

Brainspotting – the efficacy of a new therapy approach for the treatment of Posttraumatic Stress Disorder in comparison to Eye Movement Desensitization and Reprocessing

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Abstract

Objective: This study aims at determining the efficacy of the new therapy approach Brainspotting (BSP) in comparison to the established Eye Movement Desensitization and Reprocessing (EMDR) approach for the treatment of Posttraumatic Stress Disorder (PTSD). *Method:* The sample consisted of 76 adults seeking professional help after they have been affected by a traumatic event. Clients were either treated with three 60-minute sessions of EMDR (n=23) or BSP (n=53) according to a standard protocol. Primary outcomes assessed were self-reports of the severity of PTSD symptoms. Secondary outcomes included self-reported symptoms of depression and anxiety. Assessments were conducted at pretreatment, posttreatment and 6 month after the treatment. *Results:* Participants in both conditions showed significant reductions in PTSD symptoms. Effect sizes (Cohen's *d*) from baseline to posttreatment concerning PTSD related symptoms were between 1.19 - 1.76 for clients treated with EMDR and 0.74 - 1.04 for clients treated with BSP. *Conclusion:* Our results indicate that Brainspotting seems to be an effective alternative therapeutic approach for clients who experienced a traumatic event and/or with PTSD.

Keywords: Posttraumatic stress disorder, therapy research, treatment efficacy, Eye Movement Desensitization and Reprocessing, Brainspotting

Introduction

Posttraumatic Stress Disorder (PTSD) is defined as “a delayed or protracted response to a stressful event or situation (of either brief or long duration) of an exceptionally threatening or catastrophic nature, which is likely to cause pervasive distress in almost anyone” (World Health Organization, 1992, p. 147). In general, the range for lifetime PTSD lies between a low of 0.3% in China to 6.1% in New Zealand (Kessler & Üstün, 2008). Current past year PTSD prevalence was estimated at 3.5% (Kessler, Chiu, Demler, Merikangas, & Walters, 2005), with 1.8% among men and 5.2% among women (National Comorbidity Survey, 2005). The prevalence of full or partial PTSD in the primary care medical setting is reported with 12% of the primary care attendees (Stein, McQuaid, Pedrelli, Lenox, & McCahill, 2000). The presence of PTSD is positively correlated with higher levels of health-related problems (Schnurr & Green, 2004) and lower levels of functioning (Thorp & Stein, 2005). Moreover, PTSD is often a persistent and chronic disorder (Perkonigg et al., 2005). Thus, effective treatments for PTSD are needed.

There are different treatment approaches to reduce the symptoms of PTSD. Some already existing approaches were specially modified for the treatment of traumatic experiences, e.g., trauma-focused cognitive-behavioral therapy (Benkert, Hautzinger, & Graf-Morgenstern, 2008). Others are developed primarily for the treatment of PTSD, e.g., Eye Movement Desensitization and Reprocessing (EMDR, Shapiro, 2001), Narrative Exposure Therapy (NET, Schauer, Neuner, & Elbert, 2011) or Brainspotting (BSP, Grand, 2013).

In an early meta-analysis by van Etten and Taylor (1998), the most effective drug therapies as well as the best psychological therapies, namely EMDR and behavior therapy, were found equally effective. Later, at least four other meta-analyses confirmed that EMDR is empirically proven to be the best treatment for PTSD in addition to the cognitive-behavioral therapies (Bisson & Andrew, 2007; Bisson, Roberts, Andrew, Cooper, & Lewis, 2013; Bradley, Greene, Russ, Dutra, & Westen, 2005; Maxfield & Hyer, 2002; Seidler & Wagner, 2006).

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Primary aims of the present study were to compare the efficacy of Brainspotting with the established EMDR-therapy and to detect areas of significant change or lack of change (program evaluation). Outcomes assessed were the severity of PTSD symptoms as well as the symptoms of depression and anxiety.

Methods

Design and Sample

The data for this multicenter longitudinal study were collected by independent psychotherapists in Germany, the United States of America, Austria, Switzerland and Italy. The therapists were previously informed about the study by mail or during EMDR and BSP trainings. If the therapists were interested in participating, they were instructed by mail and/or phone and then received a package with all study material.

The treatment and data collection was carried out by 27 experienced trauma therapists. There was a pre-determined standard protocol for both EMDR and BSP, which the therapists had to follow during their treatment. Therapists were licensed therapists who were fully educated in EMDR through an accredited training facility and they had at least completed the Phase I training in Brainspotting. Thus, clients were able to choose whether they would be treated with the established therapy approach EMDR or the new therapy approach BSP. In case the client chose BSP and the therapy outcome was not satisfactory, he/she had the right to receive additional EMDR sessions. None of the clients have taken up this offer.

