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# Introduction to : Healing with the Expressive arts & Brainspotting

*BSP Trainer noula Diamantopoulos*

[www.nouladiamantopoulos.com](http://www.nouladiamantopoulos.com)

[www.brainspottingtraininghub.com](http://www.brainspottingtraininghub.com)

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# HEALING Journey





A close-up photograph of two hands held palm-up, holding a single brown feather. The left hand is covered in bright blue glitter, while the right hand is covered in bright red glitter. The background is blurred with soft blue and red light bokeh.

Connection



Seeking





Illusion





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# Change





# Re - Imagining





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# Return to Self





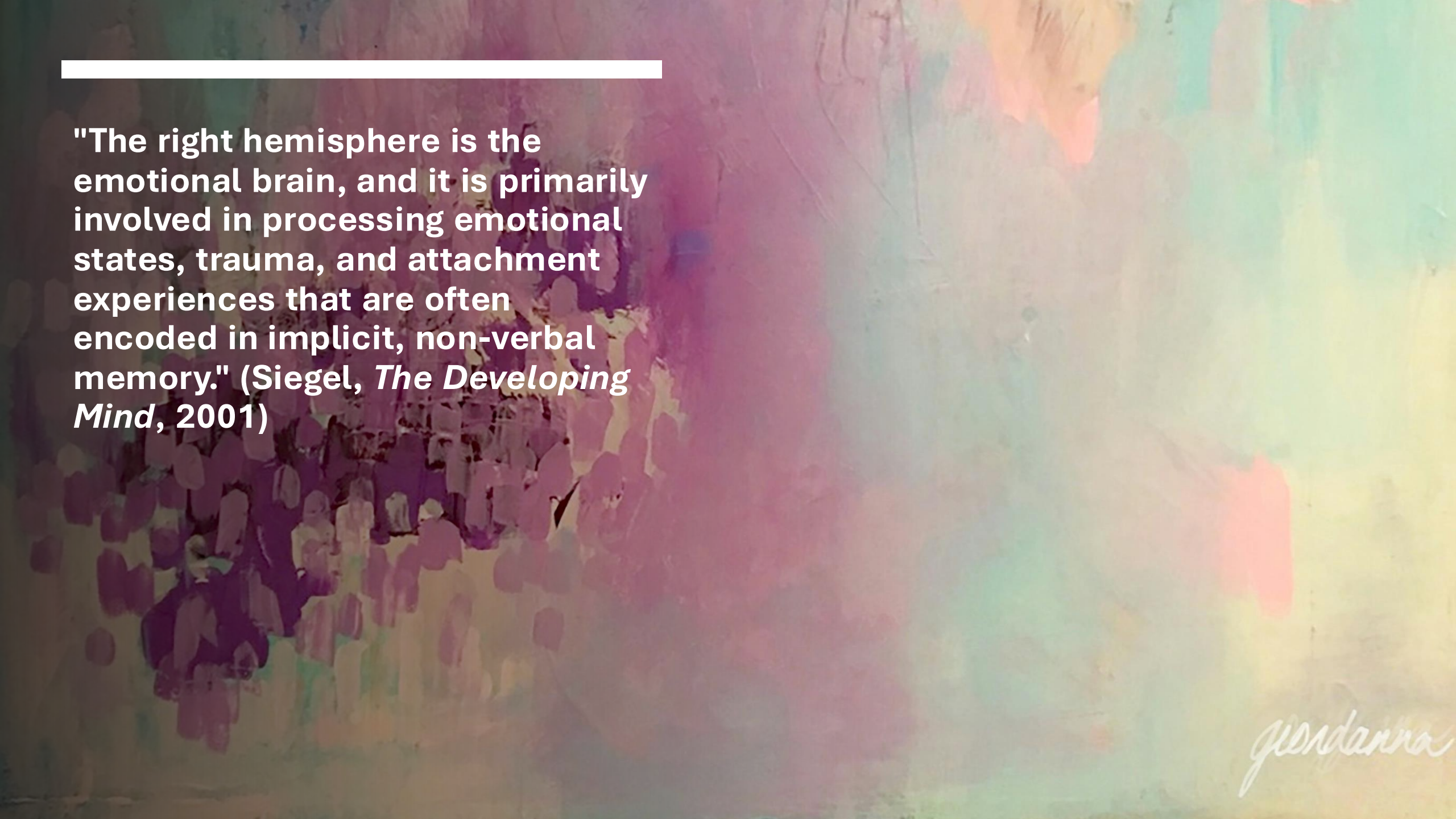


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# Right Brain processing of Trauma

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"The right hemisphere is the emotional brain, and it is primarily involved in processing emotional states, trauma, and attachment experiences that are often encoded in implicit, non-verbal memory." (Siegel, *The Developing Mind*, 2001)

giordanna



TRAUMA INFORMED APPROACH  
TO

# Healing

1. SAFETY &

STABILISATION

2. PROCESSING

3. INTEGRATION



A glass sphere, possibly a paperweight, is the central focus. The top half of the sphere is covered in a textured, gold-leaf-like material, while the bottom half is a solid, translucent blue. It sits on a dark, highly reflective surface that creates a clear mirror image of the sphere. The background is a soft-focus bokeh of light and dark spots, suggesting a shallow depth of field. The overall color palette is dominated by the blue of the sphere, the gold of the top half, and the dark tones of the reflection and background.

