From The Editor

Welcome to the July-August 2016 edition of the e-Journal.

Certification Training for Clinical Neuropsychotherapy Practitioners
In this edition we celebrate the next level of the development of Neuropsychotherapy as a therapeutic modality – the first certification training for clinicians to become certified as Neuropsychotherapy Practitioners.
The first training (31 May – 3 June) was held in the Conference Center of Royal Brisbane Hospital and attracted clinicians from New Zealand, Perth, Adelaide, Melbourne, Sydney, and far North Queensland with the majority of clinicians from south-east Queensland. The training was fully booked many months ago, and the 2017 training in Brisbane (March 2017) is already filling up.
It was a very special experience for me personally to share the richness of the neuroscience foundations, the application of this information in therapeutic practice, the model of neuropsychotherapy and the implications for pathology and wellness. The training is highly interactive and aims to apply brain-based education pedagogy in the learning and cementing of information in a fun-based, safe, experiential setting.
I leave further testimony of the experience in the form of reviews and feedback that we have already received from some attendees at this first training.
The next workshop was in Bali (13 to 16 June) where we were lucky enough to take a group photo!
The Melbourne training (7-10 September 2016) is also now fully booked. Some spots are still available for the Perth (26-29 October 2016), Sydney (8 - 11 November 2016) and Adelaide (30 November – 3 December 2016) training.
Certificate Training dates for 2017 that are open for online registration are:
Auckland 1-4 March 2017 (almost booked out)
Brisbane, 7 - 10 March 2017
Melbourne, 19 - 22 September 2017

Other Neuropsychotherapy workshops
We are still offering our one and two day workshops on the Adolescent Brain; the Neuroscience of Pain; the Developing Brain and Trauma; the Ageing Brain and the Neuroscience of Depression. Please see the Mediros website for details of dates and venues available.

Neuropsychotherapy resources
The published Neuropsychotherapy resources are very popular, and an ongoing stream of orders are received at the Mediros head office. These resources can be purchased at most workshops and of course they can be ordered online.

Predictive 6 Factor Resilience Scale (PR6)
The Predictive 6 Factor Resilience Scale is now available – this is an exciting tool – not only to assess resilience from a neurobiological perspective but also to guide clients towards wellness through an online app (which can be accessed via desktop or mobile devices) that consists of 6 modules. For more detail visit the website www.rforce.com.au We have included some information about the PR6 Scale in this edition. You may also request a free demonstration video to learn more about this tool. Please just email office@mediros.com.au with your name and contact details and we will provide free access to the online demo version.

The “Bullying Taking Control” Project
We recently completed the “Bullying Taking Control” project, and the tool is now ready to go to the printers. The result is a workbook for school students on the effects of bullying from a neurobiological perspective and guides students to understand the effects on the brain, and how we can take control and change our brains. The workbook comes with a clinician’s manual together with research and scientific information on the effects of bullying on the brain as well as guidelines to maximise the application of the workbook content in therapeutic settings. The tool will be available soon for order on the Mediros website.

Neuropsychotherapy Conferences
We are very excited about the two applied neuroscience conferences that will run in 2017.
1. The International Conference of Neuropsychotherapy will run from 23-26 May 2017 at the Auditorium and Conference Centre of Royal Brisbane Hospital. Fifty speakers (national and international) have already committed to present at the conference. Two skills based workshops (one on the neuroscience of eating disorders and one on the neuroscience of pain) will also run the day before the conference. Registrations will open soon via the Mediros and Conference websites.
2. The Australasian Conference of Brain-Based Education. This conference will be held on 22-24 August at the Auditorium and Conference Centre of Royal Brisbane Hospital. High profile academics and speakers have already committed to present at this conference. Registrations will also open soon on the Mediros and Conference websites.

Enjoy this edition!

