

## ROYAL COMMISSION INTO INSTITUTIONAL ABUSE

Submission by : Denise Oxborough, Psychologist

### **Treatment Proposal utilising NEUROPTIMAL NEUROFEEDBACK with trauma release therapies based on the NEUROPSYCHOLOGY OF TRAUMA.**

My Forgotten Australian clients have asked that I submit my treatment protocol, due to its outstanding success with their particular struggles. I currently offer home visits or clinic based appointments.

I am a mature Psychologist with extensive experience in neuropsychology and clinical syndromes. My speciality for 20 years has been treating psychological trauma using brain-based evidence-based approaches. This means a focus on the brain, nervous system and therefore the entire body.

The victims of institutional abuse have what I call – EMBEDDED TRAUMA. We see this in their multiply affected body and mind systems. Any traumatic event that occurs during the development of the brain permeates and affects every brain organ, every body organ and ultimately the entire person's function. It is as if every system in the brain and body is embedded with the trauma chemistry, with the trauma memories, with the trauma electrical responses, with the trauma sensory motor effects .... and even more.

A WHOLE PERSON BODY AND BRAIN PROTOCOL is needed to change the embedded neural wiring that is dysfunctional to the person's well-being.

Establishing and maintaining EMOTION REGULATION is critical to successful outcomes within therapy and for the long term. This requires methods that "butt into" the way the brain is currently operating in order to re-establish NEW capacity. The dysfunctional neural pathways have to be addressed before the brain can create new neural pathways upon which recovery can occur.

Neurofeedback trains the brain into its best response capacity. In 1980 I received training in Biofeedback at University of Queensland, within a subject called Psychophysiology. In those days we monitored heart rate, breathing and muscle activity to teach relaxation and stress management. Researchers since developed Biofeedback for the Brain, now called Neurofeedback.

In 2012, I purchased a Neuroptimal Neurofeedback System and received accredited training with Zengar. This system trains the **entire** brain and therefore the nervous system within each session, using music feedback. Because the program **automatically** responds to the individual brain's electrical frequencies, my full clinical attention can be given to the client. While the neurofeedback is underway I use evidence-based sensory/motor, cognitive and emotion release therapies to process negative events quickly and efficiently. How this is achieved so easily is that the AROUSAL physiology is SETTLED by the neurofeedback, while the psychology of the event responds to the interventions I use with the person. The therapeutic outcomes occur within multiple brain and body systems. This combination surpasses every technique I have used in 33 years as a psychologist.

The body and the two brain hemispheres are re-trained to work cohesively, while the EMBEDDED trauma is simultaneously released. The improvement in mental health and very aspect of life is observable and stable over time if the person has enough training sessions for their individual needs.

Neuroptimal is a portable system, fitting into a briefcase, allowing the practitioner to travel to where clients are located. Intense, closely spaced sessions can be offered within a set time period, catering to the needs of remote folk who may visit and stay in a location where trauma work can be undertaken.