



AppliedNeuroscience.org.au

Applied Neuroscience Society of Australasia

ANSA Annual Conference, 19 & 20 November, 2016

SMC Conference & Function Centre, Sydney

## “Neuroregulation: Trauma to Triumph”

**Trauma to Triumph:** To open the heart after tragedy; to yearn to learn after many failures; to commit to excel in what we love; these all share one essential quality, being that what is honoured most in ourselves: our determination to be our best. To make the most of what we have and to rise above our frailties - this is the very stuff of heroes! *Jon Hegg, ANSA President*

Neurotherapy practitioners, and other professionals interested in current research and practice in applied neuroscience, are cordially invited to the annual workshops and conference of the Applied Neuroscience Society of Australasia to be held in Sydney, Australia, November 2016. The conference will include Keynote Addresses from a number of outstanding international presenters including Bessel van der Kolk, Leslie Sherlin, Cynthia Kerson, Richard Clark, Sandy McFarlane and Sebern Fisher.

ANSA will partner with \*STARTTS (*The NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors*) & the \*\*APS Neurofeedback Interest Group to present a 2-day pre-conference workshop featuring Bessel van der Kolk who will highlight the importance of integrating neurobiological and traditional psychotherapies into work with adolescents and adults who are living with complex symptoms of trauma.

This year, we are offering three post conference events. Of particular significance to many of our Australian colleagues, our post-conference program will include a 3-hour ethics workshop with Leslie Sherlin to enable Certified Neurofeedback practitioners to meet that requirement toward BCIA neurofeedback recertification; a 1-day workshop with Sebern Fisher who will present a therapist-centred seminar which aims to help clinicians re-conceptualise and revitalise their work with traumatised clients; and Cynthia Kerson's 1.5 day workshop addressing Advanced QEEG (and will include the QBoard Exam).

Neurofeedback offers a way forward to raise our capabilities across the spectrum of our endeavours. It is fitting that this conference focuses on both how we can train to overcome trauma and train to reach for our finest. Paralympians and Olympians share the same striving. The hurt and the blessed share dreams.

Whether you are a clinician, teacher, coach or team leader this conference will inspire you to see the hero within all. And how to bring to bear modern tools to help make the best of what we have.

I look forward to being with you in November.

**Jon Hegg**  
*Conference Chair &  
ANSA President*

\* STARTTS - NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors, [www.startts.org](http://www.startts.org)

\*\* APS NFB IG – Australian Psychological Society Neurofeedback Interest Group, <https://groups.psychology.org.au/nfpig/>

Register at: <http://appliedneuroscience.org.au/events>

# Pre- & Post-Conference Workshops

**Enhancing Outcomes in Complex Trauma: The Integration of Psychotherapy with Evidence-Based Neurobiological Methods**, presented by Bessel van der Kolk

**17/18 November 2016** Pre-conference Workshop at Wesley Conference Centre, 220 Pitt Street, Sydney

Registration via <http://www.startts.org.au/training/clinical-training-and-seminars/clinical-seminars/dr-bessel-van-der-kolk-seminar/>

This 2-day seminar will give clinicians more confidence in working with highly traumatised clients by demonstrating how psychotherapy and cognitive based approaches familiar to most psychotherapists, can be enhanced by integrating neurobiological and somatic based approaches into therapy.

**Creating Ethical Competencies**, presented by Leslie Sherlin

**20 November 2016** Post-conference Workshop, SMC Conference Centre, 66 Goulburn Street, Sydney

Registration via <http://appliedneuroscience.org.au/events>

Under the Ethics Code of the BCIA, neurofeedback certificants are responsible for ensuring that services are performed competently. This workshop aims to provide providers the best protection for clients and offers training that fosters ethical competence. BCIA-specific ethics training demonstrates how the profession's ethical standards will be upheld through specific policies with this modality.

**On Being a Therapist in the Context of Neurofeedback and Trauma**, presented by Sebern Fisher

**21 November 2016** Post-conference Workshop at SMC Conference Centre, 66 Goulburn Street, Sydney

Registration via <http://appliedneuroscience.org.au/events>

Sebern will overview developmental trauma and will share her experience as a psychotherapist, both psychodynamic and behavioural, who has integrated neurofeedback into her work with clients who experienced early childhood trauma.

**Advanced EEG & QEEG Analysis for QEEG Certification (includes QBoard Exam)** by Cynthia Kerson

**22 & 23 November 2016** Post-conference Workshop, SMC Conference Centre, 66 Goulburn Street, Sydney

Registration via <http://appliedneuroscience.org.au/events>

An opportunity for QEEG Certification Candidates to consolidate prior learning. The seminar will emphasise the significance of de-artifacting, montage selection, and the evaluation of drowsiness for understanding basic brain function. This course will review current modelling approaches such as phenotypes and vigilance, and also the impact of these models for clinical interpretation and intervention.

## CONFERENCE PROGRAM

Venue: SMC Conference Centre, 66 Goulburn Street, Sydney CBD

Saturday 19 November	Sunday 20 November
09.00 Keynote: <b>Bessel van der Kolk</b> TITLE tba ( <i>trauma focus</i> )	09.00 Keynote: <b>Leslie Sherlin</b> <i>MAKING SENSE OUT OF OPTIMAL PERFORMANCE TRAINING</i>
Refreshments	Refreshments
11.00 Keynote: <b>Cynthia Kerson</b> <i>ALPHA THETA TRAINING IN THE TWENTY-FIRST CENTURY</i> - Sponsored by neuroCare	11.00 Keynote: <b>Sebern Fisher</b> <i>DEEP TRAUMA; DEEP INQUIRY; DEEP HOLDING: The role of the therapist in the integration of neurofeedback and psychotherapy</i> - Sponsored by EEG Education & Research, Australia
Lunch, Posters & Exhibitors	Lunch, Posters & Exhibitors <b>BCIA-A AGM</b> (working lunch)
13.30 Invited Speaker: <b>C. Richard Clark</b> <i>A neuropsychological approach to the assessment &amp; treatment of PTSD: psychobiology, quantitative EEG and neurotherapy</i>	13.30 Invited Speaker: <b>Professor Sandy McFarlane</b> <i>The Inconvenience of Science: When evidence challenges enthusiasm</i>
14.30-15.00, 30min Concurrent Sessions A: BCIA-A Certification/Mentoring   B: Mirjana Askovic	14.30-15.00, 30 min Concurrent Sessions A: H. John Fisher   B: Peggy Hill & George Carlson
Refreshments	Refreshments
15:30 – 16:30: Open Meeting, <b>ANSA AGM</b> 16:30 – 17:00: Open Meeting, <b>APS NFG AGM</b>	15:30 – 16:30 - BCIA-A Neurofeedback Certification Exam 15:30 -16:30 - <b>Student Presentations</b> 16:30 - Conference Close
18:30 - GALA Dinner - Sponsored by PocketNeurobics	17:00 – 20:00 Workshop: <b>Leslie Sherlin</b> <i>CREATING ETHICAL COMPETENCIES</i>