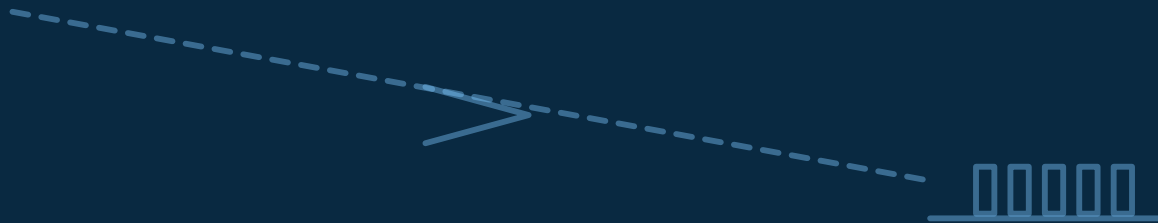




STRESS INOCULATIONTM



GLIDEPATH

COMMERCIAL PILOTS & FLIGHT OPERATIONS

Correction is continuous, not triggered by a warning

An experiential program designed for commercial flight operations which combines cutting edge computerised equipment (*Biofeedback & *HeartMath) with mindfulness and neuroplasticity techniques to sustain performance under pressure.

"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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GLIDEPATH — A STRESS INOCULATION PROGRAM

A glidepath is the stabilised descent a pilot flies on approach — corrected in small increments long before drift becomes a problem. Glidepath applies the same principle to the stress response. It operates outside medical certification and company reporting channels, so it requires no disclosure and carries no career risk.

- An anonymous Harvard/CDC survey of 1,848 airline pilots found 12.6% met the threshold for depression. Anonymity was necessary because pilots will not disclose this to an examiner.
- In a study of 5,170 US and Canadian pilots, more than half reported avoiding healthcare altogether specifically to protect their flying status.

PROGRAM STRUCTURE

Scheduled on a continuous cycle, independent of any certification event.

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

Module 2. A confidential individual baseline, taken outside any certification or company reporting channel.

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

Module 4. Techniques applied under Biofeedback to determine mastery and build confidence. Generic stressors used in these sessions.

Module 5. High-urgency, unfamiliar-scenario decision-making — trained in advance of the conditions a checkride is designed to test. Conducted one-to-one.

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

dr.kevin@innovativepsych.com.au | innovativepsych.com.au

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