# THE ROLE OF EXPRESSIVE ARTS IN HEALING





# Healing the trapped energy of trauma

"The energy that is bound in the frozen state of trauma can be liberated and used for self-regulation, rather than being stored in the tissues of the body."

— Peter A. Levine, *Waking the Tiger*

"Trauma results in a **freeze** in the nervous system, which results in an **energy block** that disrupts the body's natural rhythms."

— Bessel van der Kolk, *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*

"Trauma results in an unresolved energy charge in the body, and that energy remains trapped, influencing behavior and health."

— Gabor Maté, *In the Realm of Hungry Ghosts: Close Encounters with Addiction*





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# Brainspotting principles

- Neuroexperiential model
- Brainspotting as a Developmental Model
- Dual attunement
- Tail of the comet
- W.A.I.T
- Uncertainty/no assumptions
- Mindfully Receiving, shaping and Holding the frame with the client



# Therapeutic presence







# Phenomenology

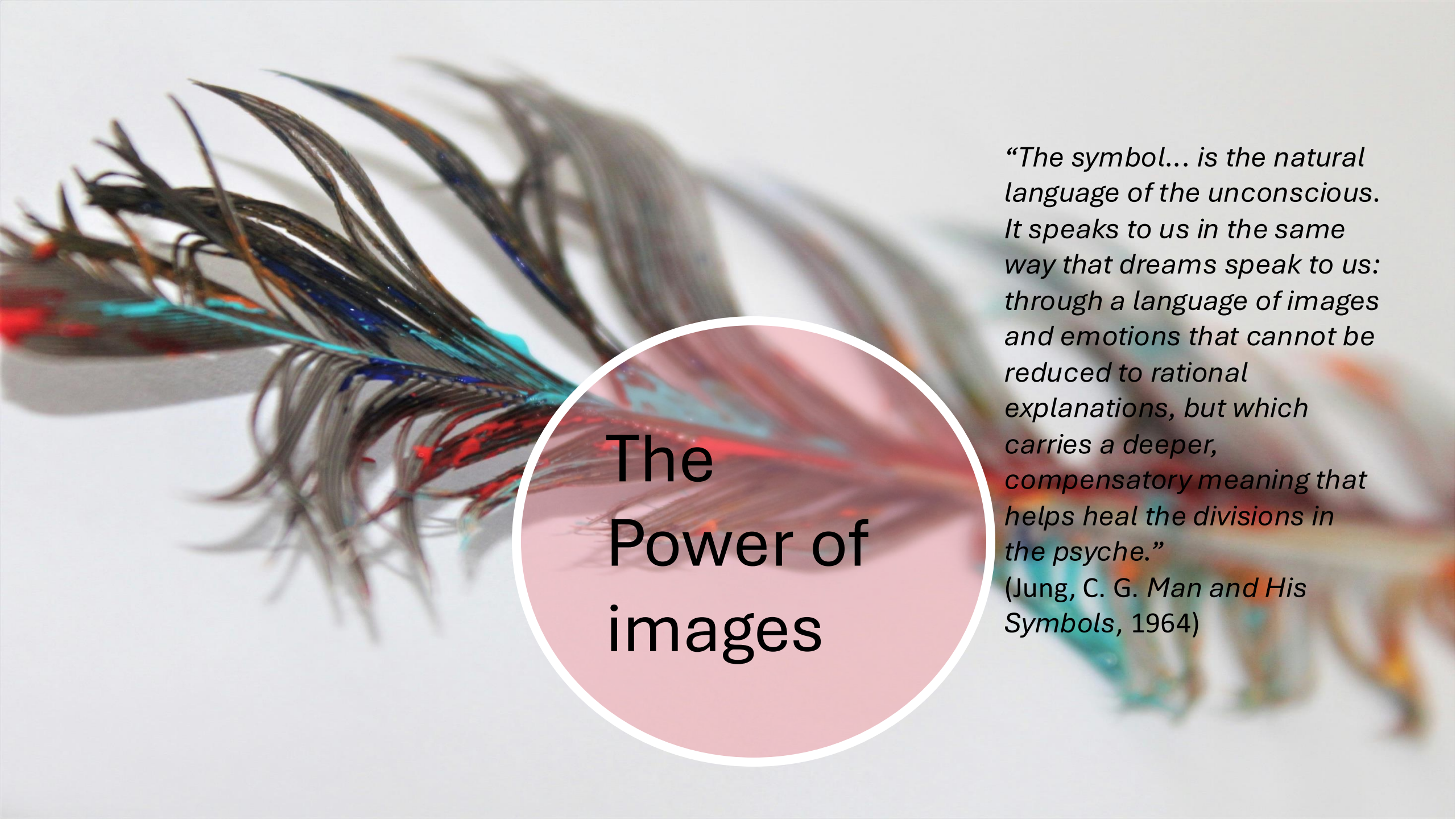
- **Phainomenon** (φαίνεσθαι): meaning "that which appears" or "appearance." This comes from the verb "**phainein**"(φαίνειν), which means "to appear" or "to show."
- **Logia** (λογία): meaning "study" or "discourse," from the Greek word "**logos**" (λόγος), which means "word," "reason," or "discourse."



