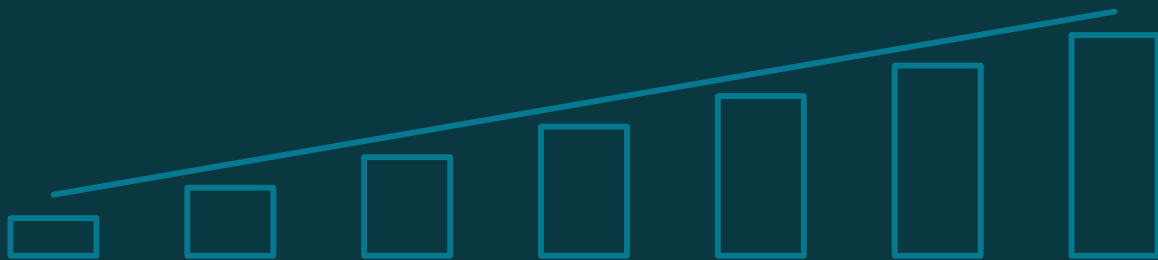




STRESS INOCULATIONTM



STRESS INOCULATION

SENIOR MANAGEMENT & EXECUTIVES

Confidence comes from seeing the physical effect

An experiential program designed for senior decision-makers which combines cutting edge computerised equipment (*Biofeedback & *HeartMath) with mindfulness and neuroplasticity techniques to train a measurable stress-regulation skill.

"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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STRESS INOCULATION — A STRESS INOCULATION PROGRAM

Most corporate resilience training produces knowledge rather than a measured skill. Participants acquire coping strategies but have no objective way of knowing whether those strategies are physiologically effective for them, so under genuine pressure they revert to prior habits. Stress Inoculation closes that gap by measuring the effect and showing it to the participant.

- The program draws on peer-reviewed research published in Applied Psychophysiology and Biofeedback, Global Advances in Health and Medicine, and Psychiatry Research.
- Reversion to prior coping patterns under pressure is a recognised phenomenon known as dysponesis. Confidence in a strategy comes from seeing its physical impact — which is precisely what education-based training cannot manufacture.

PROGRAM STRUCTURE

Six modules of approximately 60 minutes. Module 5 is delivered one-to-one.

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

Module 2. Baseline assessment using an objective biofeedback measure of the effectiveness of each participant's current coping strategies.

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

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

Module 5. Individual review. Role-specific pressures used as practical stressors, conducted one-to-one for confidentiality.

Module 6. Held three weeks after Module 5. Participants are interviewed to determine impact and whether the training has integrated into daily practice.

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.