

CONTENTS

Pieter J Rossouw	Preface	i
------------------	---------	---

Judith Murray	Foreword	v
---------------	----------	---

Section A – Neuropsychotherapy – Theoretical Underpinnings

1	Pieter J Rossouw	Neuropsychotherapy: Towards a theory of brain-based therapy	1
2	Matthew J Dahlitz & Pieter J Rossouw	The consistency-theoretical model of mental functioning: Towards a refined perspective	21
3	Pieter J Rossouw	Neuropsychotherapy: An integrated theoretical model	43

Section B – Neuropsychotherapy – Clinical Applications

4	Natalie Robinson	Christine: An adolescent and social anxiety disorder	73
5	Kobie Allison	Amanda: Fear of abandonment	91
6	Lisa Stevens	Neuroscience, enriched environments and team sport	109
7	Sue Stefanovic	Hypnosis, the brain, and pain: A case study	137
8	Jonathan Wills	Reading between the lines: A neuropsychotherapeutic approach to non face-to-face counselling	161
9	Mark B Andersen	Working with an anxious and psychologically abused athlete: A mindful, neuropsychotherapy approach	193
10	David Williams	Going slow before you can go fast: A journey into performance anxiety through the lens of psychodynamics and neuroscience	209

CONTENTS (CONT.)

11	Jacqui Louder	Samantha and the neuroscience of the eating disorder, anorexia nervosa	235
12	J David Haynes	Neuropsychotherapy in a case of complex post-traumatic stress disorder	249
13	Stephen Rendall	Post traumatic stress disorder: A neuropsychotherapy approach	273
14	Daren Wilson	A new treatment for PTSD: Ross, a 65 year old male survivor of the December 26, 2004 Indian Ocean tsunami	291
15	Adolf Deppe	Light and neural function	309
16	Natalie Kyan	George: An adolescent's experience of bullying	323
17	Fiona Stevens	What to do with the bully?	343
18	Melissa Glenwright	How Samantha used neuroscience to build a pathway out of social anxiety disorder	353
19	Peter Kyriakoulis	A neuropsychotherapy approach to panic disorder and complex psychopathology	371
20	Shannyn Wilson	Neuropsychotherapy principles in the treatment of separation anxiety disorder in children	397
		Diagram of the brain	69, 424
		Glossary of neurobiological terms	425
		Subject index	431
		Brief biography of Pieter Rossouw	437