

Unit code	NP542								
Unit name	Applied Clinical Skills for Neuropsychotherapy								
Associated higher education awards	Graduate Certificate in Applied Neuroscience								
Duration	One semester								
Level	Postgraduate								
Unit coordinator	Dr Stephen Beaumont								
Teaching staff	Peter Janetzki								
Core/elective	Core								
Weighting	Unit credit points: 10 Course credit points: 40								
Delivery mode	Face to Face on site								
Student workload	<p><i>Face-to-face on site</i></p> <table> <tr> <td>Contact hours</td><td>14 hours</td></tr> <tr> <td>Reading, study, and preparation</td><td>76 hours</td></tr> <tr> <td>Assignment preparation</td><td>60 hours</td></tr> <tr> <td>TOTAL</td><td>150 hours</td></tr> </table> <p>Students requiring additional English language support are expected to undertake an additional one hour per week.</p>	Contact hours	14 hours	Reading, study, and preparation	76 hours	Assignment preparation	60 hours	TOTAL	150 hours
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Prerequisites/ co-requisites/ restrictions	<p><i>Prerequisites</i></p> <p>NP544 Introductory Neuroscience NP541 Theory of Neuropsychotherapy</p>								
Rationale	<p>Practitioners in various ‘people helping’ professions have a constant need to further their skills development, especially in relation to newest advances in the field. In this context, Neuropsychotherapy skills provide further learning in the application of skills specific to a Neuropsychotherapy framework for people engagement.</p> <p>This unit provides the link between theory and practice by introducing key strategies to apply various aspects of the theory in day-to-day settings. It helps establish foundational skills for Neuropsychotherapy practices by building on the physiology and theory units and focuses on evidence-based practice strategies to facilitate desired change when engaging with clients. The principles of Neuropsychotherapy are explored and demonstrated in various settings from a scientist-practitioner framework. It includes considerations of Christian worldview understandings of people engagement and ethical practice for Neuropsychotherapy practices.</p>								
Prescribed text(s)	Porges, S.W. & Dana, D.A. (2018). <i>Clinical applications of the polyvagal theory: The emergence of polyvagal-informed therapies</i> . New York, NY: Norton.								

Recommended readings	<p>Books</p> <p>Badenoch, B. (2008). <i>Being a brain-wise therapist. A practical guide to interpersonal neurobiology</i>. New York, NY: Norton.</p> <p>Brown, W., & Strawn, B. (2012). <i>The physical nature of the Christian life: Neuroscience, psychology, and the church</i>. New York, NY: Cambridge University Press.</p> <p>Davidson, R.J. & Begley, S. (2012). <i>The emotional life of your brain: How its unique patterns affect the way you think, feel, and live--and how you can change them</i>. New York, NY: Penguin</p> <p>Doidge, N. (2016). <i>The brain's way of healing: Remarkable discoveries and recoveries from the frontiers of neuroplasticity</i>. Melbourne, Australia: Scribe</p> <p>Geller, S.M. & Greenberg, L.S. (2012). <i>Therapeutic presence: A mindful approach to effective therapy</i>. Washington, DC: Magination</p> <p>Pittman, C. & Karle, E. (2015). <i>Rewire your anxious brain: How to use the neuroscience of fear to end anxiety, panic and worry</i>. Oakland, CA: New Harbinger.</p> <p>Rossouw, P. J. (Ed.). (2014). <i>Neuropsychotherapy: Theoretical underpinnings and clinical applications</i>. Sydney: Mediros.</p> <p>Rustin, J. (2013). <i>Infant research and neuroscience at work in psychotherapy</i>. New York, NY: Norton.</p> <p>Siegel, D. (2012). <i>Pocket guide to interpersonal neurobiology: An integrative handbook of the mind</i>. New York NY: Norton.</p> <p>Warlow, J. (2017). <i>The c.u.r.e. for life: Part one, God centred transformation</i>. Brisbane: Living Wholeness</p> <p>Wilson, R. (2014). <i>Neuroscience for counsellors: Practical applications for counsellors, therapists and mental health practitioners</i>. London, UK: Jessica Kingsley.</p> <p>Journals</p> <p><i>International Journal of Neuropsychotherapy</i></p> <p><i>Journal of Psychology and Theology</i></p> <p><i>Neuropsychotherapy</i></p> <p><i>Neuropsychotherapy in Australia</i></p> <p><i>The Journal of Neuroscience</i></p> <p><i>The Neuropsychotherapist</i></p> <p>In addition to the resources above, students should have access to a Bible, preferably a modern translation such as The Holy Bible: The New International Version 2011 (NIV 2011) or The Holy Bible: New King James Version (NKJV).</p> <p>These and other translations may be accessed free on-line at http://www.biblegateway.com. The Bible app from LifeChurch.tv is also available free for smart phones and tablet devices.</p>
Specialist resource requirements	<p>Digital recording device (eg smartphone)</p>

