

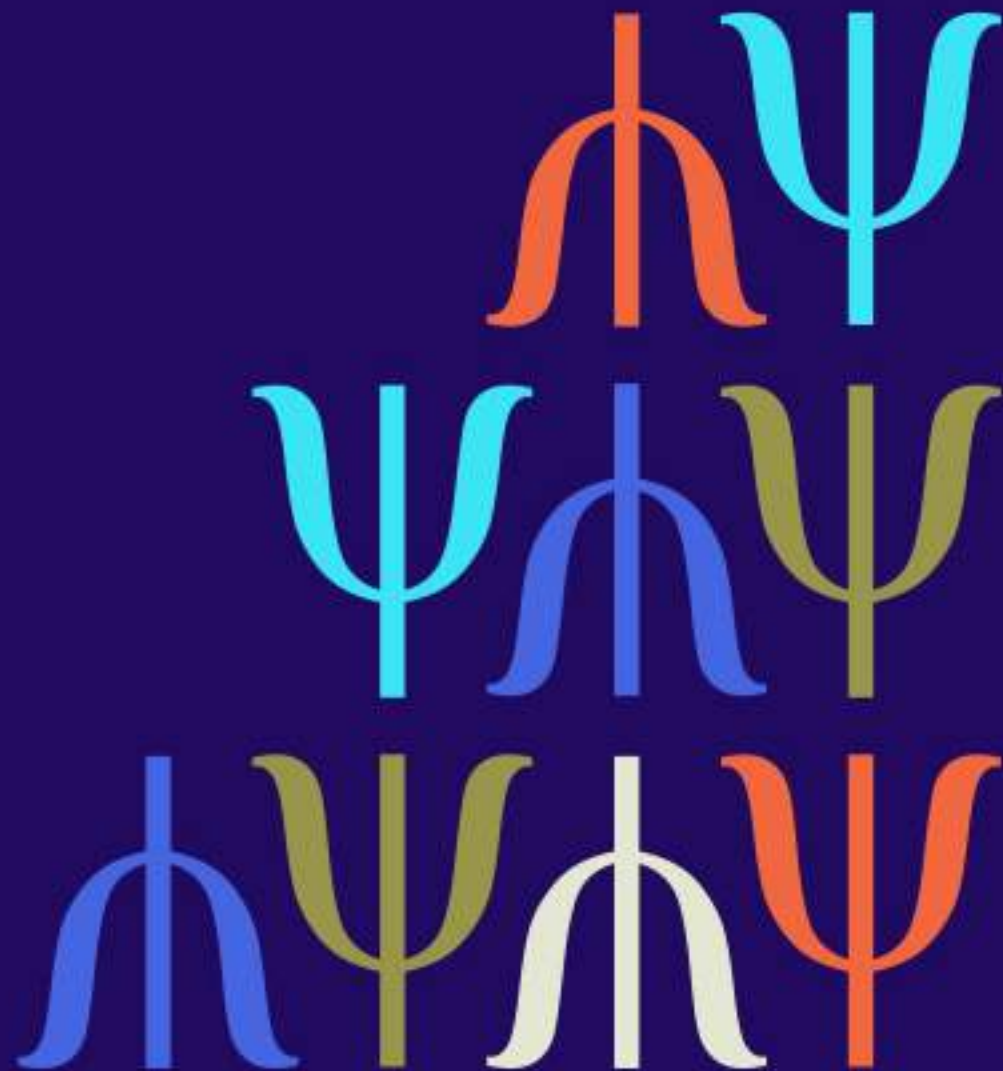


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2025 Festival of Psychology

16–18 May 2025

Maximizing Psychotherapy Impact Using
Neury®: A Neurocognitive Skills-Based
Measured Training Via Mobile App



