About the iRest® Protocol

Cybermindz delivers a customised application of the iRest (Integrative Restoration) protocol, developed by Dr Richard Miller and specifically adapted for cybersecurity professionals. iRest is a simple, structured 10-step protocol that can be practised in short sessions (10–35 minutes) to restore focus and clarity or before sleep to calm the mind and body—particularly beneficial for shift workers or those experiencing sleep disruption.

What sets Cybermindz apart is our peer-informed delivery model.

Our facilitators are both accredited in iRest and knowledgeable about the cybersecurity context. Through the use of sector-specific themes and examples, they engage meaningfully with participants and build trust quickly, offering support that feels relevant and grounded in the realities of their work.

iRest combines elements of several proven evidence-based therapeutic approaches, including:

- Progressive Relaxation
- Systematic Desensitisation
- Rational Emotional Therapy
- Cognitive Behaviour Therapy (CBT)
- Exposure Therapy
- Autogenic Training
- Sensory Awareness
- Somatic Experiencing
- Eye Movement Rapid Desensitisation (EMDR)

Its effectiveness has been demonstrated in more than 30 clinical trials.

Published research studies have examined active-duty service members, veterans and their families experiencing chronic pain, anxiety, depression, substance abuse, PTSD and related conditions. iRest has been endorsed by the U.S. Army Surgeon General and is widely used across military, veteran and trauma recovery settings in the US, Australia, Canada and the UK.

Cybermindz is also pioneering research to better understand burnout in cybersecurity and to measure the impact of our interventions.

We track and report on outcomes across stress, resilience, sleep and other key indicators to ensure our programs deliver meaningful and lasting change. All sessions can be delivered remotely or in person depending on client needs.