Data was collected before the first therapy session, after one week after the third therapy session and after about half a year (M=6 month; range: 2-12 month, with 69% were conducted after 5, 6 or 7 month). The sample is composed of 76 consecutive clients (79% female; mean age 42.0 years) starting their therapy between 2009 and 2015. The inclusion criteria were: a) adult clients aged 18 and over; b) the client have either experienced a traumatic situation and / or suffer from a posttraumatic stress disorder or acute stress disorder; and c) the client gives his written consent to participate in the study. The client was deemed not eligible for the study when the treatment already included more than the preparatory sessions. Between the posttest and the follow-up assessment no treatment of the trauma under focus was applied. Only counseling or supportive sessions were possible and if needed another trauma might be treated. Finally we collected data of 53 clients treated with BSP and 23 clients treated with EMDR. The study was reviewed and approved by an ethics committee of the University of Bielefeld. Informed consent was obtained from all research participants being involved in this research after the study and the procedures were explained.

Treatment

The Therapy Approach Eye Movement Desensitization and Reprocessing (EMDR). EMDR was developed by Francine Shapiro (2001). It is a well-established therapy for the treatment of PTSD or other trauma associated diseases. EMDR consists of eight phases, from which phases three to six are original EMDR stages. After establishing a good therapist-client relationship and after the introduction of relaxation techniques or other stabilization techniques, the client is asked to re-experience the traumatic situation while focusing on the therapist's finger tips which are moving on a horizontal axis in front of his or her eyes. In a safe environment and as part of a good therapeutic relationship, the client relives the traumatic situation and reprocesses the feelings, emotions, cognitions and body sensations connected to the trauma (Schubbe, 2006).

The Therapy Approach Brainspotting (BSP). BSP is a psychotherapeutic model discovered in 2003 by David Grand, Ph.D.. Grand has conceptualized BSP as brain-wise and body-aware relational attunement process. In this context he has developed the model of the Dual Attunement Frame. The foundation of this model is the articulation of the attuned, relational presence of the therapist with the client. This relational attunement is seen as being both focused and deepened by the neurological attunement derived from observing and harnessing different aspects of the visual orienting reflexes of the client (Corrigan & Grand, 2013).

By slow eye tracking, either with one eye or with two eyes, locations for BSP are identified. To find these locations, the techniques of either "Inside Window" or "Outside Window" can be used. The "Inside Window" utilizes the client's felt sense, the "Outside Window" helps to locate this location by observation of clients' reflexive response such as blinks, eye twitches or wobbles or quick inhalation, by the therapist.

Once the therapist and client determine together the Brainspot, the client is directed to maintain their fixed visual attention on the position and mindfully observe their internal process. In BSP this is called Focused Mindfulness as the mindfulness that ensues occurs in a state of Focused Activation. The Focused Mindfulness ensues, with the therapist closely and openly following along until the client comes to a state of resolution.

BSP is a 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 (Grand, 2011). In BSP, the therapist is encouraged to openly follow the client's process with no assumptions. The therapist is guided to trust the innate human neurological capacity for self-regulation given optimal conditions. In this context, the BSP

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therapist also guides the client to become brain-aware through ongoing opportunities for psycho-education. For a more detailed description of BSP, the reader may consult Grand (2013). The standardized protocol determines the usage of “two eyes” and the “Inside Window”. First results indicate that Brainspotting could be an effective therapy approach for the treatment of clients having experienced traumatic experiences and clients with generalized anxiety disorder (Anderegg, 2016; Hildebrand, Stemmler, & Grand, 2015; NSHCF, 2016).

Measures

PTSD and symptom severity. To screen the clients for the presence of PTSD and to assess the symptom severity and functioning of the clients the Posttraumatic Diagnostic Scale (PDS; Ehlers, Steil, Winter, & Foa, 1996; Foa, Cashman, Jaycox, & Perry, 1997) was administered. The PDS has 49 items. It includes a 12 item checklist identifying potentially traumatizing events experienced by the respondent. Respondents then indicate which of these events has troubled them most in the last month. To determine whether the DSM-IV stressor criteria are met, the response to this event at the time of its occurrence should be rated. Clients then rate 17 items representing the cardinal symptoms of PTSD experienced in the past 30 days on a four-point scale (0-3). In the last part respondents indicate the level of impairment caused by their symptoms across nine areas of life functioning. By adding up the scores of the corresponding items, the symptom severity for the three subscales re-experiencing (5 items), avoidance/numbing (7 items) and hyperarousal (5 items) is calculated. The total symptom severity score is obtained by adding up the responses of selected items and ranges from 0 to 51 (1-10 = mild, 11-20 = moderate, 21-35 = moderate to severe, > 36 = severe).

Additional mental impairment. Additional mental impairment was investigated through the Hospital Anxiety and Depression Scale (HADS; Zigmond & Snaith, 1983). This self-rating scale measures states of depression and anxiety and features seven questions for anxiety (HADS-A) and seven for depression (HADS-D). The respondent rates each item on a four-point scale. The scores for the subscales range from 0 to 21.