MAXIMIZING PSYCHOTHERAPY IMPACT USING NEURY®

A Neurocognitive, Skills-Based, Measured Training Via Mobile App



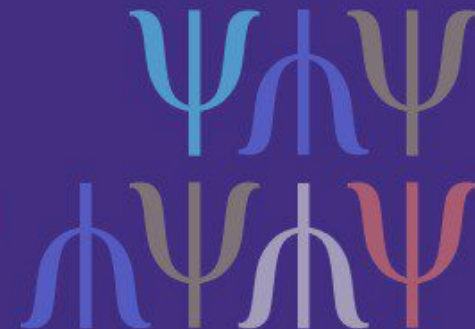
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My Story

My Journey

- Born NYC, 1961 – had family members with **schizophrenia & autism**.
- **BA USC** → Media / Law / Computing Career
- Passion for understanding **neuro-development** → Mental health pivot.

Clinical/Research Career (1997-Present)

- **2 MA's in Clinical Psychology, Antioch and Fielding Universities**
- 26 years in practice | Co-authored **ASD chapter**, *Neuropsychology Handbook*.
- **PhD research, University of Auckland**: Biomarkers for ASD diagnosis.
- Studied links between **physiology, perception & emotion**.
- Researched and Published 2 papers and one Chapter on applying EEG to diagnose of ASD
- Currently researching neurocognitive training using a mobile application to enhance Treatment effectiveness



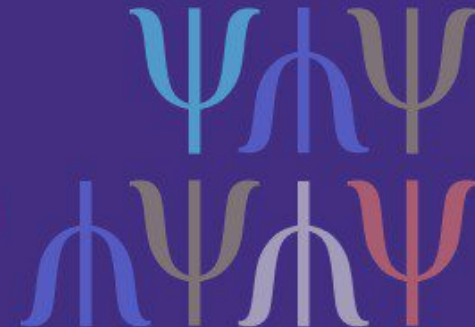
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The NeuroCog® Story

NeuroCog® Creation (2016)

Problem: Poor Outcomes (Worsening Mental Health Crisis)

Solution: Apply Only What Works and Use a Measure to Verify it

- Apply neurodevelopmental principles to psychological problems - growth approach
- Merge **neuroscience with psychological practice** - tie techniques to psychophysiological states
- A measurable system for **tracking and improving client outcomes** - show the change
- Use an empirical measure of emotional experience - type, intensity, direction, trigger, impact

From Experience to Innovation: Measuring What Matters - Emotions (Psychology's Vital Sign)