Adj Prof Pieter Rossouw
During the past six years Prof. Pieter Rossouw developed an internationally recognised modality of brain based therapy – Neuropsychotherapy, and provided training to over 10,000 therapists world-wide. Training focused on understanding the neurobiology of wellness, memory, learning and mental conditions – anxiety, depression, trauma, the developing brain, the young brain, the ageing brain and the neuroscience of relationships. The neuropsychotherapy workshops are also the only psychology/clinical workshops that have been extensively researched in terms of the efficacy to change clinical practice* and as such is the gold standard in professional development delivery.

The need to distinguish clinicians as experts in the field to provide clinical therapy from Neuropsychotherapeutic modality perspective has been strongly identified over the course of the past years. In collaboration with the Neuropsychotherapy Institute formal training is now available to become a Certified Clinical Neuropsychotherapy Provider.

Being a Certified Clinical Neuropsychotherapy Practitioner means you will be:

- recognised by the Institute as Member of the International Association of Clinical Neuropsychotherapy.
- able to enhance your clinical skills through online forums
- access specialist neuropsychotherapy focused supervision
- access online neuropsychotherapy training
- receive preference to workshops at discounted rates
- linked in with a network of clinicians in your area operating from the same modality for peer supervision.


The Clinical Neuropsychotherapy Certification Training Workshop was developed and expertly presented by Professor Pieter Rossouw. The workshop comprehensively covered areas from the neurobiology of emotions to the implementation of the therapeutic alliance, which emphasised the importance of connection, trust and confidentiality in order to effectively and respectfully deliver therapy. In other words, the workshop explained the basics about how the brain develops from the bottom up and the implications of this development when working with clients.

The integrated neuropsychotherapy model for therapists and an adapted model for clients were presented. The model outlined the importance of creating safe enriched environments to enable clients to approach rather than avoid difficulties with confidence and resilience by attaining control, making strong social connections with awareness of the client’s early attachment style, and identifying the client’s motivation by encouraging pleasure seeking rather than pain avoidance in order to achieve self-actualisation and a strong sense of self. We were directed to always be aware of the client’s inner working model and the importance of validation when facilitating the shift to controllable incongruence from uncontrollable incongruence where, even though the client may be experiencing anxiety as a result of life’s difficulties, they are able to increase their resilience (i.e., control, connection/attachment, pleasure seeking or motivation) to overcome such difficulties.

In comparison with previous workshops, the certification training provided many opportunities to ask questions, discuss and practise administering the model with colleagues, role plays and watching Pieter skilfully bring it all together in 8 videos. The training was successful because it cemented the knowledge gained by learning how to apply the neurobiology when working with our clients and ended by emphasizing the key neuropsychotherapy points to enhance wellness; sleep, movement, food and social connection.

Our graduation on the last day was a celebration of learning, participation, professional networking and social connection – a memorable way to achieve membership to the International Association of Clinical Neuropsychotherapy and accreditation as a Clinical Neuropsychotherapist.

Rita Princi - B. Psych (Hons), M. Psych (Clin), MAPS, MCCLP, MIACN
“Pieter’s training is dynamic, engaging, thought provoking, supported by significant research and delivered in a fun based learning experience. I work in schools and headspace and know that the model, theory and practical applications provide me with skills I need to assist young people with a variety of mental and emotional health conditions. Neuropsychotherapy is as important to understand for the professional as it is for the client when working towards healing.”

Jennifer Smith  
Assoc MAPS, MIACN  
Psychologist, APACS Treasurer

Having attended several of Professor Pieter Rossouw’s workshops over recent years, it was with great excitement that I registered for the first Neuropsychotherapy Practitioner Training Course in Brisbane. As usual, Pieter did not disappoint and the 3 ½ days of intensive training was over all too quickly. This course is an absolute “must” for any practitioner working to change people’s minds. Pieter expertly weaves the story of how our brains develop from conception right through to old age – “developmental neuroscience” – with the emphasis on contemporary evidence for brain plasticity. For those new to this field, he provides a detailed but easily-understood explanation for the structural and functional processes in the brain, and peppers this with real-life examples from clinical practice to build bridges to the work we do with our clients. In particular, his explanation for the establishment of “neural loops” that keep people stuck in patterns of maladaptive behaviour provides the practitioner with a tool we can now use to convince our clients of the importance of persevering with change behaviours in order to reshape brain patterns.