Content	<ol style="list-style-type: none"> 1. Overview of theoretical framework of the integrated model of the base elements of the theory of Neuropsychotherapy 2. Overview of the educational and clinical applications of the Polyvagal Theory 3. The meta-skills used to facilitating an alliance resulting in a 'therapeutically safe and enriched' environment: The 'bottom-up' approach 4. Clinical Neuropsychotherapy assessment The neuroscience of professional interpersonal interactions <ul style="list-style-type: none"> • The brain based emotional styles • The Mind-Brain-Body connection and its influence of health and wellbeing • Attachment Styles • The six domains of the neural system of the Predictive 6-Factor Resilience Scale • Approach/avoid schemata assessment • Capacity assessment 5. Neuropsychotherapy skills application to a variety of presentations <ul style="list-style-type: none"> • Polyvagal-informed practices • Steps of C.U.R.E. • S.A.F.E.T.Y • Three parts of the brain • Working with the sub-textual • Right Brain to Right Brain processes • Affective regulation and managing limbic system activation • Consistency Principle • The Interpersonal Nature of Neural Functioning • Procedural Learning • Linking and Letting Go
Learning outcomes	<p>On completion of this unit, students will have demonstrated that they have:</p> <ol style="list-style-type: none"> 1. critically analysed the neuroscience of safety, the domains of resilience, and the Mind-Brain-Body connection and its influence of health and wellbeing, including from a Christian worldview perspective; 2. applied an understanding of the research evidence regarding the neuroscience of the anxiety system and the polyvagal system, and their implications in terms of mental wellness, to their professional field, including Christian worldview and ethical considerations; 3. applied an understanding of the consistency principle and the interpersonal nature of neural functioning; 4. applied the concept of safety to their professional setting, including the development of a 'safe, secure therapeutic alliance'; 5. an ability to define and demonstrate the effective application of Neuropsychotherapy skills, principles and strategies with a client in their professional field; 6. critically reflected on their ability to operate from the Integrated model of the base elements of the theory of Neuropsychotherapy, as well as a polyvagal informed approach that that facilitates change within a consistency framework, including Christian worldview perspectives and 7. communicated at an appropriate tertiary standard with special attention to correct grammars, punctuation, spelling, vocabulary, usage, sentence structure, logical relations, style, referencing, and presentation.

Assessment tasks	<p>Task 1: Case Conceptualisation and Response</p> <p>Students will be given a case study and asked to provide a conceptualisation based on Neuropsychotherapeutic understandings, and then a therapeutic response that focuses on skills and strategies to be used with the client and the intended goals. A Christian worldview perspective on the case and the response is to be included.</p> <p>Word Length/Duration: 2,500 words</p> <p>Weighting: 40%</p> <p>Learning Outcomes: 1-5, 7</p> <p>Assessed: Week 10</p> <p>Task 2: Video recording and Process Report</p> <p>The student will submit a video recording and a process report analysing their use of Neuropsychotherapy principles and strategies when engaging with a client. The recording is to be done with someone who is not a family member of the student. An informed consent form must be signed prior to the recording.</p> <p>Word Length/Duration: 2,500 Words + 45 minute video</p> <p>Weighting: 60%</p> <p>Learning Outcomes: 1-7</p> <p>Assessed: Week 15</p>
Unit summary	<p>This unit focuses on providing applied skills of the core content in clinical Neuropsychotherapy as well as demonstrating capacity to apply these principles in clinical Neuropsychotherapy practice.</p>