



# Southeast Biofeedback and Clinical Neuroscience Association

AND



The Center, LLC  
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SADAR PSYCHOLOGICAL  
AND SPORTS CENTER



[www.sebiofeedback.org](http://www.sebiofeedback.org)

Presents 2018 Conference

## “Biofeedback and Neurofeedback For Optimal Health and Peak Performance”

Pre-Conference Workshops  
November 1, 2018

Main Conference  
November 2-4, 2018

*DoubleTree, Buckhead,  
Atlanta, GA*

*Please join us for collegiality, education, and inspiration.*

**For Psychologists:** This program, when attended in its entirety is available for 26 continuing education credits. *The Center, LLC*, is approved by the American Psychological Association to sponsor continuing education for psychologists. *The Center, LLC*, maintains responsibility for this program and its content.

**Intended Audience:** Psychologists, counselors, marriage and family therapists, social workers, physicians, physicians' assistants, nurses, case managers, biofeedback practitioners, educators, physical and occupational therapists, recreation therapists, holistic practitioners, massage therapists, Community Supports practitioners, and anyone interested in "cutting edge" therapeutic techniques, information and/or personal growth.



## **SBCNA MAIN CONFERENCE OBJECTIVES: November 2-4, 2018**

1. Attendees will acquire knowledge of Heart Rate Variability (HRV) for instructing clients in self-regulations in the treatments of PTSD symptoms, cardiac conditions/disease such as myocardial blood flow, coronary artery disease, mental stress ischemia, synchronize baroreflex and vagal afference.
2. Attendees will acquire knowledge of treating PTSD symptoms with yoga, compassion based strategies, mindfulness techniques, biofeedback training, identifying cultural and co-morbid disorders.
3. Attendees will acquire knowledge of how to utilize integrative health approaches for treating clients by implementing an indepth psychiatric, psychological, medical assessment,, and neurofeedback and biofeedback assessment.
4. Attendees will acquire knowledge of how to treat addiction with cognitive, hormonal, neurofeedback, nutritional status, and the 12-Step Program.
5. Attendees will acquire knowledge of treating pain by using complementary and integrative health care, such as biofeedback, yoga, tai chi, massage, acupuncture, and spinal manipulation.
6. Attendees will acquire knowledge of neurofeedback's instrumentation, neurophysiology, quantitative electrophysiology, methods of integrating, and selection of protocols.
7. Attendees will acquire knowledge of the history of neurofeedback and the path of as early researcher in the field.
8. Attendees will experience hands-on activities with the chosen modality in order to make more informed decisions about strategies, equipment, procedures, and methodologies that best meets the needs of the patients.
9. Attendees will acquire knowledge regarding the complicated communication between gut and brain; and how nutrition plays a role in that bi-directional communicating.
10. Attendees will learn the multiple uses of Alpha-Stim for treating anxiety, insomnia, depression, pain, and other disorders in a non-medical approach.

# SBCNA PRE-CONFERENCE PROGRAM

## Thursday, November 1, 2018

*\* For the preconference sessions you may choose to attend the one-day workshops, both half day workshops, or one-half day workshop and the hands-on workshop.*

7:30a – 8:30a **Registration**

8:30a – 9:00a **Featured Workshop: Heart Rate Variability** Piedmont B  
**Biofeedback: From the Basics to Applications (all day)**

**Richard Gevirtz, Ph.D.**

In this workshop, the physiological basis for HRV will be presented so as to promote an understanding of the various measurement issues and metrics used. A clinical assessment consisting of a resting baseline, a stressor or exercise period, followed by a recovery period will be demonstrated. Using a free software package (Kubios HRV), the various measures and their norms will be described and interpreted. The goal is to get a picture of the patient's autonomic nervous system and relate that to symptoms or performance deficits. Heart Rate Variability Biofeedback (HRVB) will then be presented and the protocols demonstrated. Determining Resonance Frequency, Home training, rescue techniques, etc. will be discussed. We will then begin to apply the HRVB protocols to clinical applications. Chronic Pain, Trauma, Anxiety, Gastrointestinal problems and others will be discussed. The HRVB protocol is reviewed and then applied to the various disorders.

