



BY CHRISTINE BOLTON

Mapping the human brain

PSYCHOLOGIST and author Rita McInnes grew up in the Riverina, attending Mt Erin and Trinity Senior High School (now Kildare) as a boarding school student. In her final year of school Rita's brother was killed in a motor vehicle accident.

The impact this traumatic event had on her life led Rita on a quest to understand and overcome the effects of trauma. She travelled the world in search of answers and found insight in the Buddhist practice of mindfulness. In her early twenties she lived in a Sri Lankan monastery where she was instructed in the practice of meditation.

Rita went on to study psychology at Flinders University, The University of South Australia and later, Monash University. Her fascination with the brain was further galvanised when new discoveries in the field of neuroscience burst onto the world stage.

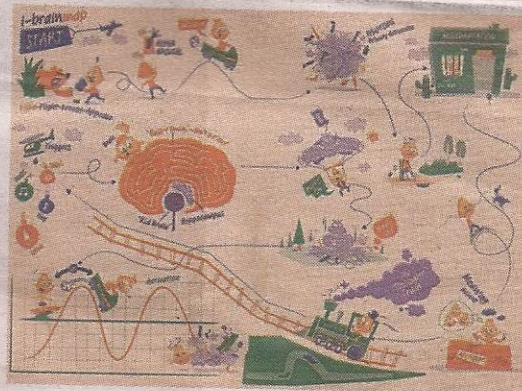
At the time Rita was working predominantly with clients suffering post traumatic stress disorder; this field was also undergoing major innovations in understanding and practice.

After more than ten years of exploration into the brain and working with hundreds of clients, Rita's practice evolved into the integrated brain map or i-brainmap, a new psychological approach for practical brain change.

Her latest publication *i-brainmap, freeing your brain for happiness*, is the result of lifelong passion to understand the brain and how traumatic and overwhelming events can impact on it.

"These are exciting times for brains," Rita said.

"I want the world to know what I have discovered, how and why the brain gets stuck and how



MAP: An infographic from Rita McInnes' book *i-brainmap, freeing your brain for happiness*.

to get it unstuck".

Rita is a psychologist specialising in post traumatic stress, anxiety and chronic stress. She has developed Stuck Brain syndrome (sBs), and Stuck on Stress (SoS) — brain, terms not yet found in the DSM (Diagnostic and Statistical Manual of Mental Disorders).

You can join Rita for a lively discussion about i-brainmap and practical brain change for every brain on Monday, May 12 at 5pm in the library's community learning space.

For information about the "i-brain map" visit Rita's website www.ibrainmap.com.au.

Author Talk with Psychologist Rita McInnes – The i-brainmap

Where: Wagga City Library

When: Monday, May 12, 5pm

Cost: FREE

Bookings essential: 6926 9700 or email

wcl@wagga.nsw.gov.au