

# INFORMATION SESSION: PSYCHOTHERAPY AND ALTERNATIVE THERAPIES FOR IMPROVED WELLNESS

LOCATION: DAPTO RIBBONWOOD CENTRE

DATE: 27TH MAY 2024 TIME: 10AM - 1PM

Morning Tea Provided

Limited space

**BOOKINGS  
ESSENTIAL**



**SCAN QR CODE  
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TO BOOK**



**PARTNERING WITH**



**Danielle Audsley**  
Continuum Centre for Brain Health  
Psychotherapist & Accredited  
Mental Health Social Worker  
EMDR  
Neurofeedback  
Bio Regulation Therapy  
Brain Entrainment



**Jessica Kent**  
Nurture 2 Thrive  
Psychotherapist & Accredited  
Social Worker  
EMDR  
Neurofeedback  
Pre & Post Natal Counselling



**Kellie Hurkett**  
Ensoule Mind Body & Breath  
Psychotherapist &  
Clinical Hypnotherapist  
Hypnotherapy  
Neurofeedback  
Bio Regulation Therapy



**Kate Parsons**  
In Bloom Integrative Therapy  
Psychotherapist &  
Clinical Hypnotherapist  
Functional Neurology  
Kinesiology  
Counselling  
EFT-Tapping

## The session will include:

- Briefings and case studies on interventions: EMDR, Neurofeedback, Bioregulation Therapy, Brain Entrainment, Pre/Post-natal Counselling, Functional Neurology, Clinical Hypnotherapy
- Morning tea
- Networking and active equipment demonstrations
- Opportunities for questions and exploration

## Alternate therapies can help with

- ADHD
- Anxiety
- Sleep disorders
- Autism
- Depression
- Migraines & Headaches
- Stress Disorders
- Concentration
- Addiction
- Panic Attacks
- Trauma
- Chronic Fatigue
- Memory Concerns
- Pain
- Motherhood counselling

## Who should attend

- |                          |                    |                             |
|--------------------------|--------------------|-----------------------------|
| General Practitioners    | Counsellors        | Naturopaths                 |
| Psychiatrists            | Social Workers     | Chiropractors               |
| Caseworkers              | Psychologists      | Physiotherapists/Osteopaths |
| Nutritionists/Dietitians | Massage Therapists | Occupational Therapists     |

## What we do

### Neurofeedback

Neurofeedback trains the brain form healthier activity patterns through non-invasive sessions over several weeks or months for lasting effects.

### Bio Regulation Therapy

Bio regulation therapy devices enhance natural healing by utilising meticulously crafted Pulsed Electromagnetic field signals, resulting in various therapeutic benefits.

### Brain Entrainment

Brain entrainment syncs brainwaves with outside cues, like rhythmic sounds or lights, to create mental states like relaxation or focus.

### EMDR

Eye Movement Desensitisation Reprocessing (EMDR) is a trauma therapy technique that employs bilateral stimulation to reprocess distressing memories, lessening their emotional impact and associated symptoms.

### Pre and Post Natal Counselling

Prenatal and postnatal counseling helps parents prepare for and adjust to having a baby, offering support and building a strong bond with the child.

### Functional Neurology

Functional neurology focuses on how the brain works in both health and illness. It uses gentle methods to treat neurological issues and enhance brain function.

### Hypnotherapy

Hypnotherapy delves into unconscious thoughts using hypnosis, accessing the subconscious to foster positive changes in clients.

**Contact Us**

02 4238 6377

<https://www.continuumcbh.com.au/>

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