(NBCC CE hours, APA CE Credits 0.5-Advanced)

9:00a – 10:30a **Introduction to Biofeedback** Piedmont A

**Dan Chartier, Ph.D.**

A basic introduction to the Science of Biofeedback and the Process of Self-Regulation, this workshop will provide a thorough introduction to the art and science of biofeedback. The goal will be to help newcomers understand basic concepts and principles and assist more experienced practitioners in refreshing the essence of what works in using feedback technology to promote health and well-being.

(NBCC CE Hours, APA CE Credits 1.5-Introductory)

**Featured Workshop: Heart Rate Variability** Piedmont B  
**Biofeedback: From the Basics to Applications**

**(continued)**

**Richard Gevirtz, Ph.D.**

(NBCC CE Hours, APA CE Credits 1.5-Advanced)

**Concurrent Workshop:** Magnolia Room

**Introduction to Neurofeedback Equipment and Practices**

**Peder H. Fagerholm, Ph.D.**

**Demonstration and hands-on opportunities with Brain Master and Nexus systems.**

(NBCC CE Hours, APA CE Credits 1.5-Introductory)

10:30a – 11:00a **Break & Visit Exhibitors** Lenox Room

11:00a – 12:30p	<b><u>Introduction to Biofeedback (continued)</u></b> <b>Dan Chartier, Ph.D.</b> (NBCC CE Hours, APA CE Credits 1.5-Introductory)	Piedmont A
	<b><u>Featured Workshop: Heart Rate Variability Biofeedback: From the Basics to Applications (continued)</u></b> <b>Richard Gevirtz, Ph.D.</b> (NBCC CE Hours, APA CE Credits 1.5-Advanced)	Piedmont B
	<b><u>Concurrent Workshop:</u></b> <b><u>Introduction to Neurofeedback Equipment and Practices, (continued)</u></b> <b>Peder H. Fagerholm, Ph.D.</b> (NBCC CE Hours, APA CE Credits 1.5- Introductory)	Magnolia Room
12:30p – 1:30p	<b>Lunch</b>	
1:30p – 3:00p	<b><u>Introduction to Neurofeedback</u></b> <b>Richard Soutar, Ph.D.</b> This workshop is for those who are new to neurofeedback (NFB), considering entering the field or incorporating NFB into an existing practice, or looking for a current, research-based NFB refresher. Dr. Richard Soutar will cover the basics, key concepts and skill areas including the theory and methods behind NFB and qEEG, practical applications in clinical settings, basic brain anatomy and assessment procedures, EEG biofeedback software, and basic dimensions of brain maps. (NBCC CE hours, APA CE Credits 1.5-Introductory)	Piedmont A
	<b><u>Featured Workshop: Heart Rate Variability Biofeedback: From the Basics to Applications (continued)</u></b> <b>Richard Gevirtz, Ph.D.</b> (NBCC CE Hours, APA CE Credits 1.5-Advanced)	Piedmont B
	<b><u>Concurrent Workshop:</u></b> <b><u>Introduction to Peripheral Biofeedback Equipment and Practices</u></b> <b>Peder H. Fagerholm, Ph.D.</b> <b>Demonstration and hands- on opportunities with Brain Master and Nexus systems.</b> (NBCC CE Hours, APA CE Credits 1.5-Introductory)	Magnolia Room
3:00p – 3:30p	<b>Break &amp; Visit Exhibitors</b>	Lenox Room
3:30p – 5:00p	<b><u>Introduction to Neurofeedback (continued)</u></b> <b>Richard Soutar, Ph.D.</b> (NBCC CE Hours, APA CE Credits 1.5-Introductory)	Piedmont A