Demographic data. Data included sex, date of birth, marital status, place of residence, socioeconomic status (0=low, 1=average, 2=high), traumatic experience (item “How would you describe the client’s trauma?”) with a five point rating scale with the response categories from 1 (minor) to 5 (major) and ICD-10/DSM-IV diagnosis of the client.

Data Analysis

Analyses were conducted using SPSS 23. Independent samples t-tests and χ^2 -analyses were conducted to determine whether there were

statistically significant differences between the means of those treated with BSP and those treated with EMDR on the demographic variables. We used univariate two factor analysis of variance (ANOVA) with repeated measures and χ^2 -tests to assess treatment effects. Effect sizes were calculated according to Cohen's (1988) *d* statistic. For each scale of the PDS and HADS and for each treatment group the magnitude of change from pre-to posttest, from pre-to follow-up and from posttest to follow-up was defined as $(M1-M2)/SD_{pooled}$, where $SD_{pooled} = [(SD1^2+SD2^2)/2]^{1/2}$. Positive effect sizes represent improvements in PTSD and other symptoms (depression, anxiety). Negative effect sizes indicate a worsening of symptoms. The sample sizes for the different items vary slightly due to missing data.

Results

Demographic Data and Traumatic Experiences

Demographic data. Results of χ^2 - and t-test analyses comparing those treated with BSP and those treated with

EMDR indicated no statistically significant differences regarding gender, age, family status and PTBS diagnosis – except place of residence (Table 1).

- Table 1 – Appendix 1

Traumatic experiences. Both groups of clients most frequently listed as the worst traumatic experience an event that is not explicitly mentioned in the PDS (EMDR: 48%, BSP: 37%, examples: working with death bodies, psychological abuse). Accidents were marked by 17% of the clients treated with EMDR and 23% treated with BSP. Sexual assault by someone known was listed by 22% of the EMDR clients and 18% of the BSP clients. The other traumatic events were each marked by less than 10% of the client group. Differences between groups concerning the worst traumatic event were not statistically significant ($\chi^2 [9, N = 75] = 5.11, p = .825$).

Outcome Measures

PDS. Table 2 summarizes the means and standard deviations of the PDS for the pretest, posttest and follow-up for both treatment groups. The results of the univariate two factor analysis of variance (ANOVA) with repeated measures and

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the effect sizes are also listed. We found a significant time effect in all four scales of the PDS, showing a decrease in the reported symptoms for both treatment

groups. We did not find a significant interaction effect, revealing no significant differences between the groups concerning the decrease of symptoms. Pre-follow-up effect sizes for the measures of PTSD symptoms for both EMDR ($d = 1.11 - 2.12$) and BSP treatment ($d = 1.06 - 1.36$) were high. The same applies to pre-post effect sizes for EMDR ($d = 1.19 - 1.76$) and BSP ($d = 0.74 - 1.04$).

- Table 2 – Appendix 2

HADS. Results for the HADS are presented in table 3. Clients treated with EMDR as well as clients treated with BSP reported a significant decline in symptoms of anxiety and depression. The between groups tests indicate that the variable treatment group is not significant for both scales. Moreover, the interaction of time and group is not significant which means that the groups are not changing in different ways over time.

Pre-follow-up effect sizes for the HADS were high.

- Table 3 – Appendix 3

Discussion

We aimed to investigate a comparison between treatment outcomes in clients treated with EMDR and BSP. The latter is a new psychotherapy approach which theorizes that the field of vision can be used to locate eye positions that correlate with relevance to inner neural and emotional experience (Grand, 2011). With a growing recognition of BSP as an alternative treatment approach for PTSD, this study helps to support the need for the evaluation of treatment efficacy.

We found that clients treated with BSP weren't more impaired than clients treated with EMDR in the variables under consideration. Brainspotting seems to be an effective therapeutic approach for clients who experienced a traumatic event and/or with PTSD. Additionally, BSP seems to be as effective as EMDR in many areas under examination (cardinal symptoms of PTSD, anxiety and depression). In this vein, our study supports the results of Sack et al. (2016) who compared dual attention, eye movements, and exposure only during EMDR in a randomized clinical trial. The use of eye movements as a dual-attention task had no additional treatment effects compared to visual fixation on a nonmoving hand. The pre-post effect sizes for the EMDR treatment group in our study are comparable to other findings (Bradley et al., 2005; Maxfield & Hyer, 2002; van Etten & Taylor, 1998), where effect sizes for pre- versus post-treatment comparisons range between -.50 and 2.22. Even though the pre-post effect sizes for BSP were apparently a bit smaller, there was no significant difference between groups concerning the treatment outcome in either of the scales.

