



Southeast Biofeedback and Clinical Neuroscience Association

www.sebiofeedback.org

Presents

2013 Conference

**"Complementary Body-Mind Health Care for Biofeedback,
Neurofeedback, and All Allied Health Practitioners"**

**Pre-Conference
October 31, 2013**

**Conference
November 1-3, 2013**

**Lake Junaluska Conference & Retreat Center
Terrace Hotel
Lake Junaluska, NC
(www.lakejunaluska.com/terrace)**

Please join us for collegiality, education, and inspiration.

Last Updated: October 26, 2013

SBCNA PRE-CONFERENCE PROGRAM

Thursday, October 31, 2013 at Harrell Center

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

7:30- 8:30 **Breakfast in Terrace Hotel Dining Hall**

7:45- 8:15 **Registration**

8:15- 8:30 **Welcome**
Tom Gross, President of SBCNA

8:30- 10:30 **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. (2.0 CE/CME-Basic)

***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. (2.0 CE/CME-Basic)**

10:30- 10:45 **Break**

10:45- 12:00 **Introduction to Neurofeedback (continued)**
Richard Soutar, Ph.D. (1.25 CE/CME-Basic)

12:00- 1:15 **Lunch at Terrace Hotel Dining Hall (across from Harrell Center)**

1:30- 3:00 **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 through 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. (1.5 CE/CME-Basic)

***Concurrent Workshop: During this time frame 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. (1.5 CE/CME-Basic)**

3:00- 3:15 **Break**

3:15- 5:00 **Introduction to Biofeedback (continued)**
Dan Chartier, Ph.D. (1.75 CE/CME-Basic)

6:00- 7:00 **Dinner at Terrace Hotel Dining Hall (across from Harrell Center)**

SBCNA CONFERENCE PROGRAM

Friday, November 1, 2013

7:30- 8:30 **Breakfast in Terrace Hotel Dining Hall**

7:45- 8:15 **Registration**

8:15- 8:30 **Welcome**
Tom Gross, President of SBCNA

8:30- 10:15 **The Eagle and the Condor: The longest journey you will ever make is the journey between your head and your heart. An exploration of cross cultural perspectives.**

Barbara Soutar, R.N., BCN

We are more than our thinking, emotional experiences, and bodies. Using traditional shamanistic methods of assessment and integration through visualization, this presentation will explore and attempt to broaden our self-definitions. The goal of this approach is to experience that there are many ways to intercede using traditional healing methods, independent of biofeedback equipment or conventional therapeutic skills, that can assist our clients in moving towards self-directed meaningful growth and healing. *(1.75 CE/CME-Basic-Intermediate)*

***Concurrent Mini-Workshop:** During this time **Peder H. Fagerholm, Ph.D.** will conduct one hour mini-workshops including **Electrodermal Responses Biofeedback, Neurofeedback, Electromyography Biofeedback, Heart Rate Biofeedback, Neurotechnology 1, Neurotechnology 2, Respiration Biofeedback, and Temperature Biofeedback.** Mini-workshops are available by appointment. Sign-up on posted sheets for your designated times at the conference. *(1.0 CE/CME)*

10:15-11:00 **Break—Exhibits--Meet & Greet Presenters**

11:00-11:30 **Neurodegeneration: Confounds, Challenges and Opportunities**
Tom Gross, DC, DACNB, FACFN, FABCDD, BCN

Neurodegeneration has come to the forefront as a concern in all neurological conditions, across all ages, presenting challenges and opportunities to practitioners and the general public alike. Novel lab markers and disruptive molecular complexes have been identified in numerous neurological processes. This presentation will review the science surrounding neurodegeneration and its potential for obstructing the outcomes of biofeedback, and present potential nutritional and lifestyle strategies to protect our patients and enhance outcomes. *(0.5 CE/CME-Intermediate)*

11:30-12:30 **Biofeedback & Neurofeedback Interventions for Refractory Sports Related Concussion**
Robert L. (Bob) Conder, PsyD, ABPP

