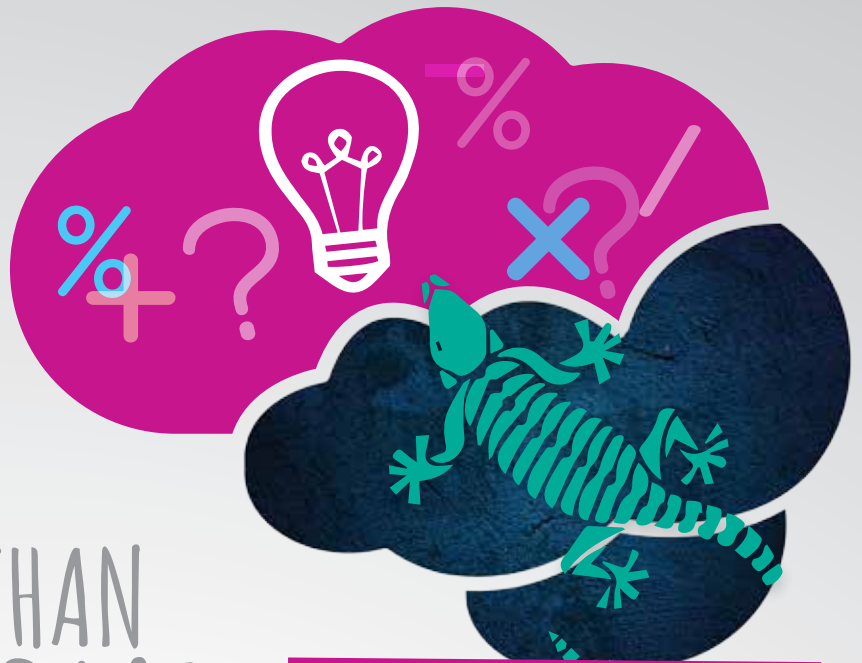


# WHY TWO BRAINS AREN'T ALWAYS BETTER THAN ONE



Promoting Positive  
Brain Change  
from the Inside Out

CANBERRA | WEDNESDAY 19 NOVEMBER 2014

PRESENTER: Dr Dave Ziegler, Jasper Mountain (USA) with Gregory Nicolau

New and successful behaviours can come from within the individual producing positive emotions, behaviours and success in life. We are most effective in helping others when we positively impact their brain function. Our seminars will take the mystery out of this very complex process. We shall explore in easy to understand steps practices that can lead to internal brain change that lasts into the future.

## The following objectives will be addressed:

- To define optimal mental health
- To understand the inner world of children and young people's perceptions and emotions that result in behaviours
- To recognise the importance of determining the emotional maturity of children and young people and how to do so
- To learn how to assess when a child or young person is switched on to hearing what it is you have to say
- To appreciate the impact that stress plays on the ability for a child or young person to make good choices
- The role of attachment in promoting healthy body, mind and spirit
- To identify signs that a child or young person is not coping and what to do
- The 5 steps to promote positive change from the inside out



## Dr Dave Ziegler

Ph.D., L.M.F.T., L.P.C., Licensed Psychologist, Executive Director and Organisation Founder of Jasper Mountain, Oregon USA, with a 43 year career as a therapist, clinical supervisor, foster parent and program manager.

International authority and presenter on issues related to trauma and psychological treatment. Author of multiple books and publications including; "Neurological Reparative Therapy – a Roadmap to Healing, Resiliency and Well-Being", "Traumatic Experience and the Brain", "Beyond Healing", and "Raising Children who Refuse to be Raised".



## Gregory Nicolau

Gregory Nicolau is the CEO and lead Consultant Psychologist of Australian Childhood Trauma Group.

He has a 30-year career working with the most marginalised and vulnerable children, young people and families in our community and the agencies, organisations and education facilities who support them. He enjoys supporting people to deliver the best outcomes for children and is an experienced trainer, facilitator and case supervisor.



**Registrations** 9am  
**Seminar** 9:30am – 4pm

### VENUE

The Hellenic Club in the City  
13 Moore Street  
Canberra ACT 2601

### REGISTRATION

To register via Australian Childhood Trauma Group

Register online [www.theactgroup.com.au](http://www.theactgroup.com.au)

Call (03) 9415 6066

Email [info@theactgroup.com.au](mailto:info@theactgroup.com.au)



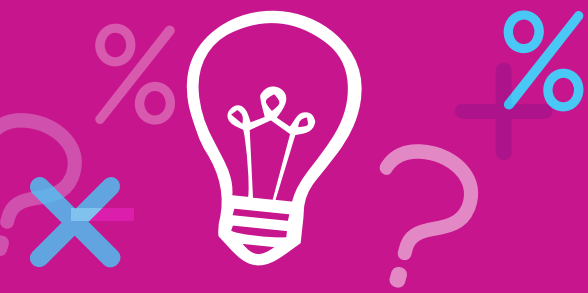
### COST

**Workers:** \$195+GST

**Carers / Full-time Students:** \$180+GST

(Lunch provided)

Group discount prices available.  
Please call 03 9415 6066 to book.



### RSVP

RSVP by Monday 10 November



A comprehensive **Resource Store** that contains text and activity based resources will be available at each session.