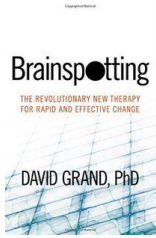


## Health Promotion & Disease Prevention

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Doctor of Behavioral Health



What is Brainspotting Therapy? “Brainspotting is a powerful, focused treatment method that works by identifying, processing and releasing core neurophysiological sources of emotional/body pain, trauma, dissociation and a variety of other challenging symptoms. Brainspotting is a simultaneous form of diagnosis and treatment, enhanced with Bilateral sound, which is deep, direct, and powerful yet focused and containing.”

How it works? “Brainspotting lets the therapist and client participate together in the healing process,” explains Dr. David Grand, the founder of the Brainspotting Technique. “It allows us to harness the brain's natural ability for self-scanning, so we can activate, locate, and process the sources of trauma and distress in the body.”

**“Brainspotting provides a neurobiological tool for accessing, diagnosing, and treating a wide range of somatic and emotionally-based conditions.”**

Brain-based therapy is the fastest-growing area in the field of psychological health because it has proven that it can immediately address issues that talk therapy can take years to heal. Now Dr. David Grand presents the next leap forward in psychological care—combining the strengths of brain-based and talk therapies into a cost effective, short term, powerful technique he calls Brainspotting.

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