



# Brainspotting: The Revolutionary New Therapy for Rapid and Effective Change

By David Grand Ph.D.

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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 powerful technique he calls Brainspotting. In *Brainspotting*, Dr. Grand reveals the key insight that allowed him to develop this revolutionary therapeutic tool: that *where we look* reveals critical information about what's going on in our brain. Join him to learn about:

- The history of Brainspotting—how it evolved from EMDR practice as a more versatile tool for brain-based therapy
- Brainspotting in action—case studies and evidence for the effectiveness of the technique
- An overview of the different aspects of Brainspotting and how to use them
- Between sessions—how clients can use Brainspotting on their own to reinforce and accelerate healing
- Why working simultaneously with the right and left brain can lead to expanded creativity and athletic performance
- How Brainspotting can be used to treat PTSD, anxiety, depression, addiction, physical pain, chronic illness, and much more

“Brainspotting lets the therapist and client participate together in the healing process,” explains Dr. Grand. “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.” With *Brainspotting*, this pioneering researcher introduces an invaluable tool that can support virtually any form of therapeutic practice—and greatly accelerate our ability to heal.

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### Editorial Review

#### Review

"David Grand is one of the most important and effective psychological trauma therapists now practicing, and his development of Brainspotting is a very important leap forward in helping people resolve trauma. Brainspotting is a remarkable, sophisticated, flexible addition to the therapeutic toolkit of any psychotherapist. I know because I use it regularly, and find that, combined with the psychoanalytic approaches I normally practice, the results are astonishingly helpful. Using it, one becomes amazed at the extent to which our traumas can be detected in our ordinary facial and eye reflexes, and how, by using these windows to inner mental states, many traumas and symptoms can be rapidly relieved. Grand writes clearly, and the cases, dramatic as they are, are not exaggerated.

—NORMAN DOIDGE MD, FRCPC, Author of *The Brain That Changes Itself*

"All I can say about Brainspotting is, "THIS STUFF WORKS!" Thank you for everything you have given my life with your genius and discoveries!"

—EARL POTEET, L.C.S.W., M.S.W.

#### About the Author

#### David Grand

David Grand, PhD, is a licensed clinical social worker with a private psychotherapy practice in Manhattan. His clients include survivors of traumas such as 9/11, Hurricane Katrina, and active combat, as well as professional performers, athletes, and business leaders. He is the author of *Emotional Healing at Warp Speed*, and his media appearances include CNN, NBC, and *The New York Times*. For more, visit [www.brainspotting.com](http://www.brainspotting.com).

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**Tina Wilson:**

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**Jane Pelley:**

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