



Brainspotting: The Revolutionary New Therapy for Rapid and Effective Change

By David Grand Ph.D.

Download now

Read Online 

Brainspotting: The Revolutionary New Therapy for Rapid and Effective Change By David Grand Ph.D.

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.

 [Download Brainspotting: The Revolutionary New Therapy for R ...pdf](#)

 [Read Online Brainspotting: The Revolutionary New Therapy for ...pdf](#)

Brainspotting: The Revolutionary New Therapy for Rapid and Effective Change

By David Grand Ph.D.

Brainspotting: The Revolutionary New Therapy for Rapid and Effective Change By David Grand Ph.D.

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.

Brainspotting: The Revolutionary New Therapy for Rapid and Effective Change By David Grand Ph.D. Bibliography

- Sales Rank: #53854 in Books
- Published on: 2013-04-01
- Released on: 2013-04-01
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .60" w x 5.40" l, .40 pounds
- Binding: Paperback
- 178 pages

 [Download Brainspotting: The Revolutionary New Therapy for R ...pdf](#)

 [Read Online Brainspotting: The Revolutionary New Therapy for ...pdf](#)

Download and Read Free Online Brainspotting: The Revolutionary New Therapy for Rapid and Effective Change By David Grand Ph.D.

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.

Users Review

From reader reviews:

Margaret Williams:

Do you have favorite book? Should you have, what is your favorite's book? Book is very important thing for us to understand everything in the world. Each publication has different aim as well as goal; it means that guide has different type. Some people feel enjoy to spend their time for you to read a book. These are reading whatever they get because their hobby is definitely reading a book. How about the person who don't like examining a book? Sometime, man feel need book if they found difficult problem or even exercise. Well, probably you will want this Brainspotting: The Revolutionary New Therapy for Rapid and Effective Change.

Cortney Roller:

Nowadays reading books be a little more than want or need but also work as a life style. This reading habit give you lot of advantages. Associate programs you got of course the knowledge the rest of the information inside the book that improve your knowledge and information. The info you get based on what kind of publication you read, if you want attract knowledge just go with training books but if you want really feel happy read one having theme for entertaining for instance comic or novel. Often the Brainspotting: The Revolutionary New Therapy for Rapid and Effective Change is kind of publication which is giving the reader capricious experience.

Marie Gambino:

Hey guys, do you wants to finds a new book to read? May be the book with the headline Brainspotting: The Revolutionary New Therapy for Rapid and Effective Change suitable to you? The actual book was written by well known writer in this era. Often the book untitled Brainspotting: The Revolutionary New Therapy for Rapid and Effective Change is the main one of several books this everyone read now. This specific book was inspired lots of people in the world. When you read this publication you will enter the new dimensions that you ever know ahead of. The author explained their plan in the simple way, so all of people can easily to understand the core of this e-book. This book will give you a lot of information about this world now. So you can see the represented of the world on this book.

Michael Ogden:

The book untitled Brainspotting: The Revolutionary New Therapy for Rapid and Effective Change contain a lot of information on that. The writer explains her idea with easy means. The language is very easy to understand all the people, so do definitely not worry, you can easy to read that. The book was compiled by famous author. The author will bring you in the new period of literary works. You can read this book because you can please read on your smart phone, or product, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can start their official web-site along with order it. Have a nice learn.

**Download and Read Online Brainspotting: The Revolutionary New Therapy for Rapid and Effective Change By David Grand Ph.D.
#PSKHECW1I3A**

Read Brainspotting: The Revolutionary New Therapy for Rapid and Effective Change By David Grand Ph.D. for online ebook

Brainspotting: The Revolutionary New Therapy for Rapid and Effective Change By David Grand Ph.D. Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Brainspotting: The Revolutionary New Therapy for Rapid and Effective Change By David Grand Ph.D. books to read online.

Online Brainspotting: The Revolutionary New Therapy for Rapid and Effective Change By David Grand Ph.D. ebook PDF download

Brainspotting: The Revolutionary New Therapy for Rapid and Effective Change By David Grand Ph.D. Doc

Brainspotting: The Revolutionary New Therapy for Rapid and Effective Change By David Grand Ph.D. Mobipocket

Brainspotting: The Revolutionary New Therapy for Rapid and Effective Change By David Grand Ph.D. EPub