



Southeast Biofeedback and Clinical Neuroscience Association

November 5-8, 2015

***Biofeedback and Neurofeedback:
Principles and Practices of Training Self-Regulation
for Optimal Health***

co-sponsored by



*DoubleTree by Hilton, Charlotte Airport
2600 Yorkmont, Charlotte, NC 28208*



Collegiality. Education. Inspiration.

We're elated to have you join us here at our 2015 annual conference. Our objectives are to examine...

- Issues relevant to Brain Based Interventions with special attention to the role of biofeedback and neurofeedback.
- Methods and techniques that have the potential to enhance outcomes of brain based interventions including biofeedback and neurofeedback methods and practice as well as nutritional and metabolic interventions, massage therapies, yoga, mindfulness, or training in optimal breathing
- Take-home recommendations for strategies and practices that support efficacy of BFB/NFB in brain based interventions.
- Best practice techniques that enhance outcomes for BFB and NFB therapies.

Our Intended Audience are 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.

Your interest, input, and presence is honored.

Thank you,

Tom Gross DC, DACNB, BCIAC(EEG), *President*,

Paul Michael Ramirez, PhD, *VP, President elect*

Adrianna Steffens, PhD, *Treasurer*

and from the Board members at Large...

Carlyle Bruce, PhD

David Cantor, PhD

Dan Chartier, PhD

Peder Fagerholm, PhD, BCB, BCN

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SBCNA PRE-CONFERENCE PROGRAM

Thursday, November 5, 2015

7:30 - 8:30 **Registration**

8:30- 9:00 **Welcome**

Tom Gross, President of SBCNA

9:00- 10:30 **Introduction to Biofeedback**

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. (APA CE Credits 1.5-Basic)

10:30- 10:55 **Break & Visit Exhibitors**

11:00- 12:30 **Introduction to Biofeedback (continued)**

Dan Chartier, Ph.D. (APA CE Credits 1.5-Basic)

12:30- 1:30 **Lunch**

1:30- 3:00 **Introduction to Neurofeedback**

Richard Soutar, PhD

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. (APA CE Credits 1.5-Basic)

3:00- 3:30 **Break & Visit Exhibitors**

3:30- 5:00 **Introduction to Neurofeedback (continued)**

Richard Soutar, PhD (APA CE Credits 1.5-Basic)

5:00 **Dinner on your own**

7:00-8:30 – **Social gathering in hotel bar and lobby.**

SBCNA MAIN CONFERENCE PROGRAM

Friday, November 6, 2015

8:00- 8:15 **Registration**

8:15- 8:30 **Welcome**

Tom Gross, President of SBCNA

8:30- 10:30 **Enhancing NFB Efficacy by Identifying the Oxidative Stress Cycle qEEG**

Richard Soutar, PhD

The American Academy of Pediatrics has recognized Toxic Stress leading to chronic inflammation as a leading cause of adult health problems (Shonkoff & Garner, 2012). Neuroinflammatory processes and excitotoxicity leading to neuronal dysregulation and necrosis are often either directly or indirectly a consequence of toxic stress (Sapolsky, 1999). These processes typically have an enduring impact on electrophysiology that can be identified in the EEG and qEEG (Niedermeyer & Lopes da Silva, 2005) as well as other standard measures of neural functioning (Dietzel et al, 2012). These processes can actively impede neurofeedback training and reduce protocol efficacy. Using a model of oxidative stress (Lin et al, 2006; Enciu et al, 2013) physiological mechanisms of action related to these inflammatory processes will be outlined and correlated with qEEG patterns. A stereotypical pattern of neural response to oxidative stress (Wang et al, 2010) will be proposed and supported with statistical findings.
(APA CE Credits 2.0-Intermediate)

10:30-11:00 **Break & Visit Exhibitors --Meet & Greet Presenters**

11:00-12:30 **Compassion as an Essential Component in Self-Regulation: Crossing the Bridge from Patient Care to Self-Care and Back**

Urszula Klich, PhD

Resilience is a trait healthcare professionals are expected to have, but workplace demands multiple role conflicts, and patient complexities, create pressure on the provision of care. Clinician's needs are commonly put aside as client wellness becomes the focus of treatment, which may result in the unintended effect of compromising treatment through added strain. The construct of compassion will be examined as a viable and potentially essential component in the treatment process for both the patient and clinician.