Our study had a longitudinal and quasi-experimental design with two equivalent comparison groups. According to the Maryland Scientific Method Scale (SMS; Sherman et al., 1997), which evaluates the methodological quality of studies, our study is positioned at level 3 on a 5-point scale. The authors indicate that confidence in the results is highest at level 5 and level 3 is required to achieve reasonably accurate results. As differences between groups were analyzed and not statistically significant, threats to internal validity were minimized. For example, regression towards the mean (Stigler, 1997) could be precluded, as there were no group differences for example in the trauma severity score at pretest.

Limitations of the Present Study

Although improvements in symptoms of PTSD have been observed with BSP, we can only state preliminary conclusions on the benefits of this intervention due to the relatively small sample size. Thus, more research with larger samples is needed to replicate our results.

Another limitation of this paper is that we did not use a randomized trial. As randomized controlled trial is often considered the gold standard in evaluating treatment efficacy (Misra, 2012), we also thought about using this design. Due to organizational and ethical issues (Edwards et al., 1998; Sullivan, 2011), we decided that clients should have the possibility to choose whether they are treated with EMDR or BSP.

Both, EMDR and BSP were successful in treating clients with traumatic experiences. Therefore, the common factors in the two treatment approaches and, in general, for all effective trauma therapies should be taken into consideration (Wampold, 2015). Both treatments start with the anamnesis and therapy planning (Schubbe, 2014). In both treatments, the personality and particular attributes of the therapist, the therapeutic relationship, the need of establishing personal safety and stability, and the reprocessing of the traumatic experience could have for example affected treatment outcome. In our study we did not focus on these moderators of treatment outcome. In sum, the development of trauma treatment methods include more and more resource orientation, and BSP follows this overall direction (Schubbe, 2016).

Conclusions and Future Prospects

To conclude, our study supports the use of BSP to treat subjects who show symptoms of PTSD. Thus, BSP seems to be an alternative treatment approach for clients with PTSD. More research is needed to replicate our results and to evaluate effects in different samples, e.g., clients with substance use disorders and comorbid PTSD. Moderator analyses are necessary to further evaluate the contribution of BSP to the treatment of PTSD. Further studies should also analyze the potential usefulness of BSP with other diagnostic measures like the Clinician-Administered PTSD Scale for DSM-5 (CAPS-5, Weathers et al., 2013).

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Appendix 1

Tab. 1. - Comparisons of Demographic information of treatment groups.

	BSP (<i>n</i> = 53)		EMDR (<i>n</i> = 23)		χ^2 or <i>t</i>
	<i>M</i> or <i>n</i>	<i>SD</i> or %	<i>M</i> or <i>n</i>	<i>SD</i> or %	
Gender (female)	41	77.4	19	82.6	.27
Age (years)	43.43 (range: 22-69)	12.30	38.74 (range: 19-58)	12.90	-1.51
Marital status					7.00
Married	19	36.5		26	
Engaged	1	1.9		0	
Cohabiting	12	23.1		13	
Divorced	8	15.4		22	
Single	12	23.1		30	
Other	0	0		9	
Place of residence					13.63**
Germany	33	62.3	14	60.9	
USA	20	37.7	4	17.4	
Austria		0	3	13.0	
Switzerland		0	1	4.3	
Italy		0	1	4.3	
Socioeconomic status					0.63
Low		26		23	
Average		65		62	
High		9		15	
Trauma severity score	4.78 (range: 2-5)	3.72	4.22 (range: 2-5)	0.85	-0.72
PTSD diagnosis by therapist ^a					.04
Simple PTBS	21	42.9	10	45.5	
Complex PTBS	28	57.1	12	54.5	
PTSD diagnosis by PDS (yes)	29	54.7	15	65.2	.725
Additional diagnosis (yes)	23	43.4	8	34.8	.49

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Note. BSP = Brainspotting; EMDR = Eye Movement Desensitization and Reprocessing. ^aBSP: N=4 missing, EMDR: N=1 missing. * $p < .05$. ** $p < .01$. *** $p < .001$.

Appendix 2

Tab. 2. – PDS. Univariate two factor analysis of variance (ANOVA) with repeated measures and effect sizes