**Featured Workshop: Heart Rate Variability  
Biofeedback: From the Basics to Applications**  
**(continued)**

Piedmont B

**Richard Gevirtz, Ph.D.**

*(NBCC CE Hours, APA CE Credits 1.5-Advanced)*

**Concurrent Workshop:**  
**Introduction to Peripheral Biofeedback Equipment and Practices**

Magnolia Room

**Peder H. Fagerholm, Ph.D.**

**(continued).**

*(NBCC CE Hours, APA CE Credits 1.5-Introductory)*

**Networking**

**SBCNA MAIN CONFERENCE PROGRAM**  
**Friday, November 2, 2018**

7:30a – 8:30a **Registration**

8:30a – 9:00a **Welcome**  
**Urszula Klich, Ph.D., President of SBCNA**

Piedmont A

9:00a – 10:30a **Ongoing and Upcoming Changes and  
Regulations Related to Opioid Use**

Piedmont A

**Keith C. Raziano, M.D.**

Dr. Raziano is the C.E.O. and Managing Director of the Physicians Spine & Rehabilitation and has been practicing medicine for over 18 years. He will present a lecture on understanding of the scope of the opioid problem, current status, and future regulations. Partnering with medical teams in the treatment of pain management.

*(No credits available)*

**Mini Workshop:**

Magnolia Room

**Chosen per attendees on Sign-in Sheets:**

**Peder Fagerholm, Ph.D**

Electroencephalography (EEG); Electrodermal response (EDR); Electromyography (EMG); Heart rate; Hemoencephalography (HEG); Neurotechnology - Audio Visual Entrainment (AVE); Neurotechnology - Electrostimulation (CES/tDCS); Neurotechnology - Wild Divine series; Respiration; Temperature.

*(NBCC CE Hours, APA CE Credits 1.5-Introductory-Advanced)*

10:30a – 11:00a **Break & Exhibitors – Meet & Greet Presenters**

Lenox Room

11:00a – 12:30p **Applied HRV Data Interpretation for the Clinician** Piedmont A

**JP Ginsberg, Ph.D.**

Heart Rate Variability Biofeedback (HRVB) empowers clients to improve their emotional self-regulation. HRVB professionals regularly use quantitative and graphic methods of analysis of heart rate to help their clients understand their own physiological status and the relationship between autonomic function and well-being. This didactic presentation will use actual pre-post HRVB data from patients with PTSD to illustrate how acquisition of the skill of self-regulation through HRVB affects heart rate patterns and screen displays. Coherence is the term used currently to refer to the 0.1 Hz HRV peak, which indicative of optimum HRV that results from synchronization of baroreflex and vagal afference. HRV clinical applications and research focus on Coherence as an index of adaptability. Methods of quantifying Coherence from a typical HR tachygram will be explained.

(NBCC CE Hours, APA CE Credits 1.5 -Intermediate)

**Mini Workshop:**

Magnolia Room

**Chosen per attendees on Sign-in Sheets:**

**Peder Fagerholm, Ph.D**

Electroencephalography (EEG); Electrodermal response (EDR); Electromyography (EMG); Heart rate; Hemoencephalography (HEG); Neurotechnology - Audio Visual Entrainment (AVE); Neurotechnology - Electrostimulation (CES/tDCS); Neurotechnology - Wild Divine series; Respiration; Temperature.

(NBCC CE Hours, APA CE Credits 1.5-Introductory-Advanced)

12:30p – 1:30p **Lunch**  
**Special Interest Luncheon**  
(Pre-purchased Box Lunch)

1:30p – 3:00p **Heart Rate Variability Biofeedback in Cardiac Rehabilitation** Piedmont A

**Richard Gevirtz, Ph.D.**

In this presentation, Dr. Gevirtz reviews the literature on psychological factors affecting cardiac health and disease. Heart Rate Variability Biofeedback may be a useful tool for cardiac rehabilitation and prevention of cardiac disease. He will present data from his lab and other sites that support this proposition.

(NBCC CE Hours, APA CE Credits 1.5-Introductory)

**Mini Workshop:**

Magnolia Room

**Chosen per attendees on Sign-in Sheets:**

**Peder Fagerholm, Ph.D**

Electroencephalography (EEG); Electrodermal response (EDR); Electromyography (EMG); Heart rate; Hemoencephalography (HEG); Neurotechnology - Audio Visual Entrainment (AVE); Neurotechnology - Electrostimulation (CES/tDCS); Neurotechnology - Wild Divine series; Respiration; Temperature.

