

Table of Contents

Journal of Applied Neurosciences

ISSN: 2959-5118 (print) | ISSN: 2958-0951 (online)

Vol 4, No 1 (2025)**Editorial****1**

How we think about one another: In-group (us) versus out-group (them), and how insights from neuroscience can deepen our understanding and actions at work

Ingra du Buisson-Narsai

Journal of Applied Neurosciences | Vol 4, No 1 | a21 | 30 November 2025

Original Research**6**

Resilience first aid: Primary prevention through a strength-based peer support programme

Jurie G. Rossouw, Maria Ruberto

Journal of Applied Neurosciences | Vol 4, No 1 | a17 | 17 January 2025

Original Research**15**

The impact of planned technological change in the public sector: A neuroscientific approach

Nonofo Dithate, Johanna M. Venter

Journal of Applied Neurosciences | Vol 4, No 1 | a19 | 31 October 2025

Original Research**26**

Middle managers' experiences of resilience during crises: A neuropsychotherapy perspective

Nerinda Eshwar, Johanna M. Venter

Journal of Applied Neurosciences | Vol 4, No 1 | a20 | 31 October 2025

Reviewer Acknowledgement**37**

Journal of Applied Neurosciences | Vol 4, No 1 | a22 | 20 November 2025