	Pre		Post		FU		ANOVA			<i>d</i>		
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	time <i>F</i> (2, 59) η^2	group <i>F</i> (1, 60) η^2	time*gro up <i>F</i> (2, 59) η^2	<i>d</i> _{Pre-FU}	<i>d</i> _{Pre- Post}	<i>d</i> _{Post -FU}
(EMDR: n=18, BSP: n=42)												
Total score							44.16*** .60	.26 .00	2.03 .07			
EMDR	29.4	12.67	10.4	10.42	8.0	6.52				2.12	1,64	0.28
BSP	25.9	12.36	14.6	10.59	10.9	10.59				1.30	0.98	0.35
Reexperience							44.08*** .60	1.61 .03	1.31 .04			
EMDR	8.8	4.33	2.4	2.77	1.7	1.81				1.11	1.76	0.30
BSP	8.5	4.62	4.3	3.39	3.0	3.35				1.36	1.04	0.39
Avoidance							37.15*** .56	.11 .00	1.64 .05			
EMDR	11.3	5.48	4.6	5.77	2.6	2.83				1.99	1.19	0.44
BSP	9.8	5.69	5.8	5.17	4.0	4.49				1.13	0.74	0.37
Hyperarousal							31.00*** .51	.04 .00	2.72 .08			
EMDR	9.3	4.28	3.3	3.20	3.7	3.12				1.50	1.59	- 0.12
BSP	7.6	3.66	4.5	3.03	3.8	3.54				1.06	0.92	0,21

Note. PDS = Posttraumatic Diagnostic Scale; pre = pretest, post = posttest, FU = follow-up; BSP = Brainspotting; EMDR = Eye Movement Desensitization and Reprocessing. *M*=mean; *SD*=standard deviation. * $p < .05$. ** $p < .01$. *** $p < .001$. Effect sizes: Cohen (1988): $(M_1 - M_2) / SD_{pooled}$

Appendix 3

Tab. 3. - HADS. Univariate two factor analysis of variance (ANOVA) with repeated measures and effect sizes

	Pre		Post		FU		ANOVA			<i>d</i>		
(EMDR: n=18, BSP: n=43)	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	time <i>F</i> (2, 58) η^2	group <i>F</i> (1, 59) η^2	time*group <i>F</i> (2, 58) η^2	<i>d</i> _{Pre-FU}	<i>d</i> _{Pre-Post}	<i>d</i> _{Post-FU}
Anxiety							44.38*** .62	.13 .01	0.89 .02			
EMDR	14.1	4.67	7.1	5.50	6.8	4.93				1.52	1.37	0.06
BSP	12.5	3.55	7.0	4.12	6.8	5.03				1.31	1.43	0.04
Depression							35.83*** .55	.15 .00	1.31 .04			
EMDR	11.1	5.13	5.4	5.68	4.7	5.32				1.22	1.05	0.13
BSP	9.5	4.96	5.3	4.79	4.9	4.80				0.94	0.86	0.08

Note. HADS = Hospital Anxiety and Depression Scale; pre = pretest, post = posttest, FU = follow-up; BSP = Brainspotting; EMDR = Eye Movement Desensitization and Reprocessing. *M*=mean; *SD*=standard deviation. * $p < .05$. ** $p < .01$. *** $p < .001$. Effect sizes: Cohen (1988): $(M_1 - M_2) / SD_{pooled}$

Brainspotting Therapy: About a Bataclan Victim

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Received: February 7, 2017 Accepted: March 16, 2017 Online Published: May 29, 2017

doi:10.5539/gjhs.v9n7p103

URL: <https://doi.org/10.5539/gjhs.v9n7p103>

Abstract

Brainspotting psychotherapy (BSP), elaborated by Grand in 2003, aims at managing patients suffering from psycho-traumatic syndromes: Post-Traumatic Stress Disorder, emotional dysregulation, anxiety and/or depressive syndromes.

This original approach combines features of hypnotherapy and EMDR (Eye Movement Desensitization and Reprocessing) and is based on the concept of eye positions capable of soliciting the psychological assimilation processes of traumatic memories. We briefly present this therapeutic tool (framework, protocol, expected effects) and propose certain hypotheses which may explain its efficacy. For this, we draw on research into the practice of Mindfulness and the theory of mnesic malleability. Finally, the follow-up of a victim of the 2015 attack on the Bataclan in Paris supports the discussions developed here.

Keywords: brainspotting therapy, psycho-traumatic syndromes, mindfulness, memory re-consolidation

1. Introduction.

Brainspotting therapy (BSP) is a psychotherapeutic approach elaborated by Grand (2013) from EMDR (Eye Movement Desensitization and Reprocessing, Shapiro, 1989) and Somatic Experiencing. (SE, Levine, 2010) This psychotherapeutic tool aims essentially at managing psychological traumas and their associated effects: Post-Traumatic Stress Disorder, emotional dysregulation, anxiety and depressive disorders, etc. (Masson, Bernoussi, Cozette Mience, & Thomas, 2013; Masson, Bernoussi, Gounden, Moukouta, & Njiengwe, 2016) Grand hypothesizes that the visual field may be used to activate the “Adaptive Information Processing” system (Shapiro, 2001), i.e. a process of assimilating dysfunctional information, or traumatic memory. This consists of localizing strategic eye positions in the patient's visual field, known as “Brainspots”, considered to correlate to neurological activation and the dysphoric experience. The “Brainspot” is as it were a neurophysiological response to the targeted activation (emotional dysregulation) associated with a specific eye position. According to Grand, it consists of sub-cortical cerebral activity in response to sustained attention at a specific eye position.

