

# BRAIN CARE



Train your brain,  
change your life.



## BRAIN HEALTH & PERFORMANCE TRAINING TREATMENT PROGRAMS

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Solstice-Mind Matters Pty Ltd the Trustee for the Solstice Discretionary Trust

ACN: 107472720 ABN: 67664403107

NDIS Registered Provider

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## *Our areas of expertise...*

We offer intervention and training solutions for a wide range of functional brain conditions and disorders.

- 🧠 Addiction
- 🧠 ADHD/ADD
- 🧠 Anger management
- 🧠 Anxiety disorder
- 🧠 Autistic spectrum
- 🧠 Bipolar disorder
- 🧠 Depression
- 🧠 Learning difficulties
- 🧠 Memory loss & mild cognitive impairment (MCI)
- 🧠 Obsessive compulsive disorder (OCD)
- 🧠 Peak performance training
- 🧠 Post-traumatic stress disorder (PTSD)
- 🧠 Schizophrenia
- 🧠 Stress management
- 🧠 Traumatic brain injury (TBI)



We strive to offer the best-practice neuromodulator and training methods and protocols used internationally. As a principle, we only use scientifically validated assessments and interventions. In order to determine the best intervention protocol we take you through a number of steps and procedures.

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## Meet the team...

Nerida Saunders  
Director/ Senior Psychologist



Professor Bulent Turman  
Neuroscientist /  
Neurofeedback Technician

Rustam Yumash  
QEEG Manager/  
Neurofeedback Technician



Sydney Stokes  
Provisional Psychologist  
/Auditory Training Provider

Louise Olivier  
Senior Psychologist



Mary Kelly  
Clinical Psychologist



*Lorraine and Julie are our incredible support staff who will always greet you with a warm smile and assist with any enquires.*



## Our location...



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## About your brain...

Your brain is your body's most extraordinary organ. It not only allows you to perceive the world through your senses and control your movements, it also is the control centre for all your memories, thoughts, decisions and behaviours. We now know that this fascinating organ is not hard-wired, but can change and modify its structure and function through a process called neuroplasticity.

Modern science and technology have developed a number of modulation methods which can stimulate neuroplasticity. Here at the Brain, Mind & Memory Institute we use a unique system to determine your brain function profile (BFP). Based on this profile various intervention and modulation methods are used for any individual to improve their brain functioning.

Neuromodulation allows the brain to regulate and train itself to normalise its workings, and to exercise itself to achieve a higher level of performance. Performance improvements occur in memory, mood, psycho-motor skills, learning. The measurable results obtained over the past twenty years have indicated that these processes produce positive results in almost all of our clients, and in many cases the results have been astounding.

## Our secret...

The key to our success lies in our use of methods generated and monitored by some of the worlds leading brain science organisations and experts. Our assesments allow for *personalised intervention programs*, tailored for each of our unique clients. The assessment and targeted training program set our institute apart from any other clinic in Australia. It is important you read through the following information thoroughly, so that you begin your brain health program fully aware of eveything you

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# How to get started...

## Step 1. Initial Consultation

The initial consultation is a welcoming session, as well as a history taking of your or your child's condition and symptoms. During this session the assessment, training and/or treatment procedures will be explained. Once a decision is reached as to which assessments and treatments are appropriate, the appointment times will be arranged by our administrative staff.

## Step 2. Assessment

Based on the initial consultation, a number of assessments may be recommended. These may include:-

### *IntegNeuro*

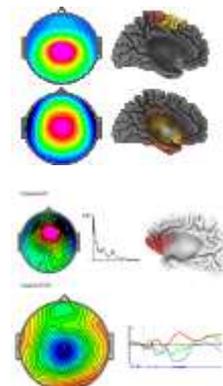
This is a computerised assessment of your brain's cognitive functioning. The Cognitive functions assessed include an individual's sensory-motor, memory, attention, language and planning capacities. Through a touch-screen computer, the IntegNeuro is able to pick up on subtle cognitive problems and/or differences.

### *Web Questionnaire Social/Emotional Screening*

This is a comprehensive questionnaire which is designed to assist us in understanding your or your child's social and emotional history and status. Scores for empathy, intuition, depression, stress, anxiety, social relationships and emotional resilience are evaluated.

