



STRESS INOCULATIONTM



DIALLED IN

DRUG & ALCOHOL RECOVERY FACILITIES

A craving is a nervous system event, not a thought

An experiential program designed for recovery and rehabilitation facilities which combines cutting edge computerised equipment (*Biofeedback & *HeartMath) with mindfulness and neuroplasticity techniques to train emotional regulation.

"The SI program developed by Dr. Pyle strongly aligns with current science and my belief in the integration of mind and body in the field of Health Psychology. SI adds a critical layer of sophistication with the use of computer technology. Overall, SI takes corporate training programs to an advanced level. Very impressive!"

John Arden, PhD,
International speaker and author of **Rewire your Brain 2.0**

PROGRAM DEVELOPER



Dr. Kevin Pyle, Licensed Clinical Psychologist in two countries (US & Australia), has synthesised 45 years' experience in the field of Psychology to develop the Stress Inoculation (SI) family of training programs. Each program brings together cutting-edge technology, proven psychological techniques and the latest advances in neuroplasticity.

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DIALLED IN — A STRESS INOCULATION PROGRAM

Dialled In gives clients a trainable, repeatable physical skill for regulating the stress response that drives craving — rehearsed against their own physiological data rather than discussed in a group. It is built into ongoing programming rather than reserved for crisis, and is delivered by the facility's own counselling staff.

- A 2025 randomised clinical trial in JAMA Psychiatry found heart rate variability biofeedback produced a 64% reduction in alcohol and drug use days in early treatment.
- Relapse rates run 40–60% within the first year. Risk peaks in the first 90 days, when physiological stress sensitivity is most intense — the window facilities cover least.

PROGRAM STRUCTURE

Delivered on a continuous cycle rather than as a fixed course.

Module 1. Introduction to the mind/body connection and Biofeedback.

Module 2. Baseline assessment of individual stress and craving reactivity, taken separately from clinical intake so that it carries no treatment-record stigma.

Module 3. Participants introduced to proven specific coping strategies (neuroplasticity).

Module 4. Techniques acquired in Module 3 applied while connected to the Biofeedback system to determine mastery and build confidence in the new skills.

Module 5. Individual review. Personal and situational triggers used as practical stressors, conducted one-to-one for confidentiality.

Every program is licensed to the organisation. IPS trains your own personnel to deliver it, and facilitators are recertified every twelve months so that quality does not drift. The capability stays inside the organisation rather than leaving when a contract ends.

*NEXUS BIOFEEDBACK

"The NeXus biofeedback solutions provide deep insights into health for empowering autonomic self-regulation with real-time feedback training." ~ Mind Media.

*HEARTMATH

The value of breath in the pursuit of emotional regulation.

*MINDFIELD eSENSE

The take-home sensor participants use to practise between modules.

TOMORROW MADE PRESENT

innovativepsych.com.au

Arrange a 20-minute consultation

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Bookings require a minimum of 48 hours' notice. Delivered in person or remotely, worldwide.