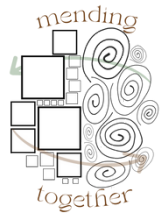


# Bilateral Stimulation



*Alternative left and right visual, auditory, and/or tactile stimulation of the senses, with the purpose of increasing both overall activity of and inter-communication between the hemispheres of the brain.*

**Bilateral stimulation serves 2 primary functions** to help **facilitate adaptive processing**.

1. "Safer" (/less overwhelming) processing of traumatic information
  - Access and consolidation
  - Shifting perception thru integration of more recent (/adaptive) information

2. Development and cultivation of neglected/absent **adaptive neural networks**

Styles of Bilateral Stimulation Used in Group



Eye movements



Butterfly Hug



Knee Taps



"Walking in..."

## Fast/long stimulation

- 2+ beats per second (bps)
- 20 second sets (or longer)
- Used on **traumatic information** to desensitize and lower intensity
- Pros
  - "Moves faster" through negative material
  - Bigger pathways means it's easier to "stay connected"
- Cons
  - Higher likelihood of "over accessing"(/flooding)
  - Can feel very "harsh"
  - Higher chance of adverse response for "more delicate" systems

"Running along a 6 lane highways, fast and long in order to a) get through it quick and b) low likelihood of "falling off" [ie. losing connection]"

## Slow/short stimulation

- Less than 1 bps
- 10-15 second sets (on average)
- Used on positive material, "**resourcing**", or installation
- Potentially other nervous system soothing benefits, increased GABA production, ect
- Pros
  - "Stays longer" in the positive material
  - Since pathway is smaller, "going slow" makes for easier connection
  - Soothes systems and improves adaptive parasympathetic responses
- Cons
  - Less connection to focus
  - Experiences may be less vivid or intense

"Walking a tightrope; short and slow because a) hard to balance [ie. stay connected to the material and b) we want to stay in it longer if possible]"