(NBCC CE Hours, APA CE Credits 1.5-Introductory-Advanced)

3:00p – 3:30p **Break & Exhibitors – Meet & Greet Presenters** Lenox Room

3:30p – 4:00p **Effect of Heart Rate Variability: Biofeedback** Piedmont A  
**As Myocardial Blood Flow in Patients with Coronary**  
**Artery Disease: A Randomized Controlled Pilot Trial**  
**Amit Shah, MD, MSCR**

Myocardial blood flow may decrease during acute mental stress via vasoconstriction. In a randomized controlled pilot trial, we explored the hypothesis that HRVB, versus waitlist control, increases mental stress myocardial blood flow (MBF) in subjects with coronary artery disease (CAD). We randomized 24 subjects with CAD to HRVB vs. waitlist control. HRVB training lasted 6 weeks, including 3 phone-based and 3 in-person weekly coaching sessions. Myocardial blood flow was quantified with Rb-82 Positron Emission Tomography at baseline and 8 weeks after enrollment. An arithmetic stress challenge was performed in the scanner to induce acute mental stress, and the mental stress myocardial flow reserve (MS-MFR) was calculated as the ratio of MBF during stress divided by rest. Of the 24 patients randomized, 21 had both baseline and follow-up MBF data and were included in the analysis. In the HRVB group (n=12), the MS-MFR increased from 0.96 at baseline to 1.12 at follow-up (difference of 0.16, 95% C.I. 0.06 – 0.27, p<0.01). In the control group (n=9), no significant difference in MS-MFR was found between baseline and follow-up. No differences were found in hemodynamic responses to stress or depressive symptoms. (NBCC CE Hours, APA CE Credits 0.5-Intermediate)

3:30p-5:00 **Mini Workshop:** Magnolia Room  
**Chosen per attendees on Sign-in Sheets:**  
**Peder Fagerholm, Ph.D**

Electroencephalography (EEG); Electrodermal response (EDR); Electromyography (EMG); Heart rate; Hemoencephalography (HEG); Neurotechnology - Audio Visual Entrainment (AVE); Neurotechnology - Electrostimulation (CES/tDCS); Neurotechnology - Wild Divine series; Respiration; Temperature.  
(NBCC CE Hours, APA CE Credits 1.5-Introductory-Advanced)

4:00p – 4:30p **Mechanisms of Stress, Depression and PTSD in** Piedmont A  
**Cardiovascular Disease and Response to Interventions**  
**J. Douglas Bremner, MD**

Posttraumatic stress disorder (PTSD) and depression are associated with increased risk of coronary artery disease (CAD), but the mechanisms of this are not well known, although stress likely plays an important role. We performed cardiac imaging with positron emission tomography (PET) and quantitatively demonstrated increased CAD in patients with PTSD and depression using twins discordant for these disorders. We have also modeled a laboratory-based model of stress that can induce myocardial ischemia in patients with CAD. Mental Stress Ischemia (MSI) is associated with poor prognosis and risk of sudden death. Mechanisms of MSI are not well known, but we have performed simultaneous brain and cardiac imaging studies and shown increased activation with MSI in the rostral anterior cingulate. Interventions studied for MSI patients include biofeedback. We have also assessed effects of vagal nerve stimulation and Mindfulness Based Stress Reduction (MBSR) on brain, inflammatory and cardiovascular responses in PTSD. This research may have implications for treatment interventions for patients with CAD who are vulnerable to stress.  
(No credits available)

4:30p – 5:00p **Q & A panel featuring Dr. Gevirtz, Dr. Ginsberg,** Piedmont A  
**Dr. Shah, and Dr. Bremner**  
(NBCC CE hours, APA CE Credits 0.5-Intermediate)

5:00p – 6:30p

**Distinguished Lecturer: A Lifetime of Searching for the Motor, Sensory, and Cognitive Switches in the Mammalian Brain**

Piedmont A

**M. Barry Serman, Ph.D.**

Recently I have been encouraged by numerous colleagues to produce a narrative covering my career of some 50 years as a psychologist and neurophysiological researcher, followed in later years as a clinician seeking to apply what I had learned in the clinical world. I thought that this was a good idea, considering my advancing age. However, I never anticipated the very valuable epiphany that this review would lead me to.