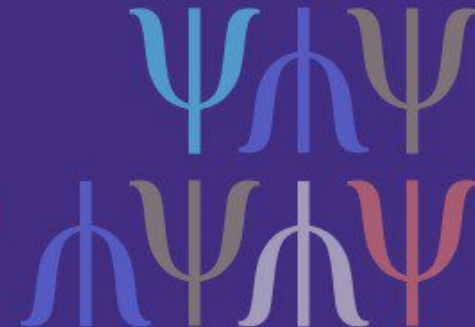
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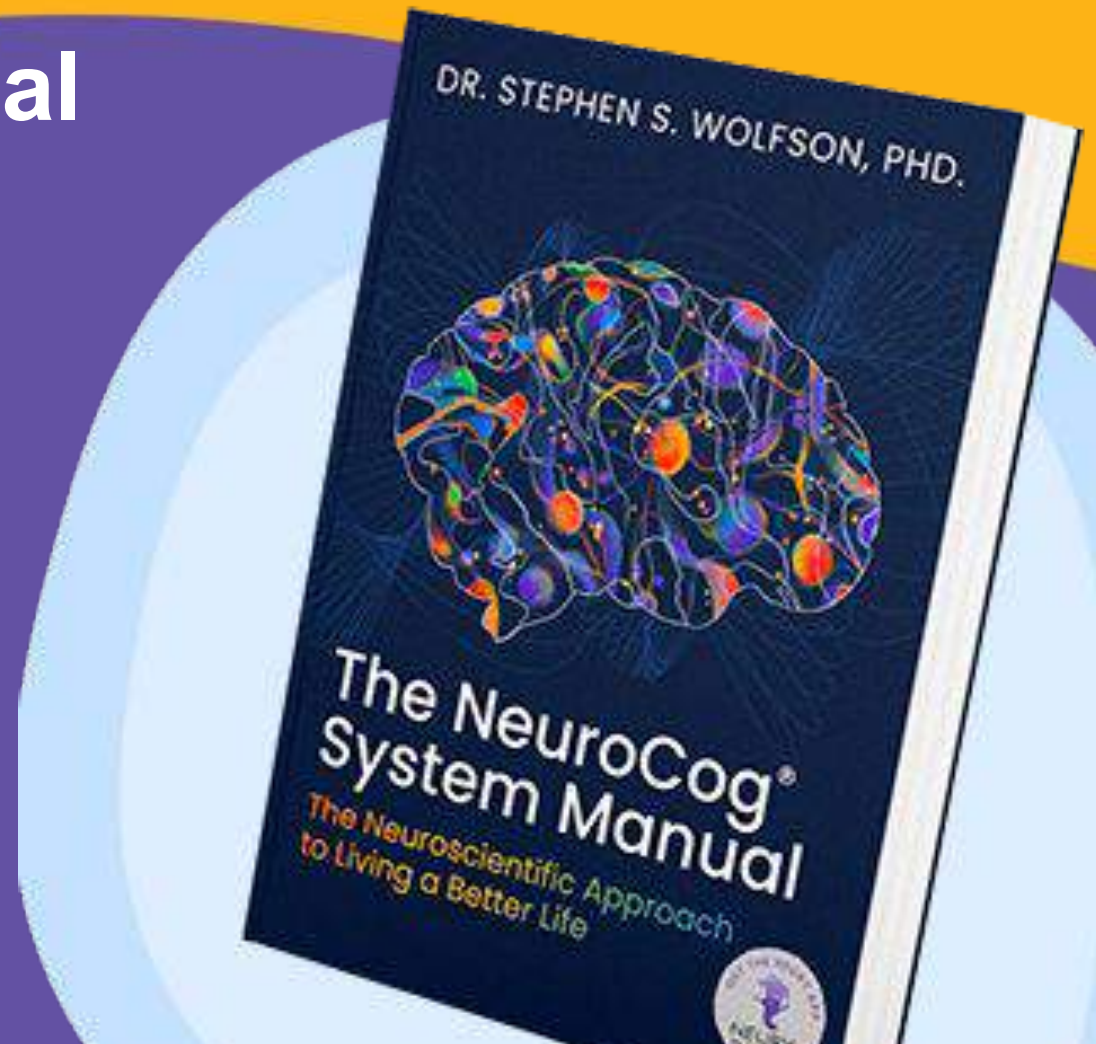
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The NeuroCog® System Manual

- Neuroscience-based clinical framework
- Integrates cognition, emotion & behavior
- Syncs with neurocognitive tools for deeper insight - personalized care
- Supports goal-setting and progress tracking
- Keeps the focus on Psychophysiology not diagnoses



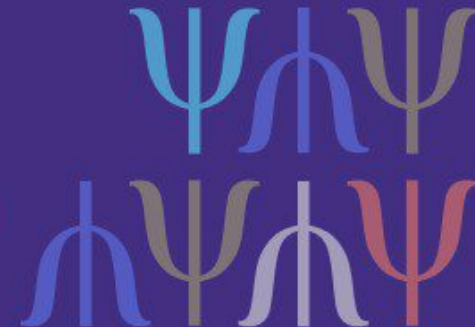
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Meet Neury®

Scan This QR and Try

NEURY®



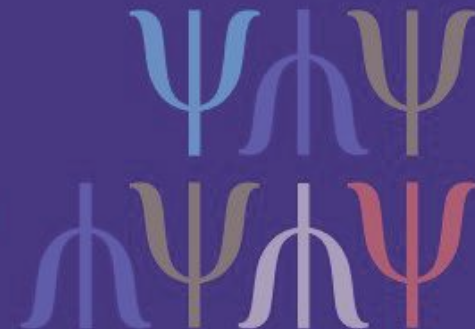
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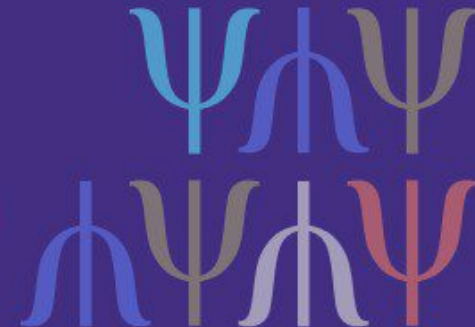
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What is the EmotionLog?

