't even get myself to get uptight about it anymore. You offered a container of wisdom and

safety so that I could step back from my story and let my brain heal itself. It was like **"defragging" my brain computer**, the stuff I needed was put into a nice order in my brain and the stuff I didn't need left. It was like a "brain cleanse" where the old stagnant stuff was released, all without effort." Shanti Medina

"I have a long history of doing trauma work such as somatic experiencing and EMDR, both as a therapist and a client. What I particularly liked about Brainspotting was its clean technique. Simple but deep. Sat Tara made me feel very comfortable as she created a **safe and nonjudgmental container**. **I totally trusted her competence** which allowed me to immerse myself in the experience. She cautioned me as to not to expect a miracle, but to expect some movement to happen…which is exactly what I experienced. My focus was on writer's block, so in time I will have a better sense of the outcome, but I definitely feel that something shifted inside me that will help me write more effortlessly. I am definitely going to pursue this modality. It feels very open and potent." JC

"Before my first session with Sat Tara introducing me to Brain Spotting, I was a bit apprehensive of what might happen and if it would be useful to me. I was pleasantly surprised. The process had a very gentle way of helping me focus on what was most important to me without more disclosure than I felt comfortable with in a first session. Without having to know my issue, Sat Tara guided me through a **gentle process** that helped me to identify obstacles and seemingly change the neural networks in my brain around how I saw the obstacle. It created new neural networks. **I could feel the difference** between the old and new pathways. I don't need to think about the change we worked on because my brain can come up with something better than anything my conscious mind could. It was amazing to me how this gentle process left me feeling confident about what previously had seemed like an obstacle." Jeff Jones

"The process provided a very deep, **accelerated immersion in the realm of meditative clarity**. Visual phenomena became blurred around the edges of my single-pointed focus upon the "brainspot". This allowed me to experience a letting go of thoughts and emotions which facilitated a warm sensation of trust and comfort to flood into my awareness. Not unlike a naturally induced, delightful magical mystery tour." Bud Wilson

"The true test of accepting prosperity into my life hasn't come yet (i.e. ease of money flow) but I certainly feel as though **a block has been released** to allow that test to even happen. So thanks! I really liked the process…. Powerful!" Becca Haydon

"In some weird way it brings out stuff because it doesn't have to do with talking. I liked the music because you could hear it going from one ear to the other. I got something out of it without sobbing or screaming…which would have been embarrassing." CH (13)

"I don't know how to put it into words….a deeper look inside myself and how to deal with my situation in a better way." Alex Hunker (22)

"Sat Tara helped me step over a difficult area with ease. The method is so **non-invasive** that it heightened my own responsiveness." Jude Blitz