As a scientific communication this effort will not be a typical scholarly work seeking journal publication. It is a Power-Point presentation with abundant visuals and substantial text. This is primarily because the work discussed evolved over an extended period of changing research objectives and methodologies. Speculation is minimal because data were derived both from basic neurophysiological studies in animals, with electrodes placed directly onto or into the brain, and from behavioral studies in humans, providing solid, empirical findings that are peer-reviewed and published. The surprise was that in the final analysis the findings all spoke to the same basic conclusions. Regarding this convergence, I am reminded of the important mantra I learned from reading Ivan Pavlov's work, namely "observe, observe, observe", and the insightful conclusion of Elkhonon Goldberg, who suggests in his most recent book, the "Wisdom Paradox," that we do not necessarily get smarter with age but we can get wiser!

The product of this effort is focused on the EEG, and supported by other correlated biological and behavioral findings. It has provided a cohesive and simplified method for documenting and interpreting the functional status and interactions of sensory, motor, and cognitive mechanisms in the Central Nervous System during neurofeedback training. This knowledge can provide essential and valid guidance in this field for appropriate training protocols, and objective confirmation of functional outcomes.

(NBCC CE Hours, APA CE Credits 1.5-Introductory - Intermediate)

6:30p – 7:30p "Friday reception and distinguished speaker" Please Join us for an exclusive opportunity to ask Dr. Serman questions in an intimate setting during our Q & A reception Friday evening immediately following his talk.

**Live Auction**



# SBCNA MAIN CONFERENCE PROGRAM

## Saturday, November 3, 2018

8:00a – 8:30a **Registration**

8:30a – 9:00a **Presidential Lecture – Special Interest**

Piedmont A

### **Topic: Suicide**

**Urszula Klich, Ph.D., President of SBCNA**

There is a growing awareness of the need to adequately treat suicide risk. Effective treatment requires a thorough understanding of adequate assessment. This presentation will provide a framework for suicide assessment and key points in medical ethical assessment and treatment. Attention will be placed on considering cultural variables of unique populations and special considerations in treating those with comorbid disorders.

*(NBCC CE Hours, APA CE Credits 0.5-Introductory)*

9:00a – 10:30a **Legal and Ethical Issues Impacting Clinical Practice**

Piedmont A

**Howard Gold, Esq.**

This workshop will review the range of legal issues confronting all therapists in their practice involving confidentiality, privilege, duty to warn/control, legal suicide ideation responsibilities, institutionalization of clients to psychiatric facilities, standard of care of practice, subpoenas, depositions, testifying in court as well as a therapist involvement in divorce and custody issues and issues in divorce/custody.

*(NBCC CE Hours, APA CE Credits 1.5-Introductory-Advanced)*

### **Mini Workshop:**

**Chosen per attendees on Sign-in Sheets:**

**Peder Fagerholm, Ph.D**

Electroencephalography (EEG); Electrodermal response (EDR); Electromyography (EMG); Heart rate; Hemoencephalography (HEG); Neurotechnology - Audio Visual Entrainment (AVE); Neurotechnology - Electrostimulation (CES/tDCS); Neurotechnology - Wild Divine series; Respiration; Temperature.

*(NBCC CE Hours, APA CE Credits 1.5-Introductory-Advanced)*

Magnolia Room

10:30a – 10:45a **Break & Exhibitors – Meet & Greet Presenters**

Lenox Room

10:45a – 12:15p **Incorporating Eastern Wisdom into Treatment to Harness the Healing Power of Compassion**

Piedmont A

### **Based Meditation Training**

**Urszula Klich, Ph.D., Lobsang Tenzin Negi, Ph.D.**

Compassion, has emerged as a major factor in the therapeutic benefit of mindfulness-based techniques, which have been integrated into mainstream healthcare. Combining compassion practices with biofeedback can maximize the advantageous psychological and physical changes that are seen with both. This presentation will provide a framework for augmenting biofeedback treatment with compassion-based techniques and discuss treatment considerations. The construct of compassion will be examined as a viable and potentially essential component in the treatment process for both the patient and clinician. Examples will be presented of its application

with clinical and non-clinical populations ranging from children with traumatic backgrounds to college students and psychological difficulties from generalized anxiety to chronic pain and complex medical illness.