### *Quantitative Electroencephalogram and Event-Related Potentials (QEEG and ERPs)*

This is the process of determining the brain function profile (BFP). During the procedure an individual's brainwaves are recorded and analysed. Analysis involves the recorded brainwaves being compared to an international database. This method enables us to determine the specific region of the brain which is idling or overactive and tailor a treatment protocol specific to the individual.



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### *Auditory Processing Evaluation*

Auditory processing provides us with the foundational skills for learning, understanding language and using language and an effective means of communication with others. It encompasses a range of skills which a typically developing auditory system holds. When there are deficits in the skills mentioned above the auditory processing systems auditory processing disorder may exist.

### *Functional Capacity Assessment*

This assessment will evaluate the things that people do to function in their everyday lives; where their strengths and weaknesses lie. This assessment is extremely useful when determining support needs and intervention focuses, and is particularly valued by the NDIS.

### *Psychometric Assessments*

We also offer a number of standardised psychometric assessments which we are happy to discuss at the initial consultation.

## *Step 3. Assessment Feedback*

Once our team of experts evaluate and discuss your assessment results they will recommend a treatment program. If you decide to pursue the program, appropriate sessions will be planned and scheduled. It is important to note that these appointments may change in length and frequency, and across practitioners throughout the program. These changes are always with the client's best interest at heart and we will endeavour to make this process as smooth as we can.

## *Step 4. Therapies*

### *Biofeedback Training*

Biofeedback (BFB) is a personalised treatment option which gives moment-to-moment information flow about the state of the individual's brain, heart or other physiological measures. With real-time information on one screen; the individual is able to modulate their patterns in order to achieve a desired outcome; by watching appropriate movies or playing games. When you produce the target outcome the movie's picture is clear and loud or the games progress.

### *Cogmed Working*

This is an evidence-based computerised training program

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### *Memory Training*

designed to improve attention by effectively increasing the working memory capacity of your brain. Working memory is critical for focusing, appropriately shutting out distractions and for complex thinking. Cogmed is a home-based program coached by qualified professionals

### *Psychology*

A combination of evidence based techniques may be utilised in the treatment program. Our professional counselling services offer you support in the exploration of your thoughts and help you come to manage and realise your full potential. Our dedicated practitioners strive to empower you to become stronger, healthier, and in control of your life.

Some include:

- 🌀 Cognitive Behaviour Therapy (CBT)
- 🌀 Eye Movement Desensitisation & Reprocessing (EMDR)
- 🌀 Dialectical Behaviour Therapy (DBT)
- 🌀 Narrative Therapy
- 🌀 Schema Therapy
- 🌀 Person Centred Therapy
- 🌀 Solution Focused Therapy
- 🌀 Mindfulness Training

### *Auditory Training (AT)*

This is a personalised treatment for individuals experiencing difficulties in auditory processing. Auditory Training Program uses electronically modified music and language to stimulate the auditory pathways and enhance auditory neural plasticity to assist and improve auditory processing abilities. Auditory training enhances the ability of the auditory system to differentiate between fine differences in frequencies and other auditory skills, which are a pre-requisite for language development, and for the processing of all auditory information.

## *Step 5. Progress Review*

Following completion of the agreed treatment program, we will repeat the initial assessments to review progress and plan for any further therapies should they be required.

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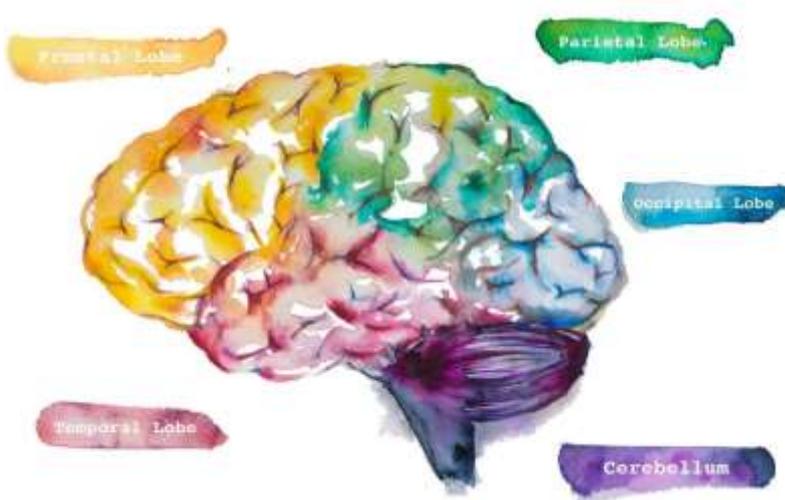
## About EEG biofeedback...

