

The NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS) Presents

1 Day Seminar with Sebern Fisher

TRAUMA AND RECOVERY:

'The Integration of Neurofeedback and Psychotherapy'



STARTTS

26
June
2006

'The Integration of Neurofeedback and Psychotherapy' seminar provides an opportunity for clinicians to deepen their understanding of trauma, and the complex relationship between the brain and the mind and the benefits the use of neurofeedback affords to psychotherapy.

Internationally acclaimed psychotherapist Ms Sebern Fisher has practiced psychodynamic psychotherapy for nearly thirty years. This one day workshop will provide an overview of the theory and practice of neurofeedback. It will present the most recent research on the impact of trauma on brain development and function.

Ms Fisher was the first person ever to implement Dialectical Behaviour Therapy in a milieu setting. For the past eight years she has been using neurofeedback as an essential component of her treatment approach. She has trained nationally and internationally on neurofeedback, on fear and psychopathology, and on attachment theory and neurofeedback.

With the help of case vignettes, participants will explore the interface between trauma, affect regulation, and neurofeedback. Participants will learn to move between paradigms of psychotherapy (dynamic, analytic and behavioural) and neurofeedback, particularly examining the integration of the two approaches. Fisher's view is that neurofeedback significantly enhances psychotherapy but does not replace it.

STARTTS is state-wide service established in 1988 committed to extending access to specialised torture and trauma rehabilitation services for refugees. Currently at STARTTS we are undertaking groundbreaking clinical work with the integration of neurofeedback and psychotherapy as the primary intervention with refugees who are survivors of torture and trauma.

This workshop is for interested clinicians working in psychotherapy with adolescents and adults. If you are working primarily with children and feel from this description that the workshop will be helpful to you, please join us.

Date: 26 June 2006

Time: 9.00am - 5.00pm

Venue: The Masonic Centre, 66 Goulburn St, Sydney

Cost: \$160 (early bird until 8th May 2006) \$200 (thereafter)

For further information and bookings Phone: 02 9794 1900 **Fax:** 02 9794 1910

Registrations

You can register by calling STARTTS Reception on: **02 9794 1900** or Email: **Jacqueline.Donoso@swsahs.nsw.gov.au** or by Fax (the Registration Form) on **02 9794 1910** or Mail (see detail below)

Cost: \$160 (early bird until 8th May 2006) \$200 (thereafter) (includes GST)

Name: _____ Total: \$ _____

Address: _____

Tel.: _____ Fax: _____ Email: _____

Profession: _____ Agency/Org: _____

Payment Details

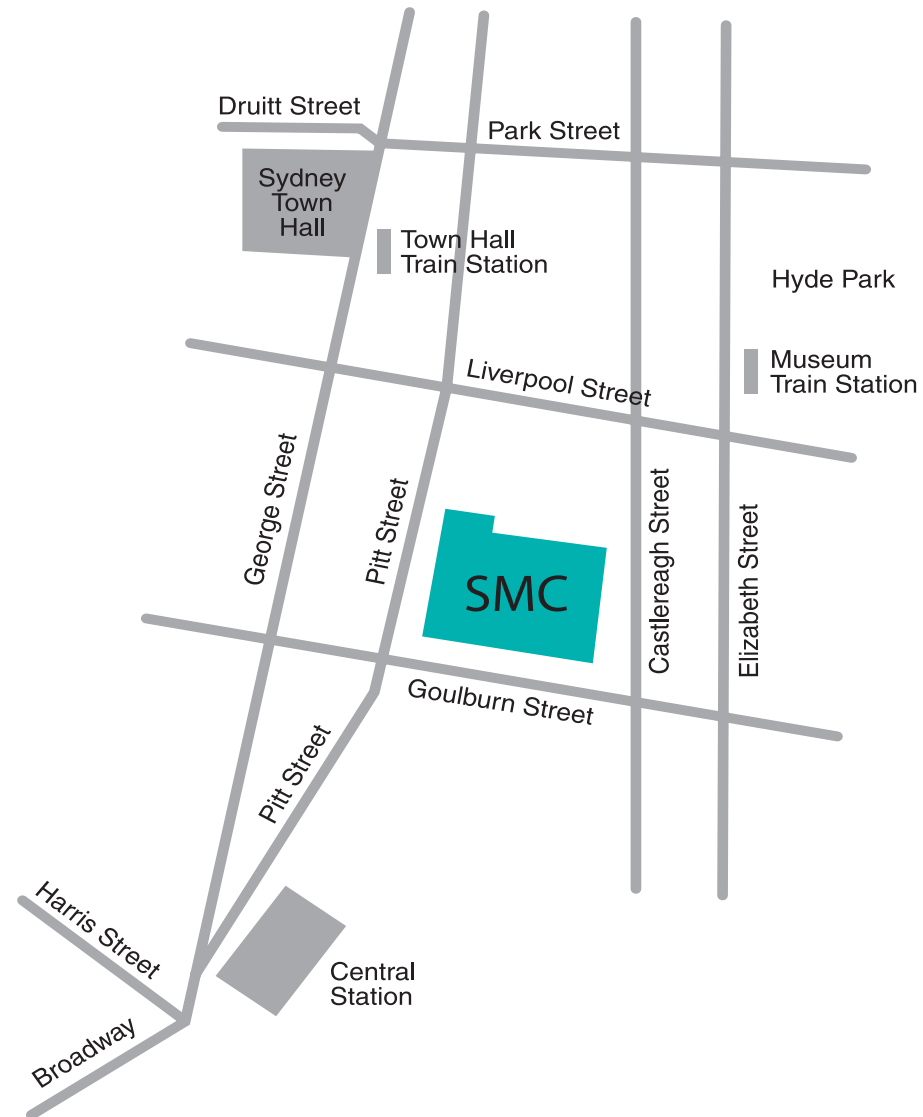
Please forward cheque or money order for total amount to:
STARTTS Seminar, PO Box 203, Fairfield NSW 2165

A letter of confirmation and receipt will be forwarded to the course participants upon payment. No refund will be issued for cancellations made less than 7 days before the workshop date.



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**The best parking is directly across the road at
Wilson's Car Park (entrance is on Goulburn Street)
Phone: 9212 1522**



What is Neurofeedback (NF)?

Neurofeedback, or EEG Biofeedback, is a specialised field of biofeedback therapy with more than 30 years of research and clinical application. NF is biofeedback to the brain; a form of operant conditioning that rewards the brain for activity at desired frequencies while discouraging activity at other frequencies. As a therapeutic intervention, NF training can reduce symptoms quickly, allowing the therapist and client to better focus on broader psychological issues. NF teaches clients how to modulate their own physiological functions in a safe and non-invasive way. Research has shown NF to be effective with a wide range of apparently diverse conditions including anxiety, depression, PTSD, panic attacks, sleep disturbances, ADHD, Asperger's and learning disabilities.