

DISCLAIMER

The information contained within this document does not constitute medical advice or diagnosis and is intended for education and information purposes only. It was current at the time of publication and every effort is made to keep the document up to date.

The information contained herein includes both psychological and non psychological interventions. The delivery of psychological services requires a medical referral whilst non psychological services do not.

Each person is an individual and has a unique psychological profile, biochemistry, developmental and social history. As such, advice will not be given over the internet and recommendations and interventions within this website cannot be taken as a substitute for a thorough medical or allied health professional assessment or diagnosis.

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What We Offer

Each individual is assessed based upon the reason of referral and presentation. Assessments include:

DIAGNOSTIC INTERVIEW

The aim here is to gain a full developmental and family history in order to better understand the wide range of underlying factors that may be present.



PSYCHOMETRIC TESTING

Includes IQ testing (if not current, and considered necessary), and / or assessment of learning difficulties and standardised tests of literacy and numeracy skills.



INTEGRATED VISUAL & AUDITORY TESTING (IVA) and / or TEST OF VARIABLE OF ATTENTION (TOVA)

These assessments quantify the variables of attention, impulsivity, and rate of variability of response and are utilised in conjunction with the QEEG results to define EEG Biofeedback protocols.



QUANTITATIVE ELECTROENCEPHALOGRAPH (QEEG)

The QEEG or brain mapping allows determination of brain function (production of specific brain waves from various sites) during 4 conditions: eyes closed, eyes open, simple math and reading.

This assessment also guides the choice of neurofeedback protocols.



CENTRAL AUDITORY PROCESSING (CAPD)

Hearing and listening capabilities are tested in terms of the brain's processing of the information. Assessment involves evaluating the speed of processing auditory information as well as phonological awareness.



NEURODEVELOPMENTAL ASSESSMENTS

This assessment includes, fine muscle coordination, balance and patterns of motor development, the presence of aberrant reflexes, laterality, occulo-motor functioning and visual perceptual ability.



NUTRITIONAL ASSESSMENT

Depending on the case history and presentation, hair sample analysis, food allergy testing, biomedical testing such as urine and stool analysis may be necessary in order to ascertain neuro- environmental toxicity or nutrient deficiencies. Referral to outside specialists are made when required.

Once these assessments are complete and tests results analysed, any one or a combination of the following interventions could be required.

PSYCHOLOGICAL INTERVENTIONS

- Neurofeedback
- Cognitive Behavioural Therapy - CBT
- Counselling
- Health & Lifestyle Coaching
- Heart Rate Variability - HRV Training
- HeartMath®
- Stress Management and Relaxation

NON PSYCHOLOGICAL INTERVENTIONS

- Audio Visual Entrainment - AVE
- Diet, Nutrition and Lifestyle Coaching
- Emotion Freedom Technique - EFT
- Far-Infra Red Sauna
- Hypnotherapy
- Interactive Metronome™
- Remediation of Learning Difficulties
- Neurodevelopmental Therapy
- Samonas Sound Therapy
- SCENAR Therapy

For more information or to make an appointment please contact us on (02) 9637 9998 during business hours.