# The EXPRESSIVE ARTS







# The Power of images

*“The symbol... is the natural language of the unconscious. It speaks to us in the same way that dreams speak to us: through a language of images and emotions that cannot be reduced to rational explanations, but which carries a deeper, compensatory meaning that helps heal the divisions in the psyche.”*

*(Jung, C. G. Man and His Symbols, 1964)*





# ISOMORPHISM

## Underlying principle

"Iso-" (ἴσος, *isos*)  
meaning "**equal**" or "**same**". "**-morphism**" (μορφή, *morphē*)  
meaning "**form**" or "**shape**".

The concept of **two things having the same form or structure**, though they may exist in different contexts or have different contents



"In the creative process, survivors can explore their pain without the fear of judgment. Expressive arts are inherently non-judgmental; they allow for free expression, which can reduce the shame that many survivors feel about their past."

J.L Silberg - The Child Survivor – Healing Developmental Trauma and Dissociation



# Removing Shame and Judgement





"Movement and dance are particularly powerful for those who feel disconnected from their bodies due to trauma. These forms of expression can help survivors regain a sense of control over their physical self, release pent-up emotions, and reconnect with their bodily sensations in a safe and controlled manner." (this includes gestural art) J.L.Silberg Healing Developmental Trauma & Dissociation

**reconnecting with their bodies**





"Artistic expression allows survivors to re-imagine their story. Through drawing, painting, writing, or drama, they can recreate their experience, challenge old narratives, and build new ones that reflect their strength, survival, and ability to heal." J.L.Silberg  
The Child Survivor –  
Healing Developmental Trauma and Dissociation



An abstract painting featuring a central face-like form. The face is composed of various colors including yellow, orange, pink, and blue, with dark outlines for the eyes, nose, and mouth. The background is a complex mix of colors like purple, green, and brown, with visible brushstrokes and textures. The overall style is expressive and emotional.

**emotional regulation**

"Creative activities help survivors channel their emotions in a productive and healing way. Whether through painting, journaling, or music, survivors can learn to express emotions safely, without the fear of being overwhelmed by them."

J.L.Silberg The Child Survivor – Healing Developmental Trauma and Dissociation



The background is a solid black field filled with intricate, glowing white lines. These lines are of varying thickness and form a complex, organic pattern. On the left side, there is a dense, tangled mass of lines that resembles a cluster of thin, branching structures or a dense forest of light. From this mass, several lines extend outwards across the frame. Some lines are smooth and curved, while others are more jagged and angular. There are also some lines that form large, open loops or ovals. The overall effect is one of dynamic energy and interconnectedness, suggesting a network or a system in motion.

# GROUP ACTIVITY





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## Reflections

### David Bohm – Theoretical Physicist

**"The universe is not a collection of things, but a collection of processes."**

**"The implicate order is the domain of unbroken wholeness, which underlies and gives rise to the explicit order—the world of separation and fragmentation that we experience."**



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Introduction to the isomorphic process  
EXPERIENTIAL





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# More About WHAT THE THREE DAY WORKSHOP LOOKS LIKE





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**Resourcing –the  
building of internal  
resources - through  
collage  
EXPERIENTIAL**





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# Co-Regulation Experiential

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# Odyssey Through the Unknown

an immersion  
experiential







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**THANK YOU**

**Workshop Dates**

**July 25-27<sup>th</sup> 2025**

**in person Sydney**

**<https://www.nouladiamantopoulos.com/event-details/healing-trauma-through-connection-brainspotting-the-expressive-arts-foundation>**

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