

Brainspotting Phase 2

- "Persistent Genital Arousal Disorder as a Dissociative Trauma Related Condition Treated with Brainspotting- A Successful Case Report" by Patricia FM, Jose FP, de F, and Marcelo M, International Journal of School and Cognitive Psychology, (2015).
- "Spot the Anger: Reducing Anger and Irritability with Brainspotting" by Sara Hathaway Fletcher, Brandman University Proquest Dissertation Publishing, (2020).
- "Brainspotting in Color: A Phenomenological Analysis of the Clinicians' of Color Experiences as a Brainspotting Therapist" by Meghan Berger, North Carolina Agricultural and Technical State University ProQuest Dissertations Publishing, (2021).
- "A Paradigm Shift in Trauma Treatment: Converging Evidence for a Novel Adaptation of Eye Movement Desensitization and Reprocessing (EMDR) by Jeanne Talbot et al., The Canadian Journal of Psychiatry, (2022).
- "A Constructivist Grounded Theory Approach to Brainspotting" by Calder Kaufman, Doctoral dissertation, Michigan School of Professional Psychology, (2015).
- "The Efficacy of Brainspotting Therapy for the Treatment of Tantrum in Young Children" by Diah Ningrum, Child Education Journal, (2022).
- "Integration of Brainspotting Therapy into Cognitive-Behavioral Therapy" by Silva Knez. Master's thesis, SASS School of Advanced Social Studies Nova Gorica Slovenia, (2023)
- "Brainspotting reduces disturbance and increases Heart Rate Variability linked to distressing memories: A pilot study. "by Fabio D'Antoni. Mediterranean Journal of Clinical Psychology. (2021)
- "A Comparison of Dual Attention, Eye Movements, and Exposure Only During EMDR for PTSD: Results from a Randomized Clinical Trial" by M. Sack et al. Psychotherapy and Psychosomatics, (2016)



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- "Psychotherapeutic techniques for distressing memories: A comparative study of EMDR, Brainspotting, and Body Scan Meditation." by Fabio D'Antoni, et al. International Journal of Environment Research and Public Health. (2022).
- "The preliminary efficacy and clinical applicability of Brainspotting among Filipino women with severe post traumatic stress disorder" by Teofilo Oca Palsimon Jr. Archives of Psychiatry and Psychotherapy, (2022).
- "A preliminary study of the efficacy of Brainspotting: a new therapy approach for the treatment of PTSD." by A. Hildebrand, D. Grand, & M. Stemmler, Journal for Psychotraumatology, Psychotherapy Science, and Psychological Medicine (2014).
- "Brainspotting: Recruiting the midbrain for accessing and healing sensorimotor memories of traumatic activation" by Frank Corrigan and David Grand, Medical Hypothesis, (2013).
- "Brainspotting: Sustained attention, spinothalamic tracts, thalamocortical processing, and the healing adaptive orientation truncated by traumatic experience." by F.M. Corrigan, D. Grand, & R. Raju, Medical Hypotheses, (2015).
- "Brainspotting- The Efficacy of a New Therapy Approach for PTSD in Comparison to EMDR" by Anja Hildebrand, David Grand, & Mark Stemmler, Mediterranean Journal of Clinical Psychology (2017)
- "Panic Attack with Vergence Therapy: An Unexpected Visual-Vagus Connection" by N. Merrill and D. Bowan (2008)
- "Brainspotting Therapy: About a Bataclan Victim" by Joanic Masson, Amal Bernoussi, & Charlemagne Simplice Moukouta, Canadian Center of Science and Education, (2017).
- "Effective Treatments for Generalized Anxiety Disorder" by Dr. Javier Anderegg (2015).



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Additional Resources

- "Brainspotting: How it Works and What to Expect" by Emily Laurence, article in Forbes Health, (2023).
- "What is Brainspotting- and Why Therapists and Clients Say it Makes for Faster More Intense Breakthroughs" by Dana Dickey, article in PureWow, (2023).
- "What are the Yips? Why We Don't Understand Sports Performance Anxiety" by Megan Armstrong, article in Esquire, (2023).
- "Brainspotting as a Neuroexperiential Process for Healing and Expansion" by Dr. David Grand, keynote address transcript from the 2021 International Brainspotting Conference in Denver, July 2021
- "The Yawn An Unsolved Mystery" by Jennifer Delaney, LPC
- "Brainspotting with Kids & Adolescents" by Monika Baumann et al., RMBI Blog.

 Rocky Mountain Brainspotting Institute featured in the Boulder Daily Camera's Nonprofit

 Spotlight.
- Brainspotting is being used with adults affected by the tragedy in Sandy Hook. Find out more in this article.
- Colorado's Paige Roberts shares about Brainspotting with head injuries and sport's performance in Ski Racing magazine in this article.
- Olympic athlete, Lindsey Vonn, shares about her experience with Brainspotting in this NBC Sports article.
- "What is neurogenesis?" Queensland Brain Institute. The University of Queensland Australia.
- Beyond the Self: Healing Emotional Trauma and Brainspotting. by Mario Salvador. Eleftheria,



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Barcelona, 2019.

- The Power of Brainspotting: An International Anthology. by Gerhard Wolfrum (Editor). Tasanger, 2018.
- Brainspotting with Young People: An Adventure into the Mind by Mark Grixi and Rosanna Dean (illustrator). Sattva, 2015.
- Brainspotting: The Revolutionary New Therapy for Rapid and Effective Change by Dr. David Grand. Sounds True, 2013.
- 8 Keys to Brain-Body Balance (8 Keys to Mental Health) by Robert Scaer and Babette Rothschild. Kindle eBook, 2012.
- This is Your Brain on Sports: Beating Blocks, Slumps and Performance Anxiety for Good! by Dr. David Grand and Dr. Alan Goldberg. Dog Ear Publishing, 2011.
- The Curious Voyage. by Cynthia Schwartzberg. Self-published, 2021.
- A Special Place In My Brain: A Brainspotting Book for Kids. by Josh Delahan, LCSW. Self-published, 2021.
- Brainspotting with Children and Adolescents: An attuned treatment approach for effective brain-body healing. by Monika Baumann. Self-published, 2020.
- The Body Bears the Burden: Trauma, Dissociation, and Disease. by Robert Scaer, Routledge, 2014.