This workshop will present the latest empirical research in the neurochemistry and neurophysiology of sports concussions, typical physical, emotional and cognitive symptoms, gender differences, and usual patterns of recovery. Non-pharmacologic interventions will be presented. These include breathing techniques, psychophysiologic biofeedback such as

temperature, EMG, GSR & HRV, and neurophysiologic interventions including the Neurosports programs from SmartMind Pro (BrainTrain). Integration of BFB with traditional neurocognitive assessment will be presented. If time allows, an overview of athletic performance enhancement with biofeedback will be presented. (1.0 CE/CME-Intermediate)

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12:30- 1:30 **Lunch at Terrace Hotel Dining Hall (across from Harrell Center)
Exhibitor**

(Friday continued)

1:30- 2:30 **Neurotoxicity: Assessment and Treatment Concerns
David Cantor, Ph.D.**

Many factors can adversely affect the progress and success of neurotherapies. Of increasing concern in mental health disorders is toxin exposure and its effects on metabolic systems and brain function in particular. This workshop is intended to provide an overview of types of toxins and related physiological dysfunction that may undermine therapeutic success and develop a basic knowledge of how such factors affect brain function and consequently behavior. Methods of identifying such toxins and helping the client prevent exposure or seek services to remediate body burden levels of toxins will be reviewed. (1.0 CE/CME-Intermediate)

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2:30- 3:30 **Oxidative Stress, Excitotoxicity and qEEG
Richard Soutar, PhD
James Hopson, D.PSc**

Many clinicians have begun to recognize and report qEEG patterns associated with milder forms of metabolic disorders which appear to limit or reduce response to NFB training. Many of these disorders appear to be related to a variety of environmental stressors that are only just beginning to be identified. By raising awareness of the features and sources of these disorders as well as their impact on the EEG we may be able to enhance efficacy of NFB.
(1.0 CE/CME-Intermediate)

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workshops are available by appointment. Sign-up on posted sheets for your designated times at the conference. (1.0 CE/CME)

*[3:30- 3:45] **Break—*Exhibitors**

3:45- 4:45 **Oxidative Stress, Excitotoxicity and qEEG (continued)**

Richard Soutar, PhD

James Hopson, D.PSc (1.0 CE/CME-Intermediate)

4:45-5:45 **Metabolism and Nutrition: Their Relationship to Psychological State**

James Hopson, D.PSc

The gap between physical and psychological health narrows as the belief systems surrounding separateness and holism are questioned. Increasing research shows that mineral balance and the foods we eat have a direct effect on our psychological state. Clear links between nutritional balance and psychological state, and a simple method to assess nutritional balance will be presented.

(1.0 CE/CME-Intermediate)

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6:00 - 7:00 **Dinner at Terrace Hotel Dining Hall (across from Harrell Center)**

Saturday, November 2, 2013

7:30- 8:30 **Breakfast in Terrace Hotel Dining Hall**

7:45- 8:15 **Registration**

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

Tom Gross, President of SBCNA

8:30-10:30 **Protocols in EEG Biofeedback Using qEEG and SPECTS for Toxic and Metabolic Encephalopathies, Epilepsy, and Autism**

Helena Kerekhazi, MS, NRNP (*PhD Neuropsychology Candidate*)

Branson's research has demonstrated the progression of neurodegeneration that ranges from ADHD to Autism to Epilepsy in the brain SPECT scans of a single family. Implications for remediation of neurodegeneration and reduction of symptoms with neurotherapies including neurofeedback, scalp acupuncture and neuronutrition will be presented.

(2.0 CE/CME-Intermediate)

***Concurrent Mini-Workshop:** During this time **Peder H. Fagerholm, Ph.D.** will conduct one hour mini-workshops including **Electrodermal Responses Biofeedback, Neurofeedback, Electromyography Biofeedback, Heart Rate Biofeedback, Neurotechnology 1, Neurotechnology 2, Respiration Biofeedback, and Temperature Biofeedback.** Mini-workshops are available by appointment. Sign-up on posted sheets for your designated times at the conference. (1.0 CE/CME)

10:30-11:00 **Break-Visit the Exhibitor**

11:00-12:30 **Z-Score LORETA Neurofeedback in Clinical Practice**

J. Lucas Koberda, MD, Ph.D.

Introduction of QEEG/LORETA electrical imaging and Z-score LORETA NFB enables more precise 3-D NFB therapy. Several neuro-psychiatric cases will be presented where initial LORETA localization of electrical dysfunction led to subsequent amelioration of symptoms by targeted Z-score LORETA NFB.

