



# Neuropsychotherapy: Theoretical Underpinnings and Clinical Applications

*Dr Pieter Rossouw*

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## **Neuropsychotherapy: Theoretical Underpinnings and Clinical Applications** Dr Pieter Rossouw

In this book Pieter Rossouw and his colleagues have made a wonderful and exciting contribution to the world of psychology, psychotherapy and counselling by bringing into practical reality the importance of an integrative approach to the psychosocial care of others. The book presents a ground-breaking, new integrated model of neuropsychotherapy, based on years of research, clinical practice and teaching in the neuropsychotherapy field. Dr Rossouw's integrated model of neuropsychotherapy develops and enhances the theoretical work of Seymour Epstein and Klaus Grawe and recognises that safety in the therapeutic alliance is a core component and guiding tenet of a neuropsychotherapeutic approach. Through the principles of neuroscience the book takes us on a challenging, yet exciting journey exploring the application of brain-based therapies. Section A of the book (chapters 1, 2 and 3) reviews the development through history of how neuroscience has informed schools of psychology and therapeutic approaches, and critiques existing theoretical constructs. Section B (the remaining 17 chapters) offers a series of case studies, written by practising clinicians from across Australia, in varying clinical settings and the application of a neuropsychotherapeutic approach and principles for a wide range of psychopathologies. This book is the culmination of a significant interest in and passion for engaging with people suffering from a range of mental challenges. It is also the result of a passion for understanding the human brain and how our genetic footprint is expressed through engaging with the environment. It is this interaction that leads to genetic expression and (in safe, enriched environments) leads to healthy neural development and the capacity not only to survive the challenges of life but also to thrive. When survival is compromised, changes in the brain occur. These changes express on a neurochemical and neuro-structural level and alter neural networks and can lead to the onset of psychopathology. This book challenges our science, our art and perhaps most importantly of all, our humanity. For years in the real world clinicians have known the value of an holistic, integrative approach but often only whispered words like 'eclectic' and 'holistic' and 'integrative' in describing their practice for fear of being ridiculed for lacking a purist psychological doctrine. This book offers real validation to the care that people had known to always work and Dr Rossouw and his colleagues deserve the thanks of many, many practitioners for giving strength and confidence and structure to their practice. The view of human distress as a disease to be treated by 'experts' is placed aside in recognising the power of human beings and their minds to heal and grow and change within a place of safety, to be found in the sanctuary of the therapeutic setting. Dr Rossouw and his colleagues have helped to return the people who deserve our care to the centre of healing where they belong. They have placed them there along with the wonder of relationship and connection. Dr Rossouw is constantly mindful of so many people that suffer on a daily basis with various presentations of mental distress. This book is ultimately for every one of them. Dr Rossouw's hope is that this volume will open some new insights and pathways for clinicians to engage with their clients in such a way that the theoretical underpinnings and clinical applications of neuropsychotherapy will open new perspectives and facilitate new neural pathways to thrive and enhance quality of life.

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