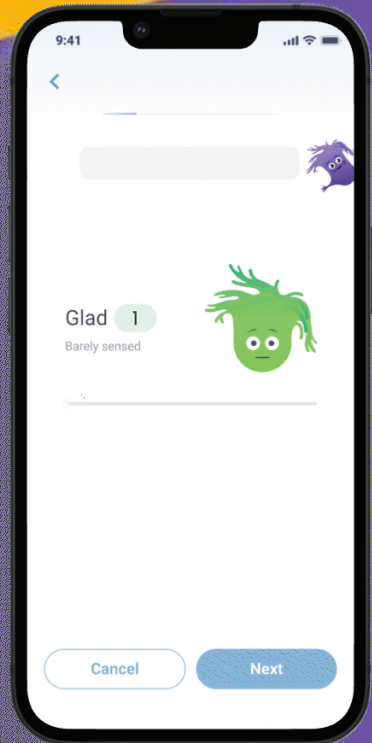
- Real-time emotion tracking in Neury[®]
- Quantifies emotion patterns
- Provides insight into triggers
- Tracks progress over time in real time



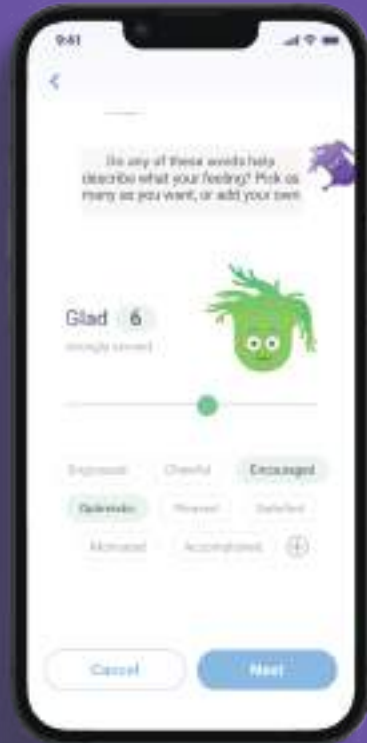
How to do an EmotionLog? (Process)



