



The Biofeedback Society of New Zealand presents:

Calming the Fear Driven Brain

A one day workshop with Sebern Fisher introducing neurofeedback for the treatment of trauma.

Followed by a short presentation from the Biofeedback Society of NZ: Calming the Autonomic Nervous System

Sebern Fisher has been integrating neurofeedback and psychotherapy into the treatment of those with developmental trauma for the last twenty years. She was the clinical director of a residential treatment facility for severely disturbed adolescents for 17 years. During her tenure she introduced attachment theory and dialectical behavior therapy to the milieu. She is presently in private practice where she provides neurofeedback, psychotherapy and consultation. She trains all over the world and has been a presenter for the well known online training organisation NICABM (National Institute for the Clinical Application of Behavioural Medicine). Sebern Fisher is author of Neurofeedback in the Treatment of Developmental Trauma: Calming the Fear-driven Brain (Norton 2014). Dr Bessel Van Der Kolk, author of recent bestselling book "The Body Keeps the Score" (2014) writes of Sebern's work: "Neurofeedback is an applied neuroscience - it is a new frontier in helping innumerable people, who up until now have been condemned to just make the best of feeling chronically fearful, unfocussed and disengaged. Sebern Fisher, a sensitive clinician and immensely experienced neurofeedback practitioner is the right person to teach us how to integrate it into clinical practice".

This workshop covers:

- A brief history of neurofeedback and an overview of how it works to help regulate brain function
- A review of research into the effects of neglect, abuse and assault on the developing brain.
- Discussion about the primacy of fear, shame and rage in most psychopathology and most clearly in developmental trauma and its multiple aftermaths including borderline personality disorder, dissociative disorders and anti social personality disorder.
- An overview of how arousal gives rise to affect, affect to state and state to trait and then identity.
- Discussion about the connection between patterns of arousal in the brain and emotional reactivity in the person.
- A review of the impact of neurofeedback on these repetitive firing patterns and how it helps quiet reactivity.
- Approaches to integrating neurofeedback and psychotherapy.

"Given the overwhelming impact of neglect and abuse on the developing brain it can feel daunting to help people with developmental trauma. I am increasingly convinced, however, that those who have suffered these histories cannot thrive without help in lowering arousal and regulating their brains. So it is up to us to find the path"



Date: Saturday November 5, 2016 from 9am to 5pm, followed by a 1 hour presentation from the Biofeedback Society from 5 - 6pm.

Venue: Youthline House Building, 13 Maidstone Road, Grey Lynn, Auckland
Cost: \$250.00 (morning and afternoon tea provided with gluten-free options available. Lots of cafes close by for lunch.)

How to Register:

Please fill in the attached registration form and email to: Joy Breayley (Biofeedback Society President) joyb@xtra.co.nz

Cancellations and refunds: If cancellation is received before by 21 October you will receive a refund minus \$25.00 handling costs. There will be no refunds after this date (other than for emergencies.)

If you have any questions about this event; please email Joy Breayley or Monique Chasteau: (organiser) brainwise.nz@gmail.com



The Biofeedback Society of New Zealand presents:

Registration form.

Calming The Fear Driven Brain.

**Application for one day workshop with Sebern Fisher.
5th November 2016 .**

Introducing Neurofeedback for the Treatment of Trauma: 9.00am-5.00pm.
Presentation on Biofeedback for calming the Autonomic Nervous System: 5.00-6.00pm.

Name of Attendee; (in full).....

Address:.....

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E-mail:.....**Telephone**

Occupation & registration:.....

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Please briefly indicate any experience you have had with Neurofeedback or Biofeedback.....

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How to Register:

Please send us your full details on this form.

Cost for workshop: \$250 inclusive of morning and afternoon tea.

Please let us know when you have paid \$250 by direct credit to:

Biofeedback Society of New Zealand. BNZ 020733: 0152925 00

(Please identify the surname of attendee with payment.)

Please indicate the date payment was made into BNZ account:.....

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Any enquiries re payment please contact: **Joy Breayley:** joyb@xtra.co.nz Tel: 027 4200383

Any further enquiries re workshop please contact: **Monique Chasteau:** brainwise.nz@gmail.com