2. Presentation of Brainspotting.

In order to determine these “Brainspots”, the practitioner guides the patient towards an emotional and somatic activation linked to the problem to be treated, in particular a traumatic memory. The subject is encouraged to focus attention on the inner experience, so as to elicit the suffering to a maximal degree. It is recommended, as in EMDR, to evaluate its intensity using a subjective scale (SUD, Subjective Unit of Disturbance) from 0 to 10 and to localize the most intense corporal activation. Moreover, naming the localization tends to deepen the emotional feeling.

The practitioner carries out a slow back-and-forth sweeping movement with his fingers (or with a stick) horizontally across the visual field of the patient, who is guided to follow the movement with the eyes and keep the face still, while focusing attention on the activation felt. At a specific point, or “Brainspot”, an eye reflex may be observed (eye-jerk, freezing, blinking, etc.) and/or a body movement (facial tic, frown, sniff, swallow, nod, shifting of part of the body, rapid breathing, etc.), indicating increased activation. It is also possible to use patient feedback to localize the point more precisely within the visual field.

Then, as in EMDR, the patient is asked to focus continually on the object (fingers, or the tip of the stick) while concentrating on what s/he is feeling: thoughts, emotions, sensations. Particular attention is drawn to corporal sensations, which tend to amplify the introspective process. The associated processes are followed – ideally – until a 'SUD = 0' is reached when the subject focuses attention on the original target memory. According to Grand, the

specific feature of BSP – also found in EMDR and other psychotherapies – is guiding the patient's attention towards what s/he is feeling. He suggests calling this attitude one of “focused mindfulness”. Analogous to the practice of meditation, the subject continually focuses attention, thus preventing any avoidance attitudes. It consists of a confrontation of oneself, a confrontation of what is most often avoided: the suffering and its origin. The author of Brainspotting therapy has progressively elaborated different variants, detailed in his book. (Grand, 2013) These diverse procedures aim at broadening the search for Brainspots to the whole visual field, rather than to just its horizontal element (“Inside Window BSP”, “Outside window BSP”, “Gaze-spotting”, “Z-Axis BSP”), or using a comfort zone as the departure point (“Resource BSP”) for accentuating psychological resources. It's also possible to work with only one eye (“One Eye BSP”), considering that there is one eye conducive to comfort and the other to traumatic activation.

Brainspotting psychotherapy draws on a Dual Attunement Frame:

- ! A “relational tuning” referring to the therapeutic tuning: the secure, inclusive attachment to the therapist, which is the base of psychotherapy in general, soliciting social engagement;
- ! A “neuro-biological tuning” which requires attention to the neuro-physiological aspects solicited via somatic behavior in order to provide better guidance of the therapeutic process.

We have observed, compared to our long experience of EMDR (nearly 10,000 sessions undertaken), that BSP induces an in-depth treatment of the traumatic memory more rapidly and that this is experienced generally less painfully than with EMDR: rapid access to a somatic encoding of the dysfunctional information, an effect most often felt right from the very first session. This is a clinical observation, derived from consultants' remarks and observations, which would benefit from being studied more rigorously.

3. Clinical Case

Below we present the rapid management of Pierre, aged 30, suffering from a post-traumatic stress disorder. The patient has given his written permission for this session and his notes to be used for the purpose of this publication. Pierre was present during the terrorist attack at the Bataclan in Paris on November 13th, 2015. Having gone with friends to see the concert by the American band *Eagles of Death Metal*, the patient remained nearly an hour and twenty minutes lying motionless in the stage pit, while heavily-armed gunmen were carrying out the massacre. Rescued by the police and army, Pierre and his friends sustained some injuries in the attack. Seven months later we met the patient, who had rapidly been taken into psychiatric care. He had been seen in consultation by a psychiatrist on a more or less weekly basis. This initial psychological support consisted essentially of psychotherapy consultations following the psychopathology assessment, which revealed a post-traumatic stress disorder. We had arranged to meet for a session of around two hours to carry out a psychopathology assessment and an initial session of BSP. Pierre also wished to express what he had experienced during the attack, as well as his suffering and the BSP therapy:

“On November 13th, 2015, I was in the Bataclan concert hall, towards the front right of the stage pit, when the gunmen entered around 9:40pm. I got out 1 hour and 40 minutes later, around 11:20pm. During this time and without being exhaustive, what I experienced can be summarized in 7 points:

- ! *I was hit by a bullet on the chin as I turned towards the gunmen when they opened fire.*
- ! *I experienced about 12 minutes of intense firing.*
- ! *After that I remained for around an hour and twenty minutes lying on the floor in the stage pit, unable to see: just hearing. I was on top of a group of about ten people at most, lying one or two deep. I was thus permanently and potentially exposed to the gunfire.*
- ! *During this time, one of the gunmen activated his explosive belt a few meters away from us, then the other gunmen continued firing one or two rounds a minute into the stage pit from the upper balconies.*
- ! *I discovered what it was to lose all hope of getting out of the stage pit alive and of surviving.*
- ! *When the agents of the Search and Intervention Brigade (BRI) and the Search, Assistance, Intervention and Deterrence squad (RAID) entered the stage pit without speaking, we first thought that it was the gunmen, coming to load us with explosives.*
- ! *When I picked myself up, I looked for my friends in the stage pit, without finding them: what I saw became rapidly unbearable.”*

The assessment revealed a characteristic psycho-traumatic syndrome: flashbacks, pain, dysregulation of the autonomous nervous system, increased anxiety and depressive affects, as well as avoidance behavior.

“Six months after the Bataclan, I was still having lots of nightmares: two or three a week. The memories which were coming back to me on a daily basis were causing me severe pain, particularly in my chest. These memories were always the same: the images, the moments or even the screaming at the first sound of gunfire. In addition I felt a certain sadness every day, especially when I was alone. It was these things which motivated me to undertake some work on a technique like BSP.”

We then proceeded with the psychotherapy treatment:

“On the first session, I started by focusing on a difficult memory while concentrating on the pain that it caused me. By keeping my hand on my chest, I felt a burning sensation getting stronger and stronger, and also my heart beating harder and harder. This pain reached a climax, then ... it died down, giving way to a feeling of peace and well-being. This well-being materialized in my thoughts as a vision of a beautiful peaceful meadow by the sea. My mind then switched straight away to another memory: the effects were identical. I sometimes felt myself shedding tears, but for each memory, the pain climaxed then diminished, giving way to a feeling of well-being and the urge to smile... I came out of the session exhausted... The effects were visible from the very next morning. It was the first morning (as every morning since then) that I didn't think about the Bataclan as soon as I woke up. I woke up smiling, with pleasant music in my head. At breakfast, my girlfriend told me I was looking well ... for the first time since the Bataclan.

Weeks later, I can recap the effects of this work in six points:

- ! *I can think back on these memories without the pain coming back.*
- ! *The daily feelings of sadness have totally disappeared.*
- ! *I am in much better physical shape.*
- ! *I once again feel like chatting with people - at work, at the store, with friends - and it makes me feel good.*
- ! *I feel much more connected to my physical and relational environment, much more concentrated on the present moment too.*
- ! *My posture in public spaces has changed: I no longer walk in the street with that sense of insecurity.*

To conclude, I would say that this technique doesn't resolve everything, but it resolves the main things. And that is already quite enough to feel a real 'before and after' effect. This work has considerably changed my daily life, and in a very positive way.”

The BSP session enabled assimilation of the traumatic memory. This can be observed through precise criteria: disappearance of flashbacks, extinction of pain, anxiety and depressive affects, disappearance of avoidance behavior and the feeling of insecurity. Furthermore, these modifications are reflected through Pierre's gesture, his relationship with the environment, the disappearance of fatigue, and the absence of any suffering when he thinks back over what he has gone through. We note that these effects are still present nearly three months after our single session of treatment, as the patient relates:

“Three months after our sessions, the pains have not come back. The memories come back on a daily basis, more or less significantly, depending on the day, but I no longer feel the pains associated with those memories - especially in my chest. That's something really positive.

I don't have anything like as many nightmares: I would say about one nightmare every two or three weeks, even four. Before our sessions, the nightmares were about gunfire and shooting. These days, the few nightmares that I've had over the last three months present a feeling of being “trapped”: it's impossible to get out of a situation which will cause my death. I sometimes cry the day after these nightmares. As I have explained to my girlfriend, they bring back the feeling I had when I was lying in the stage pit, unable to get out.”

Several sporadic nightmares persist, demonstrating that a second session might enable a further assimilation of the remaining dysfunctional information. It's possible that over time this process will operate spontaneously and naturally. We note that the patient did not wish to participate in a second session: possibly considering that the obtained result was sufficient.

4. Discussion.

The clinical practice of Brainspotting demonstrates a flux of psychological and emotional as well as physical processes. The patient describes an alteration in consciousness associated with the absorption derived from the hypnotic focalization induced by visual fixation. The associations of ideas are fertile, as are the emotional and

somatic feelings. The abreactions experienced are often less intense than in EMDR and hence the sessions are better tolerated. Few rigorous studies have been carried out to date but clinical experience demonstrates a near constant resolution of traumatic experiences: detachment from memories, disappearance of painful emotions ($SUD = 0$), a profound physical relaxation even when focusing attention on the initially painful memory. Furthermore, we observe a sustainable and progressive attenuation of the symptoms which brought the patient to consultation.