This presentation will introduce a type of Cognitively-Based Compassion Training, its relationship to Buddhist meditative practices, and recent research findings regarding its impact on health and well-being. There is a growing body of evidence of the effects of compassion training on physiological, psychological and behavioral levels.

(NBCC CE Hours, APA CE Credits 1.5-Introductory)

### **Mini Workshop:**

Magnolia Room

**Chosen per attendees on Sign-in Sheets:**

**Peder Fagerholm, Ph.D**

Electroencephalography (EEG); Electrodermal response (EDR); Electromyography (EMG); Heart rate; Hemoencephalography (HEG); Neurotechnology - Audio Visual Entrainment (AVE); Neurotechnology - Electrostimulation (CES/tDCS); Neurotechnology - Wild Divine series; Respiration; Temperature.

(NBCC CE Hours, APA CE Credits 1.5-Introductory-Advanced)

12:15p – 1:45p **Members Only Catered Lunch & Business** Green Leaf Room

### **Meeting**

**Sponsored by SBCNA**

*Non-members will have lunch on their own*

1:45p – 3:15p **Trauma-Sensitive Yoga for PTSD: Introduction**

Piedmont A

**Ursula Kelly, Ph.D. & Stacey Beth Shulman, MEd**

Yoga is increasingly used in the treatment of various physical and mental health conditions, including posttraumatic stress disorder (PTSD). Trauma Center Trauma-Sensitive Yoga (TCTSY) is a model used to treat women with PTSD related to sexual trauma. TC-TSY is designed to cultivate awareness of the mind-body connection and to build self-regulation skills to address the way that trauma is held in the body. This session includes descriptions of the principles of TCTSY, the psychophysiological model of the effects of yoga on PTSD symptoms, and current TCTSY research, as well as discussion of techniques to incorporate TCTSY into clinical practice. The session also provides experiential segments during which participants are introduced to yoga practices, including TC-TSY, which they can use in their clinical work with clients and for clinicians' self-care. Experiential yoga segments include breathing techniques that are grounded to body sensations and reduce rather than activate the sympathetic nervous system.

(NBCC CE Hours, APA CE Credits 1.5-Introductory)

### **Mini Workshop:**

Magnolia Room

**Chosen per attendees on Sign-in Sheets:**

**Peder Fagerholm, Ph.D**

Electroencephalography (EEG); Electrodermal response (EDR); Electromyography (EMG); Heart rate; Hemoencephalography (HEG); Neurotechnology - Audio Visual Entrainment (AVE); Neurotechnology - Electrostimulation (CES/tDCS); Neurotechnology - Wild Divine series; Respiration; Temperature.

(NBCC CE Hours, APA CE Credits 1.5-Introductory-Advanced)

3:15p – 3:30p **Break & Exhibitors – Meet & Greet Presenters**

Lenox Room

3:30p – 5:00p

**The Role of Psychoneurophysiological Evaluations into a Multidisciplinary Comprehensive Assessment Program**

Piedmont A

**Antoinette Giedzinska, Ph.D.**

Implementing the clinical applied science of psychoneurophysiology is well suited to integrative mental health practice. Bio/Neurofeedback practice offers more than treatment or training, but can be beneficial to contributing to psychological profiling through broadening understanding of psychopathology. Psychoneurophysiological evaluations are integrated into a comprehensive assessment program (CAP), which is a 5-day intensive evaluative program aimed to provide an inclusive and in-depth psychiatric, psychological, and medical assessment. The psychoneurophysiological evaluation, as part of the CAP process, comprises a mini-qEEG and psychophysiological stress evaluation. The purpose of the present session will focus on describing the process of obtaining psychoneurophysiological functioning, how its data are disseminated to describe a psychophysiological perspective of overall patient mental health quality of life, and the role such information serves as one of the essential components of a multidisciplinary evaluation. Case studies will be used to illustrate the role of psychoneurophysiological evaluation in integrating clinical findings.

