

# News Letter

‘Be with those who help your being.’ - Rumi

## *The Power of Neuroplasticity in Psychological Therapies*

As psychologists, we use evidence-based therapies like Acceptance and Commitment Therapy (ACT) and Dialectical Behaviour Therapy (DBT) to promote mindfulness, acceptance and psychological flexibility. These practices are third-wave therapies, which represent an evolution of traditional behavioural and cognitive approaches. Third-wave therapies align with the principles of **neuroplasticity**, the brain’s ability to reorganise itself by forming new neural connections in response to learning and experience. Hebb’s Law, often summarised as "**neurons that fire together, wire together**", describes how repeated patterns of thought and behaviour strengthen neural pathways over time. By using these therapies, we help clients actively shape their brain’s responses, encouraging the development of adaptive and healthier thought patterns.

For example, through mindfulness practices, clients learn to focus their attention on the present moment, leading to calmness and reducing reactivity to stress. These practices create and reinforce neural pathways associated with emotional regulation and resilience. Similarly, in ACT, clients are guided to change their relationship with distressing thoughts by accepting them and committing to actions aligned with their values, which encourages the formation of neural connections that promote adaptive and goal-oriented behaviour.

By integrating third-wave therapies into our work, we leverage the science of neuroplasticity to bring about meaningful, lasting change.

## *Introducing Rest in Essence*

Our team of experienced psychologists provides the best possible clinical care, informed by the latest research. We focus on empowering our clients by building on their unique strengths and resources, supporting them to overcome challenges and achieve their goals in a compassionate, person-centred way.



## Services we offer

- Psychological intervention for children aged 4+, adolescents and adults
- Family therapy and couples counselling
- Comprehensive psychological assessments, including ADHD, ASD and Learning Disorders
- Mental Health Treatment Plans, Eating Disorder Plans and DVA
- Workers Compensation and CTP
- Disability, NDIS and Victim of Crimes support

## We’d love to hear from you

The purpose of this newsletter is to keep you informed about topics relevant to your practice and support your work in providing quality care to your patients. We value your input – if you have feedback or suggestions for topics you would like us to cover, please get in touch with us.

(02) 4902 8900



[info@restinescence.com.au](mailto:info@restinescence.com.au)

[www.restinescence.com.au](http://www.restinescence.com.au)