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.

Friday, November 6, 2015 - Continued

Connections will be made with other compassion-based programs such as Cognitively-Based Compassion Training and Loving-Kindness practice. This program will refer to up to date research related to using these compassion and biofeedback techniques with a variety of clinical populations. We will examine ways in which these treatment modalities can be merged to further facilitate effective coping and stress management training. The program will provide pragmatic skills for applying these methods in clinical practice with a variety of populations in accordance with the Mindfulness-Based Biofeedback model of treatment. Lastly, dialog will be invited among practitioners to facilitate learning.
(APA CE Credits 1.5-Introductory)

12:30-1:30 **Lunch**

1:30- 3:30 **Working with Traumatic Brain Injury: Complexities and Challenges**
Robert E. Longo, MRC

Traumatic Brain Injury (TBI) is often referred to as a silent epidemic. In recent years, we have heard increasing amounts of research about head injury, mTBI (concussions), and how head injuries may be cumulative, and can lead to long term problems emotionally, cognitively, and physically. In many cases, TBI can impact individuals throughout the life span.

TBI can result in cognitive, emotional, behavioral and physical problems, and can often mimic a variety of disorders including ADD/ADHD, Anxiety, Depression, Oppositional Defiant Disorder and PTSD. This workshop will provide an overview of TBI including causes, symptoms, and the use of neurofeedback to treat TBI. Case examples will be used throughout the workshop.

(APA CE Credits 2.0-Intermediate)

3:30- 4:00 **Break & Visit Exhibitors --Meet & Greet Presenters**

4:00- 5:30 **Traumatic Brain Injury-Causes, Incidence, Prevalence, Modern Medical Diagnostic Testing, Diagnosis, and Treatment Options.**
Kirtley Thornton, PhD

The session will focus on a complete understanding of our present state of knowledge regarding traumatic brain injury / concussion from the problem of the initial diagnosis to treatment options (AAPB CE Credits 1.5-Introductory/Intermediate)

5:30-6:30 **Panel Discussion, Case Study** (APA CE Credits 1.0 Introductory -Advanced)

6:30 **Dinner on your own**

8:00-9:30 **Social gathering in hotel bar and lobby**

Saturday, November 7, 2015

8:00- 8:15 **Registration**

8:15- 8:30 **Welcome/Announcements**

Tom Gross, President of SBCNA

8:30-10:30 **Using Biofeedback to Assess Optimal Performance**

Amy Toms, PhD, BCB, Lisa Grossman, M.Ed, ATC, BCB, Marcus Washington, M.Ed, BCB, James Schwabach, MS, BCB

Self-regulation is the ability to perform optimally on command despite distractors, stimuli, and stressors at any given moment in any given scenario. Our session will consist of 4-5 activities that we use to “test” and “train” our clients’ ability to self-regulate their performance in regards to activation, stress and recovery, focus/attention, memory improvement, and self-talk. These activities allow us to assess our client’s level of mastery by demonstrating how well they perform while managing their body-mind connection. This applies to anyone looking to enhance their performance, such as an athlete perfecting their mental game, a warrior transitioning back to civilian world, or a business executive sharpening their focus and mental agility.

(APA CE Credits 2.0-Intermediate)

10:30-11:00 **Break & Visit Exhibitors -- Meet & Greet Presenters**

11:00-12:30 **Ethical Standards for Biofeedback and Neurofeedback Professionals**

Robert E. Longo MRC

Practitioners who use biofeedback and neurofeedback with clients and patients are obligated to use the ethics for their profession and/or licensure as well as follow the ethical guidelines and standards established by BCIA, AAPB, and ISNR.