At the core of the training was Pieter’s model of Neuropsychotherapy, which he defines as the process of building a sense of safety from the bottom-up (brainstem level) through the “emotional brain” (limbic system activation that drives attachments, sense of control, and motivational processes such as approach/avoidance), and finally forward to the “smart brain” where we think and achieve personal transformation as well as become socially integrated.

The importance of secure attachments, especially in early life, was strongly emphasised as fundamental for healthy brain development and adult functioning. Essentially, the course expertly outlines current evidence of the importance of skilful “talk therapies” for literally changing the brain. As a practitioner of many years’ standing, this was enough for me but I wondered about new therapists who may still be wanting the recipe-book and whether they would be confident enough to cast away their prior “how to” manuals and simply engage in “smart brain talk” with their clients. Perhaps some examples of different therapy modalities and strategies explained and applied within the Neuropsychotherapy framework might be useful for those practitioners still needing the “how to” guides.

On the other side of this comment, however, Pieter’s teaching style allowed plenty of time for group discussion with colleagues sitting at the tables together so no doubt the “freshers” would have picked up many useful tips from the “elders”, and the post-course assignment will also provide a grand opportunity to find ways to apply the learning in practice, no doubt with some valuable feedback to guide applied practice.

Definitely a ten-out-of-ten and well worth every cent and every hour, so if you get the chance to register for next year’s course, I urge you not to hesitate!

Dr Kate Lemerle, Psychologist  
Institute for Applied Positive Psychology

Pieter is a man on fire! His passion and enthusiasm for his subject oozes out of him. I have been to several of Pieter's workshops, however the Certificate of Clinical Neuropsychotherapy helped me to consolidate, integrate, and most importantly apply what I had learned to my work with clients. Equally helpful was the opportunity to meet with other practitioners who 'speak the same language'. These relationships will form invaluable support networks as I progress in my clinical practice.

Jacqui Moulton  
Auckland
I encourage Social Work practitioners and service managers to learn the clinical applications of Neuropsychotherapy developed by Professor Pieter Rossouw. His work provides an elegant, sophisticated and well researched model to facilitate change in individuals and organisations based on the latest brain science. His strengths-based applications and developmental framework sit well within Social Work’s practice values of human rights; dignity and the uniqueness of each person. The experience of this training not only gives students the latest in brain science and resources to assist clinicians but the model is experienced in the teaching style of the presenter adding a rich experiential component to the learning experience.

Margaret Bennett (MSW, Churchill Fellow), Accredited Mental Health Social Worker

I found attendance at Professor Pieter Rossouw’s training program, Certification Training for the Clinical Neuropsychotherapy Practitioner to be stimulating and rewarding. The program provides an excellent platform for the expansion and consolidation of knowledge and the practical application of that knowledge to client/patient care and treatment. The opportunity to share skills and acquire new skills in a supportive environment is excellent. Pieter’s world recognised depth of knowledge and facilitation skills in leading this program ensures that learning and skills development occur in a friendly environment that optimises confidence and applied outcomes for the practitioner of neuropsychotherapy.

J David Haynes, Psychologist

The Clinical Neuropsychotherapy Practitioner - Certificate Training workshop is a highly recommended course providing practitioners with researched evidence into brain development and motivational schemas that affect the psychological and physical wellness of individuals. Professor Pieter Rossouw provides not only invaluable insights and practical clinical examples, but allows for the consolidation of the information within the seminar structure. The four-day course provides succinct, but detailed information, applicable and comprehensible to novice neuropsychotherapist’s, while reinforcing understandings and building on other lectures and seminars given by Professor Rossouw.

Karen Ferry Counsellor and Educator

The certification training provided the motivation needed to set aside the time and energy needed to truly understand the neurobiological effects of talking therapies. Having attended previous workshops in this field it further raised my conceptual understanding and enhanced my learning. Prof Pieter Rossouw is an engaging and exciting speaker inviting discussion in large and small groups that really helped enhance the learning. I would highly recommend this certification for invaluable knowledge, networking, and career development.

