



STRESS INOCULATIONTM



ORIENT

SENIOR DEFENCE LEADERSHIP

Judgement degrades before anyone can see it

An experiential program designed for senior Defence personnel which combines cutting edge computerised equipment (*Biofeedback & *HeartMath) with mindfulness and neuroplasticity techniques to protect command decision-making that may be compromised by stress.

"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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ORIENT — A STRESS INOCULATION PROGRAM

Every military decision-maker is trained on the OODA loop. Research on decision failure points consistently to the Orient phase, where stress, bias and time pressure distort a commander's read of the situation before a decision is made. Orient is named for that phase because it is the one biofeedback training can measurably protect.

- Fatigue research is explicit that officers and senior NCOs are more prone to the effects of fatigue because their primary task is cognitive. In some commanders decision speed is unchanged while decision quality declines — the danger is invisible.
- Between 1997 and 2023, 1,840 serving and ex-serving ADF members died by suicide. 22% of the ADF population reported a mental disorder in the previous twelve months.

PROGRAM STRUCTURE

Delivered without disclosure through the chain of command or a medical file.

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

Module 2. A confidential individual baseline for each officer and senior NCO, run outside command and medical reporting channels.

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

Module 4. Techniques applied under Biofeedback across sustained, high-decision-density scenarios rather than single acute-threat moments.

Module 5. The Orient phase specifically: threat assessment and situational read under time pressure and incomplete information. 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

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