Neurofeedback training is a brainwave biofeedback. During typical training, a couple of electrodes are placed on the scalp and one or two are usually put on the ear lobe. Then, high-tech electronic equipment provides you with real-time, instantaneous audio and visual feedback about your brainwave activity. The electrodes measure the electrical patterns coming from the brain; much like a physician listens to your heart from the surface of your skin. No electrical current is put into your brain. Your brainwave patterns are relayed to the computer and records.

Ordinarily, we cannot influence our brainwave patterns because we lack awareness of them. However, when we can see your brainwaves on a computer screen a few thousandths of a second after they occur, it gives you the ability to influence and change them. We are literally reconditioning and retraining the brain. At first, the changes are short-lived, but the changes gradually become more enduring. With continuing feedback, coaching and practice, we can usually retrain healthier brainwave patterns in most people. It is a little like exercising or doing physical therapy with the brain, enhancing cognitive flexibility and control. Thus, whether the problem stems from ADD/ADHD, a learning disability, a stroke, head injury, deficits following neurosurgery, uncontrolled epilepsy, cognitive dysfunction associated with aging, depression, anxiety, obsessive-compulsive disorder, or other brain related conditions, neurofeedback training offers additional opportunities for rehabilitation through directly retraining the brain.

The exciting thing is that even when the problem is biological in nature, we now have another treatment alternative than just medication. Neurofeedback is also being used increasingly to facilitate peak performance in "normal" individuals and athletes.

- Taken from *What is Neurofeedback?* D. Corydon Hammond and ISNR, 2003.



*For more information about  
Neurofeedback contact us:*

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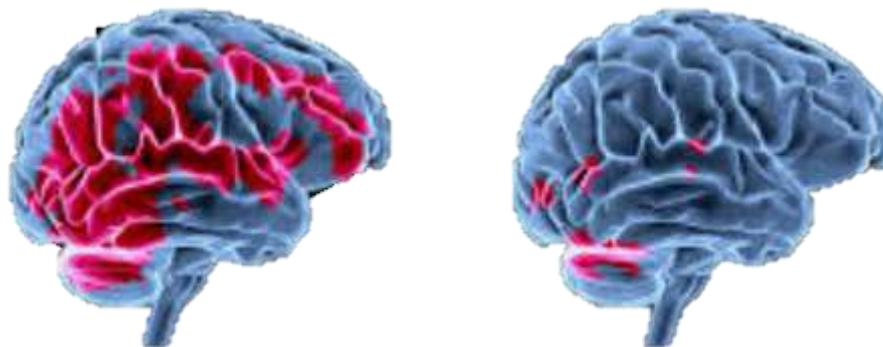
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## *About EMDR...*

Trauma is everywhere in our lives. We offer a revolutionary treatment of trauma. EMDR is a revolutionary approach to emotional healing and individual growth. EMDR combines a range of therapeutic approaches, eye movements and other rhythmical processes to stimulate the brain's information processing system and achieve rapid and sustained healing.

EMDR is recognised as the most important method to emerge in trauma therapy in decades. It unlocks original traumatic memories and allows them to quickly heal. EMDR has had positive results for victims of crime, combat veterans, sexual assault victims, as well as people suffering posttraumatic stress disorder, depression, phobias and panic disorders, anxiety, excessive grief, chemical dependency, and many others.

EMDR has successfully and rapidly treated Psychological problems in over 3 million sufferers worldwide. The Brain Mind and Memory institute has practitioners trained in EMDR. Ask us more about this innovative treatment and how it can help you.



Brain showing overactivity in red... the same brain after EMDR treatment.

*For more information about EMDR please contact us.*

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