

# Dr. David Grand, founder of Brainspotting, interviewed on Untying Knots: Mind & Souls Untethered

Untying Knots: Minds & Souls Untethered podcast discusses Brainspotting with Dr. David Grand on VoiceAmerica Talk Radio.

**San Jose, California Mar 11, 2026** ([IssueWire.com](https://www.issuewire.com)) - The podcast Untying Knots: Minds & Souls Untethered interviews Dr. David Grand, founder of brainspotting and author of Brainspotting: The Revolutionary New Therapy for Rapid and Effective Change . We talk about what brainspotting is and how it works with relational therapy; the meaning of neuroexperiential and how it relates to brainspotting; and the frameworks we use to be effective in our brainspotting.

The Untying Knots: Minds & Souls Untethered podcast airs Mondays twice per month on the Empowerment Channel on the VoiceAmerica Network. Archives of Untying Knots: Minds & Souls Untethered can be found at <https://www.voiceamerica.com/show/4033/untying-knots-minds-and-souls-untethered>.

The podcast host is Perry Clark, Licensed Marriage and Family Therapist (LMFT) in private practice in San Jose, CA, where he provides mental health services to men, BIPOC, & LGBT clients. For more information about his practice, visit [www.untangleandgrowcounseling.com](http://www.untangleandgrowcounseling.com).

Contact Executive Producer: Sandra Lynn Rogers at (480) 553-5756 for advertising or other show details.

## About Untying Knots: Minds & Souls Untethered

The Untying Knots: Minds & Souls Untethered podcast with Perry Clark, LMFT is a podcast from a Black, Indigenous, Person of Color (BIPOC) lens, which focuses on topics such as mental health, LGBT, men's issues, nerd & geek culture, and spirituality. Perry talks with his guests about the ins, outs, complexity, and myths of the BIPOC world in areas that don't often get spoken about. Listen as they explore and laugh about life, the world, and staying mentally healthy in the world today.

## Media Contact

VoiceAmericaMedia

\*\*\*\*\*@voiceamerica.com

Source : VoiceAmerica Media

[See on IssueWire](#)

