



**Australian
NeuroFeedback
Institute**
Activity of STARTTS

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The Australian Neurofeedback Institute (ANFI) draws on 30 years of experience in the delivery of mental health services to clients with complex and chronic trauma mental health issues. We are a dynamic team of clinicians, researchers and neuroscientists dedicated to expanding our knowledge and expertise to provide the best possible therapeutic outcomes to all our clients.

In our clinical practice we combine qEEG informed neurofeedback, HRV biofeedback and other neuromodulation techniques together with psychological interventions to provide comprehensive assessment, evaluation and a high quality of care to our clients.

With our research partners in academia such as the University of Sydney, Westmead Institute for Medical Research, University of NSW, Macquarie University as well as national and international renowned clinicians such as Dr Bessel Van Der Kolk, Sebern Fisher, Dr Moshe Perl and qEEG Diplomate Jay Gunkelman, we are at the cutting edge of integrating neuroscience and technology with clinical practices.

ANFI as a centre of excellence is offering:

- Clinical trainings on Neurofeedback in working with trauma, Application of qEEG in clinical practice, Heart Rate Variability (HRV Biofeedback) basic and advanced workshops
- Neuroscience self-care weekend retreats for service providers
- Neurofeedback mentoring
- Clinical supervisions
- Psychological stress-test biometric assessments
- QEEG recording and analysis services
- The AULA Nesplora (AULA), a continuous performance test to assess attentional difficulties in a virtual setting, similar to a school classroom

We invite you to join our network of academics and clinicians interested in the connection between mind, brain and body to develop expertise in neuro-integrative psychological practices.

Upcoming Trainings & workshops

- Understanding the EEG with Jay Gunkelman webinars (Aug 28th, Sept 4th, 11th, Oct 2st, 9th & 16th 2019). These webinars are organised in partnership with the Hummingbird Centre and the EEG Education and Research.
- Heart rate variability biofeedback for PTSD introductory (29th Aug 2019), and advanced (22nd Nov 2019).
- Neurobiology of Safety: Clinical Applications of Porges' Polyvagal Theory in Trauma Informed Practice, Joanne McIntyre, 23 September 2019, STARTTS Carramar
- HRV- biofeedback bimonthly group supervision webinars (4th Sept & 6th Nov 2019, TBC Feb 2020).
- EEG Neurofeedback for PTSD introduction (5th & 6th December 2019).

In ANFI we are developing the Biofeedback Certification International Alliance – Australia (BCIA-A) accredited courses for certification in Neurofeedback and Heart Rate Variability (HRV) Biofeedback.

As project of STARTTS ANFI was established as a social enterprise in order to continue our clinical work with the trauma affected population of refugees settling in the NSW.