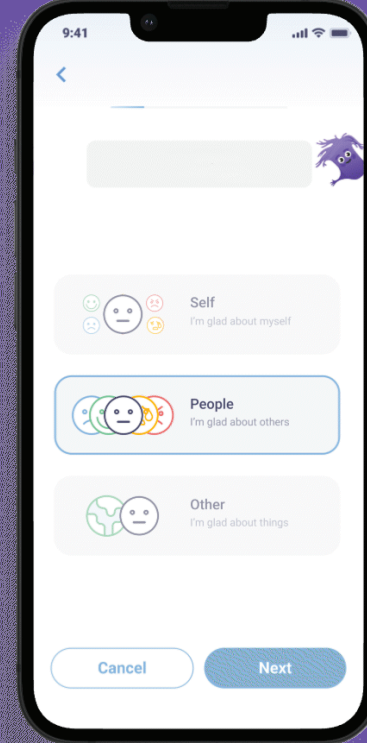
1. Choose your strongest emotion



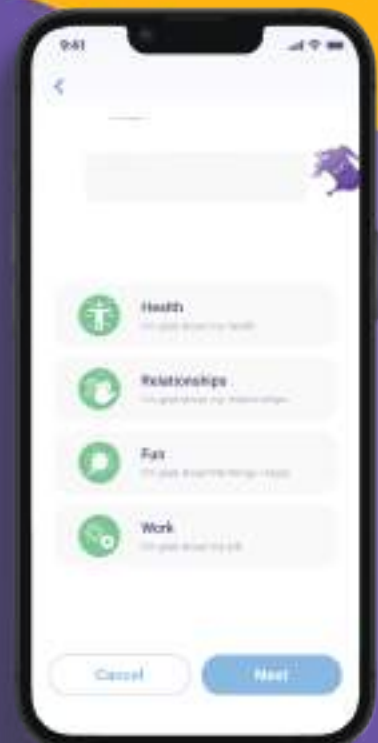
2. How strong is that emotion?



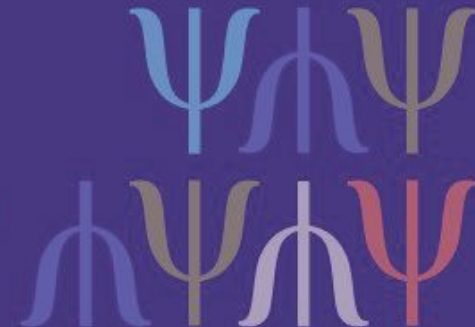
3. Choose specific words to describe it



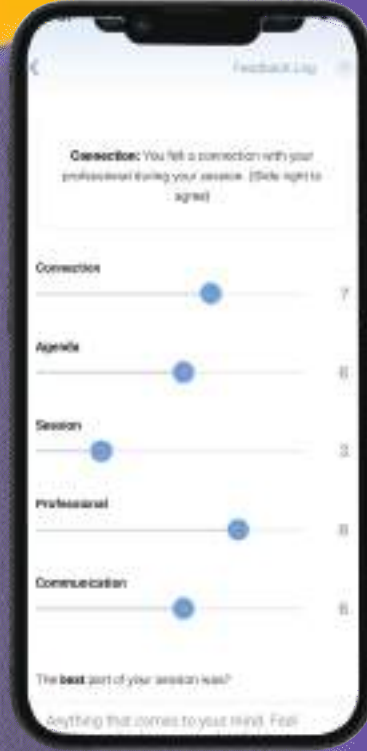
4. What are those feelings related to?



5. Which part of your life is it about?

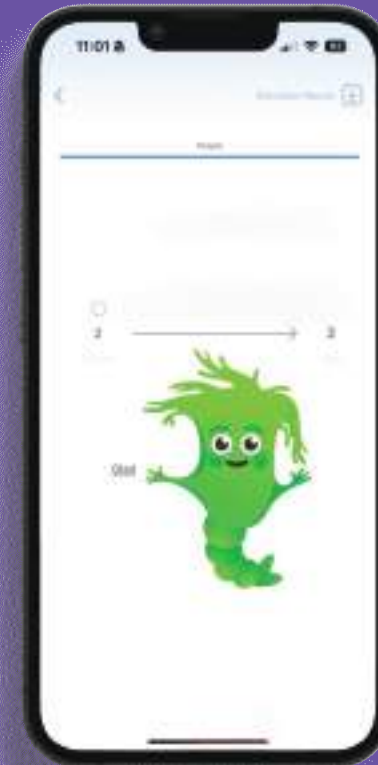


What the EmotionLog Shows (Results)



Users can :

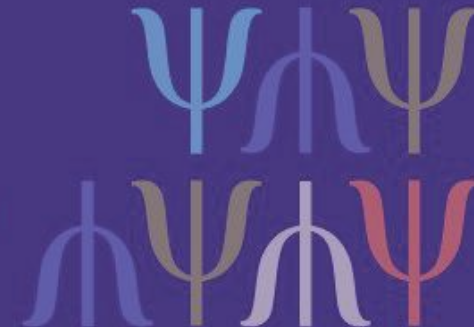
- Do an Exercise,
- Have a Practitioner Session or
- Choose another activity



Reveal the Shift



Track your Emotion Shifts over time



The NEUROCOG[®] SYSTEM

What do you and your client do with EmotionLogs?

