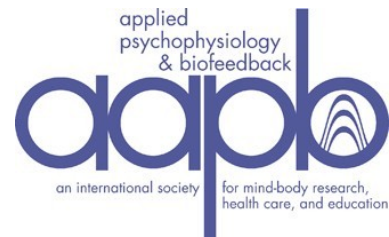




Southeast Biofeedback and Clinical Neuroscience Association

www.sebiofeedback.org



Presents

2016 Conference

**“Biofeedback and Neurofeedback: Self-
Regulation for Optimal Emotional and
Physical Health”**

Pre-Conference Workshops

November 3, 2016

Main Conference

November 4-6, 2016

*Embassy Suites, Buckhead,
Atlanta, GA*

Please join us for collegiality, education, and inspiration.

SBCNA PRE-CONFERENCE PROGRAM

Thursday, November 3, 2016

** For the preconference sessions you may choose to attend both lectures, or one lecture and the related hands-on workshop.*

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

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

Paul Michael Ramirez, PhD, President of SBCNA

9:00a - 10:30a **Bienville Room**

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)*

Irby Room

Concurrent Workshop: Peder H. Fagerholm, Ph.D. will present an informal Introduction to Neurofeedback Equipment and Practices, including hands-on opportunities with Brain Master and Nexus systems. *(APA CE Credits 1.5-Basic)*

Boardroom Suite

Practical Applications of qEEG: Introductory Principles of Clinical Analysis

Penjean Gracefire, LMHC, BCN

An introduction to the core concepts of interpreting qEEG findings for the purpose of supporting clinical interventions and increasing the potential efficacy of treatment plans. qEEG data provides unique insight regarding cortical resource prioritization and allocation dynamics, which adds a valuable dimension to holistic evaluation approaches. The intent of this presentation is to provide a framework in which care providers can determine the benefits qEEG could offer to their clinical assessment methods, discuss the practical applications of the role of qEEG in guiding therapeutic interventions, introduce initial principles for interpretation, and offer data-base guided strategies for neurofeedback. *(APA CE Credits 1.5-Basic)*

10:30a - 11:00a **Break & Visit Exhibitors**

11:00a - 12:30p **Bienville Room**

Introduction to Biofeedback (continued)

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

Irby Room

Concurrent Workshop: Peder H. Fagerholm, Ph.D. Introduction to Neurofeedback Equipment and Practices, (continued) *(APA CE Credits 1.5-Basic)*

Boardroom Suite

Practical Applications of qEEG: Introductory Principles of Clinical Analysis (continued)

Penjean Gracefire, LMHC, BCN *(APA CE Credits 1.5-Basic)*

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

1:30p - 3:00p

Bienville Room

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-Advanced)*

Irby Room

Concurrent Workshop: During this time Peder H. Fagerholm, Ph.D. will present an informal Introduction to Peripheral Biofeedback Equipment and Practices, including hands-on opportunities with Brain Master and Nexus systems. *(APA CE Credits 1.5-Basic)*

Boardroom Suite

Practical Applications of qEEG: Introductory Principles of Clinical Analysis (continued)

Penijeane Gracefire, LMHC, BCN *(APA CE Credits 1.5-Basic)*

3:00p - 3:30p

Break & Visit Exhibitors

3:30 - 5:00p

Bienville Room

Introduction to Neurofeedback (continued)

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

Irby Room

Concurrent Workshop: Peder H. Fagerholm, Ph.D., Introduction to Peripheral Biofeedback Equipment and Practices (continued), *(APA CE Credits 1.5-Basic)*

Boardroom Suite

Practical Applications of qEEG: Introductory Principles of Clinical Analysis (continued)

Penijeane Gracefire, LMHC, BCN *(APA CE Credits 1.5-Basic)*

Dinner on your own

SBCNA MAIN CONFERENCE PROGRAM

Friday, November 4, 2016

7:30a - 8:30a

Registration

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

Paul Michael Ramirez, PhD, President of SBCNA

9:00a- 10:30a **Phoenix Room 2**

From One to 19 Channels and Beyond: Survey of Neurofeedback Techniques

J. Michael Griffin, Ed.D., Ph.D., BCN

This workshop surveys neurofeedback techniques ranging from one and two channel power training, four to 19 channel Z Score training, and finally ROI and sLoreta training. Integration of ancillary techniques such as instruction in healthy breathing using the EmWave and HEG (pIR) will be addressed and demonstrated. The effectiveness of neurofeedback is based on operant conditioning and other learning principles which have been recognized for many years. This intervention, also known as biofeedback for the brain, has progressed rapidly in recent years. It is growing in acceptance among health-care professionals and consumers, although sadly third-party-payers lag in joining this wave of progress *(APA CE Credits 1.5-Introductory-Advanced)*

Phoenix Room 1

Mini-Workshops: Chosen per attendees on Sign-in Sheets:

Peder H. 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. *(APA CE Credits 1.5-Introductory-Advanced)*

Phoenix Room 3

Neural Networks: A Review of Basics and Theoretical Applications

David S. Cantor, Ph.D. and Dick A. Genardi, Ph.D.