Dr Dionne Shnider Psychologist and Clinical Hypnotherapist
The Predictive 6 Factor Resilience Scale

The PR6 measures the six fundamental domains of resilience. The development of these six domains build on the work of Neuroscientist Richard Davidson in 2012 that highlighted distinct emotional styles of the brain and their neurobiological underpinnings. From that starting point, our research links these emotional styles to the domains of resilience and networks in the brain. Accessible and easy to implement, we have defined the following resilience domains: Vision, Composure, Reasoning, Tenacity, and Collaboration. Our research also indicated that one more fundamental domain is omitted from existing resilience scales, which is the domain of Health. These domains now complete the PR6 as a point-in-time measurement, though what makes the measurement truly useful is the additional Momentum measure.

Predictive measurement

Momentum provides a forward-looking, predictive element to the resilience measurement, indicating likely direction of development from the current point-in-time resilience score. The momentum directional score indicates potential movement through measuring approach and avoidance motivation schemas. This makes the PR6 useful for application in clinical settings and for general coaching purposes.

Building on the Neurobiology of Resilience

The foundations of the PR6 is built on the neurobiology of resilience where multiple areas of the brain underscore the interacting domains that generate overall resilience capacity.

This includes:
- The ability of the pre-frontal cortex to calm HPA-axis activation,
- Screening for errors and optimizing responses through the anterior cingulate cortex
- The role of the ventral striatum indecision-making and risk/reward cognition,
- The Fusiform gyrus which interprets facial expressions to adapt to social context, and
- Neurogenesis facilitated by the hippocampus through the release of BDNF to facilitate adaptation and thriving.

For more detail visit the website www.rforce.com.au
You can also request a free demonstration video to learn more about this tool at info@rforce.com.au
### Online registration also available at www.mediros.com.au

**NAME:** __________________________  **Title:** ___________  **PH/MOBILE:** __________________________

**E-MAIL:** ___________________________________________________________________________________

### July – December 2016 WORKSHOP SCHEDULE – Presenter Prof. Pieter Rossouw

**The Ageing Brain and Neuropsychotherapy**  
Melbourne - 25 Nov 2016 - Royal Melbourne Hospital, Grattan Street, Parkville

**The Brain and Management of Pain**  
Brisbane - 18 Nov 2016 - RBW Hospital, Herston Rd, Herston, Brisbane

**Developing Brain and the Neuroscience of Memory and Trauma**  
Brisbane - 01 & 02 Sept 2016 - RBW Hospital, Herston Rd, Herston, Brisbane

**The Adolescent Brain – Utilizing Neurobiological Information to Enhance Mental Health and Learning**  
Melbourne - 14 & 15 Jul 2016 - Royal Melbourne Hospital, Grattan Street, Parkville

**The Adolescent Brain – Utilizing Neurobiological Information to Enhance Mental Health and Learning**  
Sydney - 28 & 29 Jul 2016 - Portside Centre, 207 Kent Street, Sydney

**The Neuroscience of Depression: New opportunities for Effective Treatment**  
Sydney - 22 & 23 Sept 2016 - Portside Centre, 207 Kent Street, Sydney

### COST

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<tr>
<th>TWO DAY WORKSHOPS</th>
<th>Please Tick</th>
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<td>Early Bird rate (60 days prior)</td>
<td>AUD $ 615.00</td>
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**TOTAL COSTS:** AUD $ __________________________

### PAYMENT OPTIONS

___ **CREDIT CARD** (Visa of Master only)

- Card Number: ________________________________
- Expiry Date: ___________ Three digits on back of card _________
- Name of Card: ________________________________

