

Dr. Caroline Leaf

Communication Pathologist & Cognitive Neuroscientist

Dr. Caroline Leaf is a communication pathologist and cognitive neuroscientist with a Masters and PhD in Communication Pathology and a BSc Logopaedics, specializing in cognitive and metacognitive neuropsychology. Since the early 1980s she has researched the mind-brain connection, the nature of mental health and the formation of memory. She was one of the first in her field to study how the brain can change (neuroplasticity).

During her years in clinical practice and her work with thousands of underprivileged teachers and students in her hometown of South Africa and in the USA, she developed her theory (called the Geodesic Information Processing theory) of how we think, build memory and learn, as well as tools and processes that have transformed the lives of individuals with Traumatic Brain Injury (TBI), chronic traumatic encephalopathy (CTE), learning disabilities (ADD, ADHD), autism, dementias, and mental ill-health. She has helped thousands of students and adults learn how to use their mind to detox and grow their brain and succeed in every area of their lives, including school, university and the workplace.

She currently teaches at academic, medical and neuroscience conferences, churches and to various audiences around the world. Dr Leaf is also involved in the global ECHO movement, which trains physicians worldwide on the mind-brain-body connection. She runs the “Integrated Mind Network”, which is a panel of top neurosurgeons, neurologists, MD’s, ob/gyn’s, endocrinologists, MD’s and neuroscientists that she consults and does research and clinical trials with. One of the Integrated Mind projects that she is currently running through her research foundation involves clinical trials using her mind techniques, which are been evaluated using various scales and QEEG technology. She is part of a mental health initiative in Washington DC.

Dr. Leaf’s You-Tubes videos, podcasts, and TV episodes have reached millions globally. Her passion is to help people see the power of the mind to change the brain, and to see the link between science and spirituality through controlling their thoughts and emotions, learning how to think and learn, and finding their sense of purpose in life.