“The quality of our thinking determines the quality of our brain architecture and the resultant quality of our mental and physical health.”

Dr Caroline Leaf

Current research shows that the practical application of neuroscience principles in therapy enhances positive psychological change and growth. Mindfulness trains our ‘mind’ to harness our ‘brains’ natural capacity for structural re-configuration. The data is so compelling; we can no longer ignore it. Learning how to harness the restructuring capacities of the brain is a new wave of therapy. Insight Focused NeuroTherapy employs the findings of neuroscience and provides the necessary components and processes needed to utilise the brain’s innate capacity to change at a structural and functional level. This is known as neuroplasticity – neurological restructuring as a result of input from the environment.
Insight Focused NeuroTherapy is effective because it:

- Reduces fear through acceptance and kindness
- Links symptoms with implicit memories
- Enhances awareness of deep implicit material and insights
- Optimizes cognitive dissonance when new awareness and old beliefs are held in juxtaposition
- Utilises the self-organizing capacities of the brain for neural reconfiguration to occur
- Promotes integration of dissociated parts
- Results in behavioural and cognitive benefits leading to improved wellbeing
- Results in the discovery and emergence of Ipseity
- Is non-directive, ensuring the client is empowered
- A gentle process that is easy to understand and apply

who should attend

This course is suitable for those who work within the health and psychological professions, people who work with people, those who have completed Level 1 Insight International courses (including Introduction to Mindfulness) and for those who wish to enhance their personal growth and development.

what you can expect

This well-researched course, with an emphasis on neuroscience, is comprised of teaching and practical tools that are readily applicable. This course also provides a comprehensive teaching on how to facilitate neurological restructuring - rewiring the brain.

- Course notes – value $50
- Reference reading
- Email follow up
- 1 group supervision session – value $100
- A copy of our book From Distress to De-stress – value $13

We are committed to fostering an encouraging and safe learning environment, where you can interact with like-minded people.

Come and join us to rewire your brain for success.

You can register online: https://insight-international.org/mindfulness-in-practice-part-a/