This assimilation occurs through a process of letting-go, favored by the proposed framework: alteration of the state of consciousness; abandon to the experience without feeling under control; constant attention to emerging feelings. In effect, focused mindfulness constitutes a lever mechanism essential to this approach, while localization of the “Brainspot” with constant concentration on it favors a hypnotic state and “letting-go”. (Masson, Bernoussi, & Regourd-Laiseau, 2016)

This is not unlike what is proposed in Acceptance and Commitment Therapy (ACT, Hayes, Strosahl, & Wilson, 1999), which considers psychological suffering associated with weak detachment as internal experiences lived out as the reflection of reality. The patient remains focused on a painful past or/and an anxiety-provoking future and continuously seeks to avoid the suffering, which in turn helps to maintain it. Furthermore, ACT aims at developing acceptance of the emotional experience, a disconnection from it, an enhanced contact with the present moment and, hence, a change in perspective.

Just as with ACT, BSP enables development of psycho-somatic-emotional flexibility, conducive to a beneficial internal reorganization. This flexibility is enabled through attentive presence, so characteristic of ACT and BSP. Traditionally, attentive presence is a Buddhist spiritual practice (meditation) allowing one to realize the nature of consciousness - for its part impermanent and ephemeral - as well as the origin of suffering.

Gregoire, Lachance & Richer (2016) qualify Mindfulness as a secular practice, i.e. without spiritual and religious reference, capable of regulating attention, favoring enhanced treatment of information, modulating reactions to emotions, reinforcing executive control and consequently favoring improved mentalization.

Memory re-consolidation theory proposes a complementary hypothesis capable of explaining the efficacy of BSP. This theory considers that a memory becomes sensitive to degradation when it is re-memorized. The activity of remembering renders the memory labile as it were and can thus favor a different biological re-encoding of this same information. Furthermore, memory is a constant process of reconstruction which re-actualizes what has been encoded according to the emotional experience of the present moment. (Levine, 2015)

The emotional state at the time of re-actualization of the memory will transform the memory in question. Hence, working in attentive presence within a therapeutic framework and a reassuring relationship with the therapist brings the patient to re-actualize the traumatic memory within a comforting space. This facilitates an accentuation of emotional tolerance, enhanced auto-regulation and the possibility of transforming not only the experience, but also the beliefs and perspectives attached to the memory.

A clinical observation, also reported by Grand (2013), requires mention due to its substantial interest. With numerous patients, we have proceeded to BSP sessions on target memories already treated by EMDR. These could be considered to have been resolved in terms of EMDR criteria: $SUD = 0$, Validity of cognition = 7, body scan = complete relaxation. Nonetheless, new psychological matter emerged in BSP that the subjects weren't aware of. It seems that the initiated treatment is localized at a deeper level than in EMDR. What's more, the subjects describe an impression of having delved even deeper into themselves. Of course, it is possible that this same type of observation might have been manifested by further EMDR sessions. Nevertheless, the descriptions given by the subjects having experienced one or more sessions of BSP conjure up, over and over again, this impression of a long voyage into the inner depths of themselves, where they were able to grasp a trouble, a suffering, which had been there for a long time, and of which they had not been able to rid themselves.

This particularity is possibly linked to an observation made by Grand: that's to say a ' $SUD = 0$ ' does not designate complete assimilation of the dysfunctional network. The author has thus developed a procedure, called “squeezing the lemon”, which in some way enables the adaptive mechanisms of resistance to be 'overcome'. The patient is asked to focus on him/herself and to do everything possible to re-activate the suffering, ready to be re-treated by BSP. This procedure is repeated until no further activation can be generated. “Squeezing the lemon” appears to be a strategy to counter the subject's defenses and to force an even deeper treatment of anything that hasn't been assimilated.

5. Conclusion.

Brainspotting psychotherapy constitutes a clinically fertile holistic approach which nevertheless requires further

rigorous study in order to validate its efficacy and determine the operating factors. To that effect, our team is currently initiating research to assess this therapeutic tool with victims of sexual abuse. As a first step, we have sought to demonstrate in this article a factor that might explain its effectiveness: focused mindfulness, which would favor a re-treatment of the mnemonic memory. Furthermore, the BSP clinic leads us to believe that traumatic matter is encoded at different levels within the individual. Indeed, we think that various spheres are solicited: psychological (thoughts, beliefs, memories, representations); emotional (fear, anxiety, sadness, anger, shame, guilt, etc.); and somatic (dysregulation of the autonomous nervous system in particular, somatic defense reactions)

It is also legitimate to consider various levels within each of these spheres that psychotherapy should be able to affect, in order to claim complete resolution of the traumatic experience. (Ogden, Minton, & Pain, 2015)

Brainspotting therapy seems to enable this and thus appears to be a naturalistic approach, capable of reactivating the subject's resilient resources.

Competing Interests Statement

The authors declare that they have no competing or potential conflicts of interest regarding the publication of this paper.

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