(1.5 CE/CME Intermediate-Advanced))

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

Non-members will have lunch as usual in the Terrace Dining Hall.(12:30-1:30)

2:00- 3:30 **The KIDS KORNER: Challenges and Complexities of Working with Youth**

Robert E. Longo, MRC, LPC, NCC, BCIA-EEG

Research increasingly reveals that significant numbers of youth with acquired head injuries are victims of abuse, neglect and related traumatic experiences, and have disorders such as ADD/ADHD that may not respond well to medications. This workshop will focus on the growing need to consider complementary and alternative medicine approaches with youth, including the use of biofeedback and neurofeedback, and the benefits of these treatment modalities.

(1.5 CE/CME-Intermediate)

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workshops are available by appointment. Sign-up on posted sheets for your designated times at the conference. (1.0 CE/CME)

3:30- 4:00 **Break—Visit the Exhibitors**

4:00- 5:00 **Integration of Biofeedback and Cognitive Behavioral Therapy in Complex Pediatric Populations**

Katherine S. Spencer, PsyD

Integration of biofeedback and cognitive-behavioral therapy with children with complex medical conditions is becoming a more widely used and commonly accepted practice. This workshop provides a review of literature, case examples, and a foundation for smoothly and effectively integrating these therapeutic tools in your pediatric behavioral health practice.

(1.0 CE/CME-Basic)

***Concurrent Mini-Workshop:** During this time **Peder H. Fagerholm, Ph.D.** will conduct one hour mini-workshops including **Electrodermal Responses Biofeedback, Neurofeedback, Electromyography Biofeedback, Heart Rate Biofeedback, Neurotechnology 1, Neurotechnology 2, Respiration Biofeedback, and Temperature Biofeedback.** Mini-workshops are available by appointment. Sign-up on posted sheets for your designated times at the conference. (1.0 CE/CME)

5:00- 6:00 **Sleep: Mind Body Medicine**

Tom Gross, DC, DACNB, FACFN, FABCDD, BCN

The quality of sleep we experience in the one-third of our lives we spend sleeping has a bearing on our mental, physical and social health and longevity. The hidden epidemic of Sleep Debt is the unreported national deficit. This presentation will review the neuroscience of sleep, the effects of sleep on the brain, dreaming, sleep disorders, and promising interventions including biofeedback.

(1 CE/CME Beginner/Intermediate)

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6:00 - 7:00 **Dinner at Terrace Hotel Dining Hall (across from Harrell Center)**

Sunday, November 3, 2013

7:30- 8:30 **Breakfast in Terrace Hotel Dining Hall**

7:45- 8:15 **Registration**

8:15- 8:30 **Welcome**
Tom Gross, President of SBCNA

8:30- 10:30 **Mindfulness-based Biofeedback: Clinical Applications**
Urszula Klich, Ph.D.

Mindfulness-Based Biofeedback is based on merging two scientific methodologies into a modality that is useful for clinical practice. Eastern Meditation techniques are integrated with state of the art technology of biofeedback in this Mindfulness-Based Biofeedback program. Individuals with complex medical diagnoses often experience physical and emotional needs that fluctuate considerably, presenting a challenge for treatment. The resulting psychological impact is often inadequately resolved with an exclusively medically based program. Likewise, clients with less severe difficulties can benefit from this therapeutic technique. A truly holistic treatment approach responds to the need for an integrative model that combines mind-body medicine to more thoroughly address both physical and psychosocial needs. Incorporating biofeedback and mindfulness training into treatment to develop a more educationally focused model achieves this goal. Research behind this approach will be discussed and guidelines for effective and evidence-based practice will be offered. (2.0 CE/CME Intermediate)

10:30-11:00 ****Break for Checking Out of Hotel**

11:00- 12:30 **Mindfulness-based Biofeedback: Clinical Applications (continued)**
Urszula Klich, Ph.D.
(1.5 CE/CME Intermediate)

12:30-1:00 **Wrap-up, Good-byes and Certificates**

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.