- Add a neurocognitive training element to your chosen model of therapy
- Boost client engagement, resiliency & self regulation skills
- Tailor your treatment to each client - not one size fits all



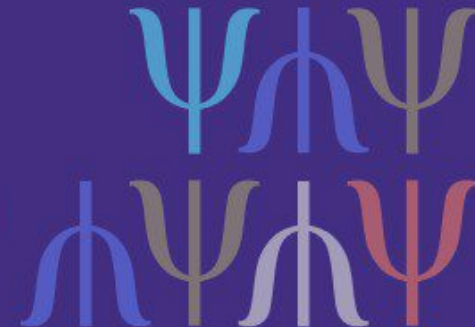
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The Dodo Bird Effect

- The Three Pathways to Change (83% effect size)
 - Real Relationship (Connection)
 - Expectations and Rationale (Placebo Pathway)
 - Specific Ingredients (Therapeutic Ritual)

SIMILAR OUTCOMES

The EmotionLog applies the contextual model (Wampold)



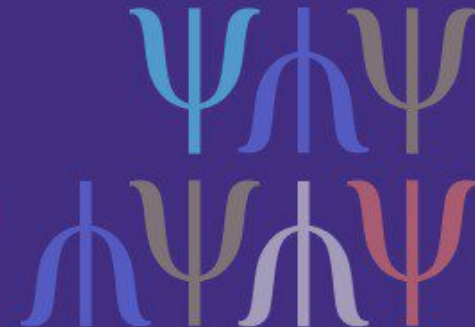
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The Placebo Effect

and the NEED for Data

- It's essential to MEASURE experienced emotional and cognitive changes
- EmotionLogs track emotional shifts revealing real neurocognitive changes caused by training boosted therapy - not just placebo effects.

EmotionLogs help confirm client progress from emotional, cognitive and behavioral changes — not just expectations.



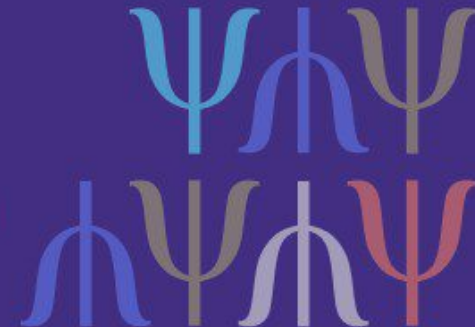
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Why Call it Neurocognitive Training?

Helps us understand:

- How the brain actually works - skills can be improved
- Tracking emotional patterns - to reveal strengths, limits and to set goals
- Objective interventions not guesswork



