

**THE THAYER GROUP FOR WOMEN'S CARE IS DELIGHTED
TO ANNOUNCE THAT WE NOW OFFER**

BRAINSPOTTING (Neuro-Emotional Processing) with

Sat Tara Kaur Khalsa, MS, LPC

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.**”

From **Monte Atkinson, Ph.D, Clinical Psychologist**: “In over 25 years as a psychologist and psychotherapist, I have seen many therapeutic 'innovations' come and go. With the promise of almost magical potency, they invariably failed to live up to the hype. So with a combination of curiosity and skepticism, and largely out of respect for Sat Tara's clinical judgment, I was glad to experience the latest 'greatest thing since sliced bread': Brainspotting.

“I was completely unprepared for the genuine power of this technique. In only one session, Sat Tara guided me through a process that accessed a level of emotional, psychological experience that eludes verbal description, but rang true and deep. **Certainly, the power of this experience was also a testament to Sat Tara's sensitivity and skill, and I felt truly changed by the experience.**”

From **Lila Rosenthal, M.D.**: "Sat Tara is a skilled clinician with a generous spirit, a rare combination in today's health care environment. **Her breadth of techniques for helping patients together with her unassuming manner** make her an exceptional choice for anyone seeking assistance with a **broad range of mental/behavioral health issues.**"

From **Pam Chandler, Nurse Practitioner**: “It gives me pleasure to be able to write a comment about my recent brain-spotting 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 Brainspotting 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

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 down-regulating the amygdala. It isn't just parasympathetic nervous system activation that is facilitated, it's **homeostasis**."

For more information or to schedule an appointment, you can call Sat Tara at 303-530-7080 or visit her website at SatTaraTherapy.com