(NBCC CE Hours, APA CE Credits 1.5-Introductory-Advanced)

**Mini Workshop:**

Magnolia Room

**Chosen per attendees on Sign-in Sheets:**

**Peder Fagerholm, Ph.D**

Electroencephalography (EEG); Electrodermal response (EDR); Electromyography (EMG); Heart rate; Hemoencephalography (HEG); Neurotechnology - Audio Visual Entrainment (AVE); Neurotechnology - Electrostimulation (CES/tDCS); Neurotechnology - Wild Divine series; Respiration; Temperature.

(NBCC CE Hours, APA CE Credits 1.5-Introductory-Advanced)

5:00p – 6:30p

**An Evidenced Based Approach to Addiction Treatment, including Neurofeedback**

Piedmont A

**Susan Blank, MD**

The most common type of addiction treatment in the United States today is based on the Minnesota Model. This style of treatment is relying on 12 Step principles and was developed over 60 years ago. Despite a tremendous amount of research and new evidenced based practices very few treatment centers incorporate innovations like Neurofeedback. We will focus on the importance of making the proper diagnosis, medication assisted recovery, evaluating co-occurring psychiatric, cognitive and pain conditions, assessing the hormonal and nutritional status of patients and providing treatment modalities like neurofeedback. Education of the family and patient is important and connecting with recovery support essential for the patient to have the best possible outcome in the management of this potentially life-threatening disease.

(NBCC CE Hours, APA CE Credits 1.5-Intermediate)

**Mini Workshop:**

Magnolia Room

**Chosen per attendees on Sign-in Sheets:**

**Peder Fagerholm, Ph.D**

Electroencephalography (EEG); Electrodermal response (EDR); Electromyography (EMG); Heart rate; Hemoencephalography (HEG); Neurotechnology - Audio Visual Entrainment (AVE); Neurotechnology - Electrostimulation (CES/tDCS); Neurotechnology - Wild Divine series; Respiration; Temperature.

(NBCC CE Hours, APA CE Credits 1.5-Introductory-Advanced)

# SBCNA MAIN CONFERENCE PROGRAM

## Sunday, November 4, 2018

8:00a – 8:30a **Registration**

8:30a – 10:00a **Improving Pain Management with Integrative  
Healthcare Approaches**

Piedmont A

**Whitney N. Pierce, Ph.D. & Caroline Lassen-Greene, Ph.D.**

Pain is a major public health problem and is the most common reason why Americans use complementary and integrative health practices. Conventional medical treatments including invasive procedures and prescription medications often fail to manage chronic pain effectively and may expose patients to additional health risks. Alternative approaches that increase potential for healthy pain coping and re- engagement in daily functioning are needed. Research studies have shown that complementary health modalities such as biofeedback, yoga, tai chi, massage, acupuncture, and spinal manipulation can help reduce symptom of pain and improve associated psychosocial factors related to mood and functional deficits. This presentation will focus on fostering resiliency and rehabilitation in face of chronic pain, by treating the whole person instead of just the pain symptoms.

(NBCC CE Hours, APA CE Credits 1.5 -Introductory)

**One Clinic's Shared Experience with Protocol  
Decision and Adjustment Metrics**

Piedmont B

**David Cantor, Ph.D. & Adrien Van Deusen**

The field of clinical neural therapy has grown and adapted over the past several decades with the advent of a wide variety of neural feedback methodologies and devices. Professionals new to the training and experience of doing neurofeedback therapy are being confronted with the often-difficult task of increasing their general knowledge of instrumentation, neurophysiology, quantitative electrophysiology, and methods of integrating with other forms of health services. Currently, while there are basic standards appropriate for the practicing clinician using various neural feedback devices and protocols, the decision-making of what specific protocols to use with a presenting case and how and when to adjust those protocols can vary widely in clinical practice. This presentation is intended to provide some basic tenants to keep in mind which can be helpful in validating the selection of protocols to use initially when treating a patient and considerations deciding when to adjust or terminate therapeutic training.

