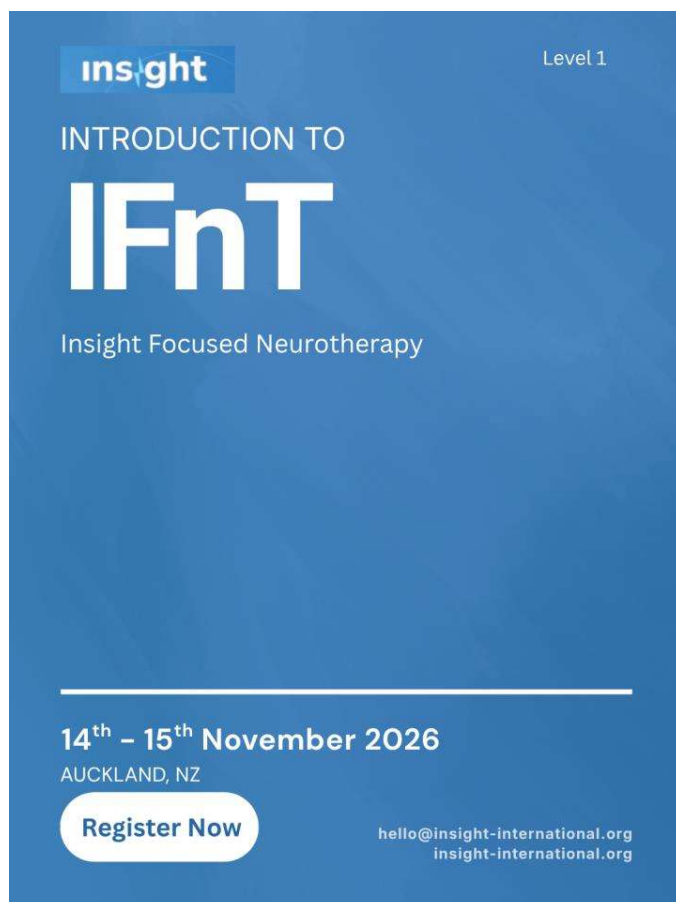




For psychologists, counsellors, social workers, and coaches: here's how neuroscience can help your therapy or coaching practice.

Insight Focused NeuroTherapy™ (IFnT Level 1) offers a coherent, neuroscience-informed framework that helps clients move beyond intellectual understanding into genuine, embodied transformation.

Developed by international speaker and neuroscience psychotherapist Pauline Skeates, IFnT synthesizes key findings across neuroscience, polyvagal theory, memory reconsolidation, predictive processing, Clean Language, and somatic interoception into a unified, practical methodology.

What You Will Gain in Level 1:

- **Shift from Directing to Facilitating:** Learn to use intentional, focused attention to hold a therapeutic space where emerging awareness occurs naturally, reducing clinician burnout and session fatigue.
- **Access Implicit Emotional Learning:** Work directly with sensations, metaphors, imagery, and felt sense to destabilize entrenched neural patterns in real time.

- **Reframe Resistance as Protection:** Approach client hesitation, avoidance, and protective responses with curiosity and respect rather than frustration.
- **Neuro-Physiological Regulation:** Apply somatic and polyvagal-informed tools to establish deep safety for working with complex trauma, anxiety, depression, and repeating patterns.
- **Consolidate Lasting Change:** Facilitate moments of coherent juxtaposition so new neural learning is retained long-term in your client's daily life.

Course Details & Registration:

- **Course Title:** Introduction to Insight Focused NeuroTherapy™ (IFnT Level 1)
- **Dates:** 14th to 15th November (In-person)
- **Location:** The Brick Barn, 83 Ivanhoe Road, Grey Lynn, Auckland

Register for Level 1 here: [Sign up now!](#)