

## **Brainspotting with Stalking Victims**

### **Abstract**

Resources for mental health professionals who work with stalking victims are generally limited to safety planning and crisis counseling. These tools are necessary and helpful, but do not address the terrifying effect that the continual threat has on the client's sympathetic nervous system. The average non-intimate partner stalking case lasts for about one year, whereas the average intimate partner stalking case generally increases in intensity and lasts over two years (Brewster, 2003). This presentation will demonstrate how brainspotting can be used as a tool to regulate triggered responses, connect traumatic material that is triggered by the continual threat, and create new neural pathways around empowerment and strength. This presentation will also differentiate between Post-Traumatic Stress Disorder and Ongoing Traumatic Stress Response (Diamond, Lipsitz, & Hoffman, 2013) and how the two need to be handled differently in a clinical setting.