(NBCC CE Hours, APA CE Credits 1.5 -Intermediate)

**Mini Workshop:**

Magnolia Room

**Chosen per attendees on Sign-in Sheets:**

**Peder Fagerholm, Ph.D**

Electroencephalography (EEG); Electrodermal response (EDR); Electromyography (EMG); Heart rate; Hemoencephalography (HEG); Neurotechnology - Audio Visual Entrainment (AVE); Neurotechnology - Electrostimulation (CES/tDCS); Neurotechnology - Wild Divine series; Respiration; Temperature.

(NBCC CE Hours, APA CE Credits 1.5-Introductory-Advanced)

10:00a – 11:00a **Break – Checkout of Hotel**

11:00a – 12:30p **Food for Thought - Nutrition for Mental Health** Piedmont A

**Ruth Ann Foster, RN, MA**

Containing as many neurons as the spinal cord, the human digestive tract is described as the “second brain”. Although a gut-brain connection has been known for centuries, converging research efforts have unveiled a complex communication system between the gut, its microorganisms (microbiome), and the brain. These intricate, bidirectional relationships are greatly impacted by diet. Consistent epidemiological evidence links poor quality diet with physical and mental illness. Despite the link between diet and wellness, nutrition information is often inconsistent, confusing, and controversial. Because few health care providers receive nutrition education, dietary habits are frequently overlooked. Recent advances in the gut-microbiome-brain axis offer new insights for dietary recommendations. This presentation will provide current evidence for clear, accurate, and understandable nutrition information that may assist professionals in helping their patients in improving their quality of life.

(NBCC CE Hours, APA CE Credits 1.5-Introductory)

**Working With Developmental Trauma: Results of Neurofeedback Training With Adolescents** Piedmont B

**Megan Simpson, LPC, BCN**

For the last seven years, Megan has implemented neurofeedback into three residential treatment centers in western North Carolina. She has seen first-hand the drastic changes that occur in calming the arousal levels of the students she works with. Megan’s next venture is to be accepted into the doctoral program of Educational Neuroscience at Vanderbilt University. Her hope is that neurofeedback will become a treatment option for all individuals in mental health facilities and schools.

(NBCC CE Hours, APA CE Credits 1.5 -Introductory)

**Mini Workshop:**

Magnolia Room

**Chosen per attendees on Sign-in Sheets:**

**Peder Fagerholm, Ph.D**

Electroencephalography (EEG); Electrodermal response (EDR); Electromyography (EMG); Heart rate; Hemoencephalography (HEG); Neurotechnology - Audio Visual Entrainment (AVE); Neurotechnology - Electrostimulation (CES/tDCS); Neurotechnology - Wild Divine series; Respiration; Temperature.

(NBCC CE Hours, APA CE Credits 1.5-Introductory-Advanced)

12:30p – 2:00p **Clinical Uses for Alpha-Stim** Piedmont A

**JoAnn Blumenthal, LMHC, BCN**

This session will discuss the clinical uses of Alpha-Stim for anxiety, insomnia, depression and pain. We will cover current research, safety and efficacy data, recommended treatment protocols, and suggested methods of incorporating Alpha-Stim with biofeedback.

(NBCC CE Hours, APA CE Credits 1.5 -Intermediate)

**Mini Workshop:**

Magnolia Room

**Chosen per attendees on Sign-in Sheets:**

**Peder Fagerholm, Ph.D**

Electroencephalography (EEG); Electrodermal response (EDR); Electromyography (EMG); Heart rate; Hemoencephalography (HEG); Neurotechnology - Audio Visual Entrainment (AVE); Neurotechnology - Electrostimulation (CES/tDCS); Neurotechnology - Wild Divine series; Respiration; Temperature.

(NBCC CE Hours, APA CE Credits 1.5-Introductory-Advanced)

**Closure, completing evaluation forms, and good-byes!**