**Discussion Thread: Treatment Growing in Empirical Support**

2 key things you are learning in studying these two models

-Brain training is the process of exposing your brain to different stimuli, which can be related to anything from math problems to cards (the computer game)

-Brainspotting is a therapy that uses mild shockwaves and other methods to alter brainwave patterns in an effort to cure or alleviate specific symptoms, such as depression or insomnia. The goal of brainspotting is not unlike what you might experience in an MRI machine; it's about creating a new equilibrium for the brain through shockwaves so that parts will become more active than others.

Currently, there are two key things I am learning from studying these models: the process of exposure and shockwaves.

**2.**

How well do these treatments integrating with a Christian worldview.

These treatments don't integrate well with a Christian worldview. because:

-The games look a lot like a video game, and that brings up some ethical issues. For example, there are some games that will tell you how to cheat in order to get the highest score.

The games looked like an arcade game, which was somewhat of a concern at first. As Christians we are concerned with how we treat people, so these games may be tempting to be dishonest in order to get the highest scores. However, you have to realize that neuroscientists have been studying all this for decades and they have concluded that the brain needs exercise no matter what it is doing.

-Some say children need to do these things in order to succeed in life.

It's best not to attach a religious component, because some people might be against that.

Reading and writing are two of the most important skills for kids that they will need throughout their whole life. If your child struggles with reading, Brain Training can help them improve their memory and other brain functions by using memory games. Your child does not just read a list of words or letters: they must memorize them in order to turn them into a story (aka "books"). The same is true for writing: your child is actually putting together his/her own words into a sentence.

**3.**

How learning these models influences how I will approach working with such clients.

-I can tell parents how to use ideas from these models to help their kids.

-I can use them to help kids who struggle with reading and writing.

A skill is something you know how to do, but it's not automatic (i.e., takes practice). Like a prayer that you learned, but sometimes you need to work on it in order to maintain it (remember when we talked about implicit vs explicit learning?). Here are some of the most basic skills that we need as children and adults:

Sensory Integration: Slower brain processing isn't necessarily a problem; it just means your child needs more time for his/her brain to process information.

I know that there is a huge difference between machines that stimulate the brain through shockwaves and Brainspotting (because those are fake treatments) and how Christian counseling differs from it. I used to think that Christians are so against using shockwaves because they feel it will harm or disrupt their own brains. Now, I understand that there is no possible way something could be healthy in these machines even if they have not encountered a more natural solution yet.

**Step-by-step explanation**

**1.**

-Brain training is helpful for improving memory, attention, and other cognitive functions
-There are many different training exercises that can be done to train specific regions of the brain

It's obvious from the recent initiatives in education that we're on a quest to figure out how kids learn in a world where information is at their fingertips. But what if I told you that learning starts at birth? That's right—brainspotting and brain training are some of the newest ways to enhance your child's ability to learn. Let's just say brain training has been around for decades and there are lots of different models for it (some children have more success with certain techniques than others). I'm just here to teach you the basics.

1. Brainspotting: There are many types of brain training, and one that I see most often with children is Brainspotting. The idea behind it is that your brain needs exercise to stay healthy. To do this, Brainspotting uses brain training games to strengthen areas of the brain that are under-functioning or over-functioning in order for them to properly function in the future. In short: the more frequently you play games, the better your brain will work in the future.

2. Brain Training: The most popular way to brain train our children is through Brain Training.

**2.**

 -Brain training does not violate any laws of nature. However, it does encourage an individual to think about very different topics, which may be foreign to their normal thoughts. This process could be considered a form of "mind control" by some individuals who are opposed to it.

-Brainspotting is technically a medical procedure, and thus would be violating the law of God in that it seeks to do something physically unnatural. Much like how Christians are advised not to eat pork (because pigs are dirty animals), Brainspotting is also not directly instructive for spiritual growth because it seeks unnatural change through an outside source (ex: the shock waves).

**3.**

-I am learning more about how the brain functions and how to use it to work with clients who may have difficulty thinking.

-The ability to recognize what triggers stress in a client so that they are not "triggered by the wrong stimuli" is something I am learning.

-I will be able to work with clients who have disorders that can be relieved with the help of shock waves, such as anxiety and depression.

The models presented are currently used in clinical settings throughout the United States. Decisions regarding whether or not the model is appropriate for one's particular client group has to be made by clinicians like you. It is encouraged that these models are not only studied critically, but used in conjunction with a Christian worldview so that care for individuals is consistent with what God calls us to do (Acts 10:28).

The models presented are not necessarily why there may or may not be a need for shockwave therapies.

**Reference:**

Berger, M. C. (2021). *Brainspotting in Color: A Phenomenological Analysis of the Clinicians' of Color Experiences as Brainspotting Therapist* (Doctoral dissertation, North Carolina Agricultural and Technical State University).

Grand, D. (2013). *Brainspotting: The revolutionary new therapy for rapid and effective change*. Sounds True.

Hildebrand, A., Grand, D., & Stemmler, M. (2017). Brainspotting-the efficacy of a new therapy approach for the treatment of Posttraumatic Stress Disorder in comparison to Eye Movement Desensitization and Reprocessing. *Mediterranean Journal of Clinical Psychology*, *5*(1).