

## Preparing for a Brainspotting (BSP) Session

*Any session can easily turn into a BSP session, so it's best to come prepared in any session for this. Here are some pointers for a smooth transition from talking to Brainspotting...*

- *Have BSP kit nearby!*
  - Use a laptop/desktop computer, as opposed to a phone, when possible - the bigger the screen, the better!
  - I recommend playing the music from a separate device than the one that the video is on (for example, having the session on a computer and playing the music out of your phone or iPad). This is because you will have more volume control regarding both the bilateral music and my voice when I am checking in with you.
  - You may consider wearing a bio-tracking device such as an AppleWatch or an Oura ring to track your heart rate changes throughout the session! It can be interesting to see how the body reacts to processing - even if it doesn't feel like much is happening in the session (per our cognitive appraisal).
- Have music prepared for the session:

Apple Music:



Spotify:



YouTube:

