

# December Note

*Integration and ways we process.*



*Photo: What lasts is usually formed slowly. Hiking the DeCaLiBron, October.*

“Integration” is where change happens.


In EMDR and Brainspotting, processing happens in waves, it’s not linear, and change accumulates gradually over time. Some experiences resolve quickly; others take longer to integrate. Attention, pacing, and the nervous system guide the work. Over time, experiences become less intrusive and easier to hold.

When I wrote you in June, I was preparing to begin EMDR training. I’ve since completed four months of training and am excited to share more with you.

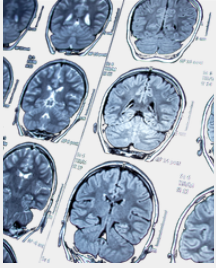
What’s the difference between EMDR and Brainspotting?



**BRAINSPOTTING**  
Supports access to deeper, often non-verbal processing; work is client-led



**EMDR**  
Organizes and reprocesses distressing memories; the work is more structured and therapist-guided



**Talk Therapy**  
Builds insight and perspective through language

**TL;DR:** Some clients prefer the structure and clarity of EMDR, especially when there’s a clear focus for the work. Others find Brainspotting helpful when they don’t know where to begin or need more space to explore what’s emerging. Different approaches support different processing styles.

*Note: These descriptions are simplified, and each approach includes more nuance than can be captured here. In practice, there is often meaningful overlap across approaches.*

**The longer version:** Brainspotting accesses deeper nervous-system activation to allow processing when words aren’t readily available. EMDR reprocesses targeted, distressing memories so their emotional charge is reduced over time. Talk therapy builds understanding through insight and language, helping experiences make sense. While “understanding” is an important part of healing, it isn’t always sufficient on its own. Much of this work happens below conscious level, where the nervous system organizes experience before language is even applied to it. Research and clinical experience show effective therapy frequently includes approaches that engage limbic and physiological parts of the brain, not just cognition.

*With all of that in mind, I want to acknowledge the work itself.* Thank you for the trust involved in this process. I hope you have a meaningful new year.

Warmly,

Tiffany