



This is Dr Pieter Rossouw's only
talk in New Zealand on this
topic and it's right here in
Dunedin – don't miss this!

The Adolescent Brain Workshop

Utilizing Neurobiological Information to Enhance Mental Health and Learning

A two-day workshop with Dr Pieter J. Rossouw
(University of Queensland, Australia)



Pieter Rossouw (MClin Psych; PhD; MAPS; MCClin, QCA.) is the Director of the Master of Counselling Program at the University of Queensland, with a research and teaching focus on neuropsychotherapy. Pieter is also the Director of Mediros – a company that provides training in neurobiology and neuropsychotherapy. Pieter has been in private practice for the past 25 years and specialises in neuropsychotherapy for anxiety and mood disorders, and he provides Mental Health training for General Practitioners.

Previous attendees at Pieter's workshops have said: "extremely interesting, informative and one of the best workshops I have attended", "A brilliant workshop from start to finish", and "It made neuroscience accessible and understandable to me you can't afford NOT to

This workshop focuses on the development of the adolescent brain – how the brain is affected by genetics and how genes express as response to the environment. The development of the anxious brain is important to understand neurological, neurochemical and neural structural changes in adolescence (the "chaotic brain") until it reaches maturity (mid 20's).

In this two-day skills workshop, Pieter will cover:

- Are all brains the same?
- Is it all not just a matter of genes?
- Neural plasticity, neurogenesis and mirror neurons.
- What role does environment play in brain development?
- The difference between bottom up and top down approaches and implications for learning
- Implications for wellness
- How the brain get programmed to become anxious
- Educational models and the effect on brain development
- Applied Intervention strategies to address the unwell brain
- The effect of fear based learning and approach learning styles on the brain
- Maximising learning, motivation and innovation
- Establishing control by changing neural firing
- Building self-esteem through down regulation of fear
- Enhancing a sense of meaning through increasing dopamine and focus
- Brain based interventions – key to wellness.

Ideal for educators, counsellors, psychologists, special education teachers, social workers, psychiatrists, psychotherapists, and students in any of these fields.

9am – 5pm, 3rd & 4th September 2015

Venue: Psychology Associates Development Centre, First Floor, 49 Water Street, Dunedin

\$595 for early-bird registration, if you register by the **1st of August, 2015**

\$645 for standard registration

All prices include GST.

Includes handouts, refreshments and attendance certificate

Registration: See second page or register online at www.psychologyassociates.co.nz

Psychology Associates Development Centre presents:

The Adolescent Brain Workshop

Utilizing neurobiological Information to Enhance Mental Health and Learning

(Dr Pieter Rossouw)

9am – 5pm, Thursday 3th & Friday 4th September 2015

Venue: Psychology Associates, Level One, 49 Water Street, Dunedin

Registration Form

Attendee Information

Name:	
Workplace:	
Phone:	
Email:	
Dietary requirements:	
Payment method: (see below)	

Mailing List (we regularly run workshops and seminars and our website and blogs are updated each month).

Please note if you would like to be added to our event mailing list Y/N

Please note if you would like to be added to Psychology Associates blog mailing list Y/N

Payment information

Early-bird registration costs: \$595 (including GST) if registered before the 1st of August,

Standard registration costs: \$645 (including GST) if registered after the 1st of August.

Cheque – payable to Psychology Associates.

Direct Credit – payable to Psychology Associates 03 1729 0013927 00. Please reference your name with payment.

Credit card – PayPal is available on our website (www.psychologyassociates.co.nz) next to this event listing.

Please note payment by credit card incurs an additional processing fee of \$23.15

Registration process

Please complete this form and email to office@psychologyassociates.co.nz, or fax to (03) 477 7130, or mail to Melinda Elfield, Practice Manager, Psychology Associates, PO Box 149, Dunedin 9054.

Places will be confirmed upon receipt of the Registration Form and full payment. A receipt will be emailed along with any relevant event information. If you do not receive a receipt within 7 working days please contact: office@psychologyassociates.co.nz

Cancellation policy

Cancellations received before 1 August 2015 will receive a refund minus a 20% administration fee. Cancellations after this date will not receive refunds. Psychology Associates Development Centre reserves the right to cancel any event due to low registration numbers and registrants will receive a full refund in this instance.