

TTMHN

Tasmanian Transcultural Mental Health Network



TTMHN 2018 Annual Forum

Thursday 29 March, 9.30am – 1pm (registration from 9am)

Level 1, KGV Sport and Community Centre, 1A Anfield Street, Glenorchy

Neurofeedback in reorganising the brain of trauma survivors

Please come along to this free seminar by senior psychologist and neurofeedback expert from NSW Services for the Treatment and Rehabilitation of Torture and Trauma (STARTTS).

Neurofeedback is a type of neuroscience based treatment that uses a sophisticated computer program to help the brain reorganise itself by observing and modulating its own frequencies and rhythmic oscillations. In working with trauma survivors, neurofeedback helps calm overactive brain circuits and create new neural connections that can promote a calmer and better-regulated nervous system.

This presentation will explore:

- The effects of torture and trauma on physical and emotional regulation,
- How neurofeedback works, including the evidence base of its' effectiveness
- The benefits of implementing neurofeedback for clients with a refugee background who experience complex and chronic trauma symptoms.

The presentation will demonstrate through a case study how neurofeedback intervention is used in the context of trauma treatment with survivors of torture and refugee trauma.



Neurofeedback in reorganising the brain of trauma survivors



Meet the presenter

Mirjana Askovic is a senior psychologist and BCIA-A certified neurofeedback expert who uses an integrated, neuroscience-based approach to psychotherapy. Since 2000 she has been working with adult and child refugee trauma survivors at the NSW Services for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS). In 2007 Mirjana was given the responsibility to establish STARTTS' Neurofeedback Clinic to help clients with chronic, complex PTSD learn to regulate their physiological states to support their emotional, cognitive, and social rehabilitation. She is currently coordinating a neurofeedback related clinical and research program at STARTTS. Mirjana is a PhD candidate with the Discipline of Psychiatry at the University of Sydney. Her research is focused on the examination of the mechanisms and efficacy of neurofeedback in reducing symptoms of PTSD and improving executive functions in traumatised refugees. Mirjana is a regular national and international conference presenter and trainer and is the author of multiple publications on the integration of neurofeedback in working with trauma survivors. For her contribution to the field of applied neuroscience Mirjana was awarded ANSA Fellowship in 2017.

Scan the QR code to register via Eventbrite. Free parking and morning tea provided. For more information, contact MRC Reception at reception@mrctas.org.au or 03 6221 0999

www.ttmhn.org.au



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migrant resource centre
tasmania



phoenix centre
support for survivors of torture and trauma



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