

Bonnie Kimpling

Autumn 2024 Article

SPORTS PERFORMANCE

Brainspotting can enhance physical performance through optimizing mental and emotional states.

Brainspotting is a therapeutic approach developed by Dr. David Grand in 2003. It's used to help individuals access, process, and overcome trauma, emotional distress, and psychological blocks by identifying specific eye positions that correlate with unprocessed trauma in the brain.

Brainspotting can be particularly useful for athletes in the following ways:

- 1. Performance Anxiety:** Athletes often experience anxiety that can hinder their performance. Brainspotting helps in identifying and processing the underlying causes of this anxiety.
- 2. Injury Recovery:** Psychological trauma from injuries can be a significant barrier to recovery—brainspotting aids in processing trauma and enhancing the recovery process.
- 3. Focus and Concentration:** Brain spotting can help athletes achieve a state of flow by clearing mental blocks and emotional distress, improving focus and concentration.
- 4. Enhancing Mental Toughness:** Processing past traumas and emotional challenges can build resilience, aiding in developing the mental toughness necessary for high-level competition.

Brainspotting is a powerful tool for athletes to enhance their mental and emotional well-being, directly impacting their sports performance. By addressing and resolving psychological blocks, athletes can achieve higher levels of focus, resilience, and overall performance. It can help manage the pressure of high performance, facilitate breaking through plateaus, overcome persistent challenges, and achieve goals to unlock one's true potential. Also, enhances and boosts performance, onfidence, and offers personalized strategies to overcome obstacles and achieve peak performance.

All repetitive sports performance problems, such as the yips and severe slumps, stem from underlying traumas that



AND BRAINSPOTTING

function beyond the athlete's conscious awareness and control. Unless these underlying physical and emotional traumas are identified and directly addressed, the issues may diminish but not be fully resolved. (Grand, 2011)

Brainspotting helps with what self-talk, mental imagery, concentration, and relaxation techniques won't address. Residual effects from these past negative performance experiences create a sense of danger, physical tension, and self-doubt, which hinder optimal performance.

Traditional therapeutic approaches address only the athlete's conscious mind instead of reaching the foundation of the problem deep in the athlete's body and subconscious. This biological stress response significantly impairs the athlete's ability to remain relaxed, composed, and focused, which is essential for peak performance.

Brainspotting addresses past physical and emotional traumas without the need for conscious discussion. Athletes are not prompted to recount or analyze previous events. Instead, the technique focuses on the areas where these traumas are stored in the brain and body.

Practical Applications

- **Individual Sessions:** Athletes can work with a certified brainspotting professional to address specific performance issues.
- **Team Workshops:** Teams can incorporate brainspotting techniques to improve overall mental health and performance.

By Bonnie Kimpling

www.coachbonniekaye.com