This workshop provides an overview of the basic models of neural networks and their development in the human brain and how they potentiate the processing of sensory information into perceptual experiences and define the rudiments of adaptive behaviors. We will propose the theoretical framework of the importance of neural frequencies in establishing communication fields facilitating the assimilation of new information and accommodating new adaptive responses and how the brain economizes this process. Three core networks involved in cognitive functioning and self-regulation will be described. *(APA CE Credits 1.5-Advanced)*

10:30a - 11:00a **Break & Exhibitor --Meet & Greet Presenters**

11:00a - 12:30p **Phoenix Room 2**

From One to 19 Channels and Beyond: Survey of Neurofeedback Techniques (continued)

J. Michael Griffin, Ed.D., Ph.D., BCN

(APA CE Credits 1.5-Introductory-Advanced)

Phoenix Room 1

Mini-Workshops: Chosen per attendees on Sign-in Sheets: (continued)

Peder H. Fagerholm, Ph.D

(APA CE Credits 1.5-Introductory-Advanced)

Phoenix Room 3

Neural Networks: A Review of Basics and Theoretical Applications (continued)

David S. Cantor, Ph.D. and Dick A. Genardi, Ph.D.

(APA CE Credits 1.5-Advanced)

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

1:30p - 3:00p **Phoenix Room 2**
From One to 19 Channels and Beyond: Survey of Neurofeedback Techniques (continued)
J. Michael Griffin, Ed.D., Ph.D., BCN
(APA CE Credits 1.5-Introductory-Advanced)

Phoenix Room 1
Mini-Workshops: Chosen per attendees on Sign-in Sheets: (continued)
Peder H. Fagerholm, Ph.D
(APA CE Credits 1.5-Introductory-Advanced)

Phoenix Room 3
Methylation and Oxidative Stress Patterns in qEEG
Richard Soutar, PhD
Oxidative stress and related inflammatory processes have a profound impact on brain physiology and function and consequently on mental disorder as well, especially with respect to anxiety and depression (Scicutella, 2007; Enciu, 2013). This workshop will show how different metabolic problems such as adrenal, blood sugar and thyroid dysregulation can be identified using qEEG but also how this information can assist in identifying methylation problems and formulating nutritional interventions on an individual basis to assist in supporting NFB.
(APA CE Credits 1.5-Intermediate)

3:00p - 3:30p **Break . Exhibitors--Meet & Greet Presenters**

3:30p - 5:00p **Phoenix Room 2**
From One to 19 Channels and Beyond: Survey of Neurofeedback Techniques (continued)
J. Michael Griffin, Ed.D., Ph.D., BCN
(APA CE Credits 1.5-Introductory-Advanced)

Phoenix Room 1
Mini-Workshops: Chosen per attendees on Sign-in Sheets: (continued)
Peder H. Fagerholm, Ph.D
(APA CE Credits 1.5-Introductory-Advanced)

Phoenix Room 3
Methylation and Oxidative Stress Patterns in qEEG (continued)
Richard Soutar, PhD *(APA CE Credits 1.5-Intermediate)*

5:00p - 6:00p **Welcome Reception with cash bar**

6:00p - 7:00p **BOD meeting**

6:00p **Dinner on your own**

Saturday, November 5, 2016

8:00a - 8:45a **Registration**

8:45a - 9:00a **Welcome/Announcements**
Paul Michael Ramirez, PhD, President of SBCNA

9:00a - 10:30a **Phoenix Room 2**
Compassion Strategies that Foster Connectedness within Mindfulness-Based Biofeedback Treatment
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.

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.

(APA CE Credits 1.5-Introductory)

Phoenix Room 1

Mini-Workshops: Chosen per attendees on Sign-in Sheets:

Peder H. 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. *(APA CE Credits 1.5-Introductory-Advanced)*

Phoenix Room 3

LORETA Z-score and Neurofield Modulation Therapy in Neurology and Psychiatry

J. Lucas Koberda, MD, PhD

Based on results of therapy of 400 patients who completed therapy in our center with LORETA Z-score NFB a detailed analysis of different neuro-psychiatric conditions will be presented.

Additional application of pulsed electromagnetic therapy (Neurofield) for neuromodulation and potential benefits of combining this therapy with NFB will be discussed. Several patients cases with different conditions will be shown including epilepsy, traumatic brain injury as well as rehabilitation after brain tumor resection. *(APA CE Credits 1.5 -Intermediate)*

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

11:00a - 12:30p **Phoenix Room 2**
Clinical Case Presentation: Neurotherapy for Autism Assessment and Treatment
David S. Cantor, PhD , and Dick A. Genardi, PhD

The clinical review workshop reviews the type of qEEG profiles often noted for autism and the types of neurotherapeutic approaches that can be utilized. A short literature review will be presented and interventions strategies that have been described. Case vignettes will be presented with a review of the type of strategies for creating a neurotherapeutic strategy and the outcomes in such cases. This discussion will welcome as much didactic in helping participants to address the types of obstacles that confronts clinicians working with autistic children.