- Amount: AUD $ ___________  Signed: ________________

___ **Cheque** - Made out to Mediros Pty Ltd (Australian Cheques only)

___ **Bank Transfer** - You will receive the invoice & Mediros bank details via email

**Email to:**  andie@mediros.com.au OR  admin@mediros.com.au

**Fax:** 07 3234 3220

**Mail**  
Mediros (Admin), PO Box 6460, St Lucia, Qld, 4067

**Phone Number:** 07 3237 72
Neuropsychotherapy Training
Certificate of Practice 2016/7
Presenter – Prof. Pieter Rossouw
Registration Form

Workshop attendance – 21 hours (3½ days). Certificate of attendance provided for 21 CPD Hours

NAME: ___________________________________________ Title: ___________ PH/MOBILE: ___________________________________________

E-MAIL: __________________________________________________________

VENUE AND DATE

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<tr>
<td>FULLY BOOKED</td>
<td>2016 Brisbane Jun ‘16, Melbourne Sept ‘16 and Bali Jun ‘16 venues</td>
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<tr>
<td>Perth</td>
<td>26 – 29 Oct 2016, St Catherine's College, Uni WA, 2 Park Rd, Nedlands, Perth</td>
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<tr>
<td>Sydney</td>
<td>08 – 11 Nov 2016, Portside Centre, Level 5, 207 Kent Street, Sydney</td>
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<tr>
<td>Adelaide</td>
<td>30 Nov – 3 Dec 2016, Education Centre, 4 Milner St, Hindmarsh, Adelaide</td>
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<tr>
<td>Auckland NZ</td>
<td>01 – 04 March 2017, Waipuna Conference Centre, Mt Wellington, Auckland</td>
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<tr>
<td>Brisbane</td>
<td>07 – 10 March 2017, RBW Hospital, Herston Rd, Herston, Brisbane</td>
</tr>
<tr>
<td>Melbourne</td>
<td>19 – 22 Sept 2017, Royal Melbourne Hospital, Grattan Street, Parkville</td>
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PRICING FOR ALL VENUES ARE THE SAME - Training fee only - excluding travel and accommodation costs

Payments can be made in instalments – The first AUD $300.00 deposit will secure your place in the Training

- Early Bird rate (60 days prior) AUD $ 1 395.00
- Standard Rate AUD $ 1 495.00
- Student rate (copy of student card) AUD $ 1 350.00
- Groups (4+ attendees per group, one payment) AUD $ 1 350.00

PAYMENT OPTIONS

- CREDIT CARD (Visa or Master Card only)
  - Card Number: ___________________________ Expiry Date: _____________
  - Three digits on back of card: ___________ Amount: AUD $ _______________
  - Name of Card: ___________________________ Signed: ____________________

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Mail: Mediros (Admin), PO Box 6460, St Lucia, Qld, 4067, Australia
Neuropsychotherapy Products - Order Form

NAME: __________________________________________ Title: ___________________ PH/MOBILE: __________________________________________

FULL MAILING ADDRESS: __________________________________________________________

______________________________________________________________________________ Post code: ______________________

E-MAIL: __________________________________________________

**Please Tick**

BrainWise Leadership: Practical neuroscience to survive and thrive at work by Dr C Henson and Dr Pieter J. Rossouw
268 pages 2013 AUD $ 35.00

Neuropsychotherapy: Theoretical Underpinnings and Clinical Applications by Dr Pieter J. Rossouw
457 pages 2014 AUD $ 59.00

Think Lean Method: The whole-brain guide to get lean for life by Jurie G. Rossouw
242 pages 2015 AUD $ 55.00

Think Lean Fast: Healthy Living for Busy People by Jurie G. Rossouw
102 pages 2015 AUD $ 49.00

MiBrain Neuroscience Animation Series© Six animations - USB Format

TOTAL AMOUNT –(postage included) ____________________________________________ AUD $ __________________

PAYMENT OPTIONS

___ CREDIT CARD (Visa or Master Card only)

Card Number: ___________________________ Expiry Date: _______________ Three digits on back of card: _______________

Amount: AUD $ ______________ Name of Card: ___________________________ Signed: __________________________

___ CHEQUE - Made out to Mediros Pty Ltd (Australian Cheques only)

___ BANK TRANSFER - You will receive the invoice & Mediros bank details via email

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