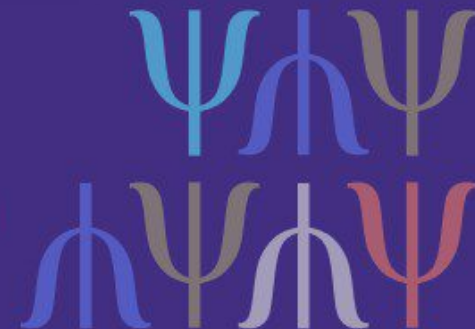
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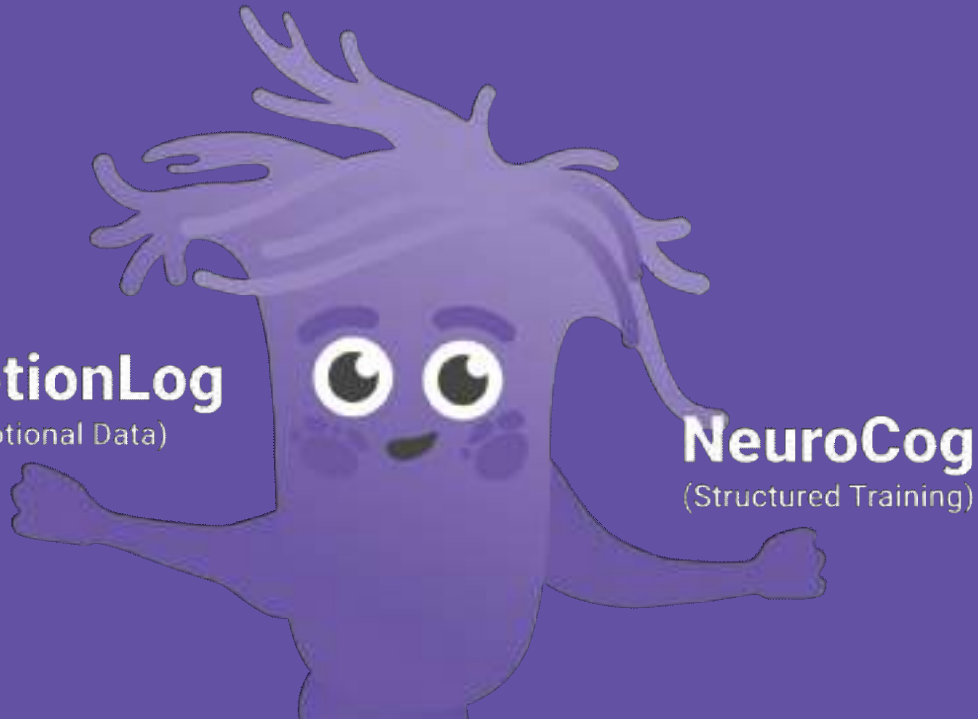
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Let's bring it all together!

EmotionLog
(Emotional Data)



NeuroCog
(Structured Training)

- Identify patterns in emotional states
- See how emotional states relate to cognitive functions
- Adapt therapy based on real-time data



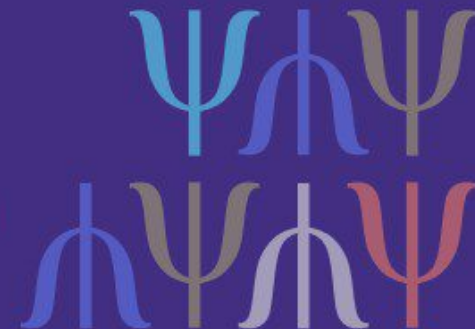
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PsychFlow[®]

A full feature practice platform that integrates EmotionLogs.

Features:

- EmotionLogs show exercise and session data in a dashboard
- Alerts for intense emotional states
- Telehealth and secure client messaging.
- AI scribing, custom forms, screeners, billing, Medicare processing, scheduling, and more



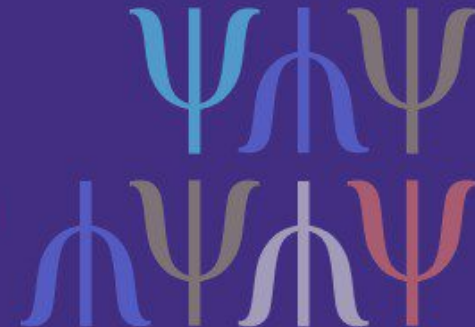
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Practical Use Case

1. A client with **anxiety-provoking cognition** logs heightened stress.
2. EmotionLogs reveal a spike and flag it in **PsychFlow**®.
3. The psychologist adjusts **Neurocognitive training** to focus on cognitive flexibility and relaxation techniques, applying CBT model.



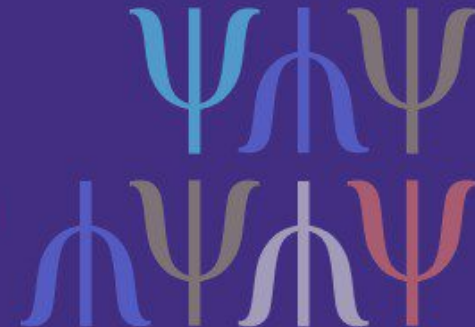
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Let's Talk!

Scan This QR and Leave Your
Feedback!



- How could this fit into your practice?
- Discussion on customization options.
- What else would you love to see?



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