(APA CE Credits 1.5-Intermediate)

Phoenix Room 1

Mini-Workshops: Chosen per attendees on Sign-in Sheets: (continued)

Peder H. Fagerholm, Ph.D (APA CE Credits 1.5-Introductory-Advanced)

Phoenix Room 3

LORETA Z-score and Neurofield Modulation Therapy in Neurology and Psychiatry
(continued)

J. Lucas Koberda, MD, PhD (APA CE Credits 1.5 -Intermediate)

12:30p - 2:00p **Members Only Catered Lunch & Business Meeting** sponsored by SBCNA
Non-members will have lunch on their own

2:00p - 3:30p Phoenix Room 2

Cranial Electrotherapy Stimulation for Anxiety, Depression & Insomnia

JoAnn Blumenthal, LMHC, BCN

Cranial Electrotherapy Stimulation (CES) is a FDA cleared modality used to treat anxiety, insomnia and depression. This session will cover the basic treatment protocols, supporting research, safety and efficacy as well as direction on how to implement this treatment into your own practice. (Credits not available)

Phoenix Room 1

Mini-Workshops: Chosen per attendees on Sign-in Sheets: (continued)

Peder H. Fagerholm, Ph.D (APA CE Credits 1.5-Introductory-Advanced)

Phoenix Room 3

Case Studies using Neurofeedback

Robert E. Longo, MRC, LPC, NCC, BCN, and Richard Soutar, PhD

This session will present several cases studies using neurofeedback training as a primary intervention. Cases will be presented including patient background, diagnosis (or presenting problem), cognitive functioning, emotional functioning, personality traits and factors, physical health overview, collaborative health information, qEEG assessment and results, neurofeedback protocol selection, additional interventions (i.e., biofeedback, AVE, HRV) when used, and patient progress over the course of time with intervention(s). Pre/post outcomes will also be addressed.

Cases and data presented will be from the New Mind Mapping System.

(APA CE Credits 1.5-Intermediate)

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

4:00p - 5:00p Phoenix Room 2

Youth Stress Management and Performance

Harry L. Campbell, BPS, BCB

Learning the concepts and techniques of stress management, mind/body connection, and self-regulation, creates a foundation for adulthood with less symptoms and better health and performance throughout the life span. This session will give examples of how this process can be done with biofeedback. (Credits not available)

Phoenix Room 1

Mini-Workshops: Chosen per attendees on Sign-in Sheets: (continued)

Peder H. Fagerholm, Ph.D (*APA CE Credits 1.0-Introductory-Advanced*)

Phoenix Room 3

Case Studies using Neurofeedback (continued)

Robert E. Longo, MRC, LPC, NCC, BCN, and Richard Soutar, PhD
(*APA CE Credits 1.0-Intermediate*)

5:00p - 6:00p **Phoenix Room 3**
Panel Discussion, Case Study (*APA CE Credits 1.0*)

6:00p - 6:30p **Silent Auction Results**

6:30p **Dinner on your own**

Sunday, November 6, 2016

8:00a - 8:45a **Registration**

8:45a - 9:00a **Welcome/Announcements**
Paul Michael Ramirez, PhD, President of SBCNA

9:00a-10:30a **Phoenix Room 3**
Neurofeedback in an Adolescent Residential Treatment Program
J. Michael Griffin, Ed.D., Ph.D., BCN
Adolescents in long-term residential facilities often have histories of abuse, neglect, and family histories of mental illness. Often these youths have received years of outpatient treatment, multiple in-patient psychiatric hospitalizations in acute care facilities, foster placements, and multiple behavioral health residential admissions. Multiple treatment modalities have conventionally been used, including counseling, psychopharmacology, recreational therapy, therapeutic horticulture, equestrian therapy, and others. Despite these interventions, significant acting out behaviors may persist.. A Medline search fails to find efficacy studies supporting the practice in neurofeedback in these facilities, while a discussion with administrators of these programs yield the strong opinion that they are beneficial adjunctive treatment, reducing the frequency and intensity of adverse behavioral events, including aggression to staff, resident to resident aggression, stealing, destruction of property, and so-on. The current study, performed at Jackson-Field's Behavioral Health Services in Jarratt, VA, seeks to determine whether neurofeedback may be an effective adjunctive treatment in residential behavioral health facilities to reduce the severity, frequency and duration of acting-out or incident reports (IRs). (*APA CE Credits 1.5-Intermediate*)

10:30a -11:30a **Break- Check-out of Hotel**

11:30a -12:30p **Phoenix Room 3**
Neurofeedback in an Adolescent Residential Treatment Program
J. Michael Griffin, Ed.D., Ph.D., BCN
(*APA CE Credits 1.5-Intermediate*)

12:30p

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.