This workshop with focus on ethics and standards of practice for persons using biofeedback and or Neurofeedback in their clinical work. Dilemmas and challenges will be discussed and case examples provided. *(APA CE Credits 1.5 Intermediate)*

12:30- 2:00 **Members Only Catered Lunch & Business Meeting sponsored by SBCNA**

Non-members will have lunch on their own

2:00- 3:30 **Ethical Standards for Biofeedback and Neurofeedback Professionals - Continued**

Robert E. Longo, MRC *(APA CE Credits 1.5 Intermediate)*

3:30- 4:00 **Break & Visit Exhibitors -- Meet & Greet Presenters**

Saturday, November 7, 2015 - Continued

4:00- 6:00

HRV Biofeedback and Self-Regulation of Autonomic Cardiac Adjustments in PTSD

JP Ginsberg, PhD

The association between autonomic cardiac adjustments and successful processing of information from environmental stimulation has been known for decades (e.g. 'intake-rejection', 'cardiovascular learning', 'defense reflex'). There has been much scientific literature published in recent years on 'HRV Coherence', (e.g. the 0.1 Hz peak or vagal afference). We now understand that the central mechanisms of Coherence are baroreflex resonance and vagal afference. It is now known that HRV is diminished in PTSD (as well as in depression and other anxiety disorders). HRV Biofeedback produces Coherence and leads to improvement in emotional self-regulation and early stage information processing. There is burgeoning research showing HRV Biofeedback reduces symptoms of PTSD (and the other behavioral disorders). Recent work on chaotic properties of the autonomic nervous system is showing that nonlinear complexity in HRV is also related to health and survival, and may be rooted in the fundamental physiology of HRV Coherence. (APA CE Credits 2.0 -Intermediate)

6:00 **Dinner on your own**

8:00-9:30 – **Social gathering in hotel bar and lobby.**

Sunday, November 8, 2015

8:00- 8:55 **Registration**

8:15- 8:30 **Welcome/Announcements**

Tom Gross, President of SBCNA

8:30-9:30 **Compassion as an Essential Component in Self-Regulation: Crossing the bridge from patient care to Self-Care and Back – Continued from Friday**

Urszula Klich, PhD

Resilience is a trait healthcare professionals are expected to have, but workplace demands multiple role conflicts, and patient complexities, create pressure on the provision of care. Clinician's needs are commonly put aside as client wellness becomes the focus of treatment, which may result in the unintended effect of compromising treatment through added strain. The construct of compassion will be examined as a viable and potentially essential component in the treatment process for both the patient and clinician.

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.

Connections will be made with other compassion-based programs such as Cognitively-Based Compassion Training and Loving-Kindness practice. This program will refer to up to date research related to using these compassion and biofeedback techniques with a variety of clinical populations. We will examine ways in which these treatment modalities can be merged to further facilitate effective coping and stress management training. The program will provide pragmatic skills for applying these methods in clinical practice with a variety of populations in accordance with the Mindfulness-Based Biofeedback model of treatment. Lastly, dialog will be invited among practitioners to facilitate learning.
(APA CE Credits 1.0- Intermediate)

9:30-10:30 **Considerations for Individualizing Biofeedback Treatment for Unique Populations**

Urszula Klich, PhD, and Asma Ali, PsyD, CBIS

When working with individuals with complex medical and psychosocial issues, adapting treatment is essential and often requires creativity, novelty, and sensitivity to multicultural factors. Integrative treatment takes into consideration the mind-body connection in order to address physical, psychosocial, and cultural needs. We will discuss cultural considerations related to case conceptualization and treatment planning.

Sunday, November 8, 2015 - Continued

The presentation will use lecture and case samples, to illustrate how common challenges can be addressed when working with unique populations. We will invite audience discussion of common barriers seen within the treatment process. We will offer guidelines for individually tailoring biofeedback treatment modalities to facilitate effective and adaptive coping, thereby promoting physical, emotional, and functional outcomes that can be generalized within the community
(APA CE Credits 1.0- Introductory)

10:30-11:00 **Break & Visit Exhibitors -- Meet & Greet Presenters**

11:00-1:00 **The role of EEG Biofeedback in Reducing Allostatic Load on the Central Nervous System**

Penijeau Gracefire, MA, LMHC, BCN, qEEG-T

Allostatic load is the wear and tear on the body which accumulates over time as an individual is exposed to chronic stress while unable to develop effective neural coping mechanisms with which to modulate central nervous system response. Exhaustion caused by frequent and repetitive activation of systems typically used to deal with acute threats can result in increased vulnerability to disease and cognitive decline. EEG biofeedback has been demonstrated to directly impact central nervous system response to stress, and to reduce habituated reactivity by supporting the innate tendency of the system to seek optimal ranges of self-regulation. This presentation will present data indicating the efficacy of EEG biofeedback in reducing allostatic load by increasing neural resiliency.
(APA CE Credits 2.0 Introductory to Advanced)

1:00-1:30 **Break & Visit Exhibitors --Meet & Greet Presenters**

1:30-2:30 **An Introduction to Psychopharmacology for the Non-Medical**

Biofeedback Clinician

Paul Michael Ramirez, Ph.D

Lewis A. Opler, MD, Ph.D.

