



NeuroSync Academy

I M P O S T E R

FINDING SELF: How to Identify, Break the Loop, and Overcome Impostor Syndrome

SELF-PACED RECORDED COURSE

CPD COURSE | 4 POINTS |

Why this course?

Impostor syndrome silently robs therapists and clients of confidence, creativity, and connection.

This CPD-accredited course blends psychology, neuroscience, and nervous system regulation to help you:

Recognise impostor patterns in yourself and your clients

Understand the nervous system loops that sustain self-doubt

What you'll learn

6 types of impostor syndrome (Perfectionist, Expert, Soloist, etc.)

How to map the Impostor Loop (thoughts → feelings → body → behaviour)

Signs and markers of impostor syndrome in client language, tone, and posture

Regulation-first techniques to reset the system

How to guide clients into rewriting their inner script for authentic self-worth

Who is this for?

- Psychologists
- Occupational Therapists
- Counsellors
- Any HPCSA-registered professional supporting clients in mental health, identity, or trauma

Course Details

- CPD Points: 4 (3 contact + 1 self-study)
- Format: SELF-PACED RECORDED COURSE
- Includes: Course-notes, certificate

Cost: R 750

Register at:

<https://forms.gle/K9RqruF3rzyjuJxG9>

www.neurosyncacademy.com

neurosync.academy.andcpd@gmail.com



CPD Accredited

by Stellenbosch University's
Faculty of Medicine and Health
Sciences (StellMed), an
HPCSA-accredited provider
(Accreditor: MDB006/PPB04/AOCP04)

**Presented by Corinne Badenhorst
CH Badenhorst OT 0055492**