

Brainspotting Help after the Maui Fires

After experiencing a disaster such as the Maui fires, many are left with on-going disturbing thoughts, nightmares, troublesome feelings or uncomfortable body sensations that make it difficult to move forward in the healing process. It is normal to feel disassociated and fragmented in the beginning. It would be too much, too fast for us to deal with all the loss at once. It is a process to start feeling better and each of us will all do it in our own way and time.

Many things can help:

- 1) Learning new ways of calming the body to let it know it is now safe
- 2) Talking with friends and family
- 3) Expressing feelings through the use of journaling, art, music, dance, poetry, storytelling, creating memorial objects, etc.
- 4) Religious and cultural practices
- 5) Allowing grief and sorrow plenty of space while still focusing on hope

Sometimes, in spite of doing these things, the disturbing thoughts, feelings and body sensations won't go away. Often the body is falsely sensing it is still in danger, which creates on-going negative thoughts and feelings, as well as stuck body symptoms. A history of other traumatic experiences can make healing seem even more difficult.

Brainspotting is a very fast and effective therapy used to help calm the nervous system and let the body know it 's safe again. Miraculously, we can find problematic body symptoms through our vision and eye positioning. Brainspotting helps to find and release the stuck body symptoms, which then decreases negative thoughts, beliefs and emotions.

Our brains instinctively know how to do this processing once the problematic areas are located. Brainspotters help you find your stored trauma and then hold space with you while your brain does its processing. This can often be done in 1-5 sessions.

Getting Help

There are volunteer Brainspotting therapists from around the world ready to help us here in Maui. Please go to brainspottinghelp.com/maui and then click *Request Free Psychological Support*, or click here: bit.ly/bsp-hawaii. Allow 2-3 days for a response. For computer access, contact Amy Rice, Maui Coordinator for Brainspotting Help, at mauibrainrelief8823@yahoo.com or text 808-283-3518.