Given that many patients seen by biofeedback practitioners are on psychotropic medications, an understanding of such medications is becoming a best practices issue. As an example, many patients on psychotropic medications visit their prescribing physicians once a month for a medication check, whereas the same patient is likely to see the biofeedback practitioner many more times for treatment sessions. The biofeedback practitioner is, therefore, in an excellent position to advocate for the patient by recognizing possible medication side effects which they can then report to the prescribing physician. A good example of this would be the case of a patient who develops Akathisia, a psychotropic medication side effect which manifests itself as profound subjective restlessness. This type of medication side effect can look like a motor problem which an uninformed practitioner might confuse with a primary motor disorder.

Sunday, November 8, 2015 - Continued

This presentation will focus on the clinical indications for the major classes of psychotropic medications, side effects common to these classes, an introduction to pharmacodynamics (what drugs do to the body) and pharmacokinetics (what the body does to drugs) and a discussion of medication noncompliance. (APA CE Credits 1.0 - Introductory)

2:30 **Wrap-up**

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.

CE/CME INFORMATION

The SBCNA Conference provides CE Credits approved by the American Psychological Association (APA) and the National Board for Certified Counselors (NBCC). These credits satisfy the Biofeedback Certification International Alliance (BCIA) requirements for CE.

Certificates of Completion will be provided to each attendee documenting their earned CE credits. Typically the certificates are handed out on the final day of the conference.

Ethics Certificates satisfying BCIA requirements for a minimum of 3.0 hours of ethics or professional conduct course work as part of their recertification requirements will also be provided.

Our goal is to provide all certificates during the conference. Otherwise CE and Ethics certificates are emailed or mailed to attendees according to their preference.

2014 CONFERENCE PRESENTERS

We are pleased to introduce our presenters this year who've made an effort to bring the leading research in Biofeedback and Neurofeedback, informative workshops, expert advice, and professional experiences to you.



Dan R. Chartier, PhD

Dr. Dan Chartier, is a NC Licensed Practicing Psychologist – Health Service Provider and has been in private practice in Raleigh, NC since 1983. In addition to his experience as a psychotherapist he is a pioneer in the field of Biofeedback including the use of EEG Neurofeedback (NFB) in the outpatient clinic setting. In his work with clients Dr. Dan utilizes an individualized, multi-modal approach which can incorporate talk therapy, biofeedback, neurofeedback, EMD/R, Nexalin, trauma resolution and other cognitive- behavioral methods. A guiding principal for his work is the idea that the best psychology is based in common sense. Helping clients achieve practical solutions to problems, resolution of past worries, and achievement of peak performance is his ongoing objective.



Richard Soutar, PhD, BCIA-EEG

Dr. Richard Soutar has published several books and articles on the topic of neurofeedback and conducted workshops for over 15 years on the various aspects of neurofeedback at conferences and clinics in the U.S and Europe. As a former professor of psychology and sociology, he has had extensive experience in teaching and training at both the undergraduate and the graduate level. He has also been working continuously over the years as a clinician, director and business administrator of various clinics around the country. He developed the first internet training course for neurofeedback certified by the Biofeedback Certification International Alliance (BCIA). He has served as both Secretary and President of the Neurofeedback Division of the Association of Applied Psychophysiology and Biofeedback (AAPB). He is also Director of Research and Development for New Mind Technologies where he is currently developing equipment, brain mapping databases, assessment instruments and software programs for neurofeedback clinicians.



Urszula Klich, PhD

Dr. Urszula Klich is a clinical psychologist at Shepherd Center where she provides pain management for individuals with complex medical problems. She has served on various medical teams, including the faculty of the University Of Illinois College Of Medicine. She routinely provides multidisciplinary disciplinary presentations and is an international speaker.

Based on her 20 years of clinical experience in health psychology, she has developed a specialized program of Mindfulness-Based Biofeedback (MBB) to help individuals cope with challenges. This program has been used in a variety of clinical and nonclinical settings, from hospital-based to university classrooms,



Urszula Klich, PhD cont.

in order to assist people with difficulties ranging from everyday stress and anxiety to catastrophic injuries and serious illness. With compassion-informed treatment as the cornerstone of her work, Dr Klich's clinical philosophy is best summarized as using integrative medicine centered on fostering each individual's healing power to improve physical, emotional, and spiritual well-being.



Robert E. Longo, MRC, LPC, NCC, BCN Associate Fellow

Robert Longo is in private practice specializing in QEEG Brain Mapping, Biofeedback, and Neurofeedback. In addition to his private practice in Lexington, NC, Rob is a neurofeedback clinician at Integrative Therapies in Greensboro, NC, and a contract clinician providing neurofeedback services at Timber Ridge Treatment Center in Gold Hill, NC where he works with troubled youth. Rob's focus is on treating anxiety, depression, insomnia, attentional problems, and treating persons with head injuries. Rob is co-author of *Doing Neurofeedback: An Introduction*, (Soutar, R. & Longo, R.E. (2011). co-leads weekly webinars with Dr. Richard Soutar; and he began specializing in QEEG Brain Mapping and Neurofeedback in 2007.



Kirtley Thornton, PhD

Dr. Thornton graduate from Oberlin College in Oberlin, Ohio in 1968 with a BA in psychology. He obtained a PhD from the New School for Social Research in 1980 and began practice in New Jersey the following year. Within a year or two after graduating he became interested in Clinical Neuropsychology and began to publish in that area. In 1995 he became involved in the field of quantitative EEG and worked on the development of a QEEG cognitive activation database which employed the high frequency range (32-64 Hz) in its database. He spent some 18 years working on the database and its application to patients as well as the brain injured population. His research has resulted in some 22 articles, one book, 4 book chapters, 5 award nominations, 1 award, 2 approved patents and 2 in process. He is presently working on 20 additional articles. This year he has submitted some 14 articles which are presently in the peer review process. Several years ago he relocated his practice from New Jersey to North Carolina, where he had been practicing for 30+ years.



Amy Toms, PhD, BCB

Amy E. Toms, M.S., PhD, BCB - Peak Performance Center Director, has worked as a peak performance consultant for a broad range of clientele from Olympic level athletes to combat war veterans. Her background has combined knowledge with practical application to develop comprehensive strategies associated with productive learning, performance, and achievement. With each population she serves, Amy identifies the challenges and opportunities that are unique to them and designs programming that include performance enhancement, leadership development, career planning/placement, community outreach, and personal development.

Amy currently serves as the Peak Performance Director for Apex Performance at the VA Acquisition Academy in Frederick, MD. As the Director of the Center and the mental skills trainer and coach for wounded veterans attending a year-long pre-course for VA acquisition officers, she works with the veterans individually and collectively in preparing them for the 2-year VA Acquisition Officers Course. Her work includes delivering workshops, forums, seminars and one-on-one mental skills training to each of the student veterans. In addition to daily sessions, Amy directs the operation of the Apex *Mind Room* where veterans go daily to practice brain exercises that enhance cognitive and attention abilities.

Lisa Grossman, MEd, ATC, BCB

Lisa E. Grossman, M.Ed., ATC, LAT, BCB –Peak Performance Center Director, has worked as a peak performance consultant with a diverse and extensive population. She has educated and trained individuals on key mental skill competencies that are essential for achieving optimal performance. Her work in peak performance training and sports medicine has also served as a foundation for her proficiency in the psychological aspects of injury and recovery.



As a Peak Performance Program Director for Apex Performance, Lisa is currently focused on individually working with wounded veterans to develop key peak performance mental skills that facilitate self-awareness, empowerment, self-regulation and self-mastery. She currently directs the APEX Center and program supporting the TRACK program for the Wounded Warrior Project organization in Jacksonville, FL. WWP's TRACK program offers wounded warriors an integrated approach to address long-term needs for education and training, advocacy, and secondary rehabilitative care for the MIND, BODY and SPIRIT. TRACK is the first education and training center in the nation designed specifically for wounded warriors.

Marcus Washington, MEd, BCB

Marcus Washington, M.Ed – Peak Performance Center Director, has extensive experience working with athletes, educators, students, and veterans. He has worked as an athletic counselor, academic coach, adventure course group facilitator, and independent performance consultant prior to joining our APEX Performance team. Marcus has worked with various collegiate level teams and a diverse range of student-athletes at Springfield College helping them achieve exceptional performance both on and off the field. His professional football background has reinforced his strong commitment to mental skill development as the key component for differentiating good performance capabilities from optimal performance capabilities and has made him a valuable asset to peak performance skills training.



As a Peak Performance Program Director for Apex Performance, Marcus is currently focused on individually working with wounded veterans to develop key peak performance mental skills that facilitate self-awareness, empowerment, self-regulation and self mastery. He currently directs the APEX Center and program supporting the TRACK program for the Wounded Warrior Project organization in San Antonio, TX. WWP's TRACK program offers wounded warriors an integrated approach to address long-term needs for education and training, advocacy, and secondary rehabilitative care for the MIND, BODY and SPIRIT. TRACK is the first education and training center in the nation designed specifically for wounded warriors.



James Schwabach, MS, BCB

James Schwabach, M.S., BCB – APEX Peak Performance Program Trainer, has worked in the field of peak performance training with academic, business, and athletic populations. He has been a mental conditioning coach and sport psychology consultant with clients from over 25 countries. He has educated and trained individuals and groups on key mental skill competencies that are essential for achieving optimal performance. His diverse work experiences in mental skills training within different cultures have given him a strong foundation in the area of peak performance mental skills training.

As an APEX Peak Performance Program Trainer, James has worked on an individual basis with NCAA D1 athletes, professional golfers, bank executives, and military veterans. He has also worked with teams from some of the most successful companies working in such industries as medical technology, corporate talent development, and innovation. APEX Performance provides individual and team development to leaders and professionals in all fields. The program enhances performance through a unique combination of personalized mental skills training, executive coaching and advanced biofeedback technology which quantifies and measures a person's growth and improvement. The APEX training helps clients achieve desired results by enhancing their performance and impacting their communications, adaptive thinking, decision making, problem solving, attention control and interpersonal interactions.



JP Ginsberg, PhD

Dr. Ginsberg is a Clinical Psychologist/Neuropsychologist with joint appointments at the Dorn VA Medical Center and University of South Carolina School of Medicine, Columbia, SC. He performs psychological/ neuro-psychological evaluations of Veterans, and his primary research interest is in how PTSD disrupts normal autonomic cardiac adjustments to environmental stimuli and interferes with cognitive appraisal during orienting response. He has recently finished data collection on a DoD-funded study of HRV Biofeedback treatment for PTSD in combat Veterans, showing clinically and statistically significant benefits. He has authored or co-authored 34 peer-reviewed articles and abstracts, and one book chapter. He is on the editorial boards of *Frontiers in Psychology*, *Clinical Settings* and *Austin Journal of Neuropsychiatry and Cognitive Science*; an *ad hoc* reviewer for *Psychological Trauma: Theory, Research, Practice, and Policy*; *Stress; Neuropsychology; Clinical and Translational Immunology*; and *International Journal of Psychophysiology*; and scientist reviewer of grant proposals for the AIBS, DoD, and NIH.

Ali Asma, PsyD, CBIS

Dr. Ali is a clinical psychologist who has specialized training in the assessment and treatment of acute and chronic pain. Dr. Ali's training has also included a



focus in neuropsychology and rehabilitation. She has experience in providing holistic care in collaboration with multidisciplinary teams to patients and their families who have experienced traumatic brain injuries, spinal cord injuries, and who also suffer from various complex medical conditions, in addition to acute and chronic pain conditions.

Dr. Ali obtained her doctorate in Clinical Psychology from Philadelphia College of Osteopathic Medicine. She completed her pre-doctoral internship in clinical neuropsychology at The Center for Neurological and Neurodevelopmental Health, and her post-doctoral rehabilitation fellowship at Tampa General Hospital.

Dr. Ali focuses on providing integrative, mind-body care for pain management through psychological assessment and diagnosis, psychophysiological treatment, as well as addressing psychosocial barriers via.

Penijeane Gracefire, MA, LMHC, BCN, qEEG-T



Penijeane Gracefire, LMHC, BCN, qEEG-T, has eleven years experience in the emerging field of neurotherapy. At present, she dedicates her time to advancing and refining therapeutic interventions using electrophysiological feedback to the brain and body to optimize central nervous system function and cortical resource availability from an allostatic perspective.

Her recent work has focused on methods to improve the development of neural connectivity strategies in individuals with compromised function. She currently collaborates with StressTherapy Solutions, Inc. as a clinical consultant and educational coordinator, helping to create and teach training programs and materials, and to design clinical applications for 3D live brain imaging software and training approaches.

Paul Michael Ramirez, PhD



Dr. Paul Michael Ramirez is Professor of Neuroscience/ Neuro-psychology, Psychopathology and Psychopharmacology within the Doctoral Program in Clinical Psychology and in the Graduate Division of Pharmaceutical Sciences at Long Island University in New York City. Prior to LIU, he was on the Psychiatry faculty of the Columbia University College of Physicians and Surgeons.

He completed his doctoral degree in Psychology as a National Science Foundation Fellow at City College of The City University of New York (CUNY), with a specialization in Clinical Neuropsychology and a subspecialization in Clinical Psychopathology. He later completed a Postdoctoral Program in Psychopharmacology at Fairleigh Dickerson University. He currently serves on the Board of Advisors at the Center for Advanced Studies in India and is a past Vice President of the New York Academy of Traumatic Brain Injury.

Dr. Ramirez has made over 250 professional presentations throughout North America, South America, Central America, Asia, Eastern and Western Europe, Scandinavia and South Africa. He has published numerous papers on major mental disorders and has been Principal Investigator on grants from the

National Institute of Health (NIH), National Cancer Institute (NCI), National Institute of General Medical Sciences (NIGMS) and pharmaceutical industry sponsors. He is also board certified in Biofeedback and a Senior BCIA Fellow.



Lewis Opler, MD, PhD

Dr. Lewis A. Opler, Professor of Clinical Psychiatry at the Columbia University College of Physicians and Surgeons (retired) and **Special Adjunct Research Professor at Long Island University**, has published over 100 scholarly articles and books on topics including molecular biology, psychopharmacology, and the assessment of symptom severity in serious mental illness. While on the faculty of the Albert Einstein College of Medicine (1979-1987) he developed the Positive and Negative Syndrome Scale (PANSS), the worldwide “gold standard” symptom severity rating scale for persons with schizophrenia and other psychotic disorders. While on the faculty of Columbia University (1987-2015), Dr. Opler served as New York State Office of Mental Health’s Chief Medical Officer (2005-2007) and Director of the Adult Psychopharmacology Service (2008-2010). In 2013, Dr. Opler was named Distinguished Life Fellow of the American Psychiatric Association.

SBCNA MEMBERSHIP

We are extending a personal invitation for you to join the Southeastern Biofeedback and Clinical Neuroscience Association. To join, complete our online membership application at sebiofeedback.org, or pick up a membership application document at the registration table.

As a member, you are entitled to:

- a free listing on SBCNA's website
- special offers and discounts for continuing education courses, supplies, and equipment
- networking opportunities with other practitioners

Application Fees

Dues for applications are: Professional \$50, Affiliate \$40, Student \$30.

Membership Renewal

To renew your membership, please login using the form in the upper right-hand corner of the page.

To Pay Online

To pay online, complete the online membership application at sebiofeedback.org. You will be able to make a credit card payment via PayPal (a PayPal account is not required).

To pay by Check

Send a check for your dues to:

Adriana Steffens
c/o SBCNA
284 Delside Drive
Delhi, NY 13753
607-432-0060

ACKNOWLEDGEMENTS



NOTES

THE SOUTHEAST BIOFEEDBACK AND CLINICAL NEUROSCIENCE ASSOCIATION serves to represent biofeedback professionals in the Southeast United States and provides a resource for the general public to discover the amazing and far reaching health benefits offered through biofeedback, a resource for medical and allied health professionals who seek to provide referrals as well as a resource for professionalism, ethics and continued professional development and education for biofeedback professionals.



sebiofeedback.org