



# Southeast Biofeedback and Clinical Neuroscience Association

Presents

## 40th Annual Conference

# Biofeedback and Neurofeedback for Optimal Health and Peak Performance

Pre - Conference

Thursday

October 24, 2019

*Embassy Suites by Hilton Hotel*

*Greenville, South Carolina*

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

**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.



**Southeast Biofeedback and  
Clinical Neuroscience Association**

## **SBCNA 40th Annual Pre-Conference Program**

**Thursday, October 24, 2019**

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

### **The Electrophysiology of Stress: Strategies to Improve Clinical Efficacy**

**Room 1**

**Urszula Klich, PhD, BCB; Penijean Gracefire, LMHC, BCN, qEEG-T**

This session will review how to identify the cognitive and physiological symptoms of stress, how to address them through the framework of compassion, and introduce stress management strategies for more effectively educating and supporting clients, as well as reducing compassion fatigue and burnout in clinicians. Key topics will include biofeedback, neurofeedback, meditation, compassionate care, and clinician wellness. (Introductory)

**8:00-8:30 am**

**Registration**

**8:30-10:00 am**

**Start**

**10:00-10:30 am**

**Break & Exhibitors – Meet & Greet Presenters**

**10:30 am-12:00 pm**

**Continued**

**12:00-1:00 pm**

**Lunch**

**1:00-2:30 pm**

**Continued**

**2:30-3:00 pm**

**Break & Exhibitors – Meet & Greet Presenters**

**3:00-4:30 pm**

**End**



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### **Introduction to Biofeedback**

**Room 2**

**Dan Chartier, Ph.D, BCB**

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. (Introductory)

**8:00-8:30 am**

**Registration**

**8:30-10:00 am**

**Start**

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**Lunch**



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### **Introduction to Neurofeedback**

**Room 2**

**Richard Soutar, Ph.D, BCN**

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. (Introductory)

**1:00-2:30 pm**

**Start**

**2:30-3:00 pm**

**Break & Exhibitors – Meet & Greet Presenters**

**3:00-4:30 pm**

**End**

**4:30 pm**

**Networking**



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### **Mini-Workshops: Biofeedback & Neurofeedback Equipment & Practices**

**Vendor Room**

**Peder Fagerholm, Ph.D, BCB, BCN**

Dr. Fagerholm will present an informal introduction to neurofeedback equipment and practices, including hands-on opportunities with Brain Master and Nexus systems; 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. (Introductory-Advanced)

**Offered 8:30a-4p by appointment, see sign-in sheets**

**8:00-8:30 am**

**Registration**

**8:30 am-4:00 pm**

**Mini-Workshops**



# **Southeast Biofeedback and Clinical Neuroscience Association**

CELEBRATING

40

YEARS

**Biofeedback and Neurofeedback  
for Optimal Health and Peak  
Performance**

*Embassy Suites by Hilton Hotel  
Greenville, South Carolina*

**October 24, 2019**



# Southeast Biofeedback and Clinical Neuroscience Association

Presents

## 40th Annual Conference

# Biofeedback and Neurofeedback for Optimal Health and Peak Performance

Main Conference  
October  
25 - 27, 2019

*Embassy Suites by Hilton Hotel  
Greenville, South Carolina*

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

**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 40th Annual Conference Program**

### **Friday, October 25, 2019**

7:30-8:00 am	<b>Registration</b>	
8:00-8:30 am	<b>Welcome</b> Urszula Klich, Ph.D, BCN, President of SBCNA	Room 1
8:30-10:30 am	<b>The Optimal Response Initiative</b> <b>- Stay Alert - Stay Alive - AND</b> <b>THRIVE!</b> Kristina Seymour, Psy.D. The Optimal Response Initiative (ORI) provides education and teaches practical tools via The ORI workbook - Military Version, integrating the value of biofeedback within the mindset of military culture. This workshop will enable you to experientially teach, measure, and monitor the impact that chronic stress has on the body, mind, and spirit. It also illustrates the much more optimal health benefits of restoring balance to both the SNS and PNS. (Intermediate)	Room 1
10:30-11:00 am	<b>Break &amp; Exhibitors – Meet &amp; Greet Presenters</b>	
11:00am-12:30 pm	<b>Homeopathy – What Is It, How Is It</b> <b>Used and How Can it Impact My</b> <b>Clients?</b> Marge Roberts, MSHP, BSN, DAHom This session will introduce you to homeopathy by providing a short history of the discovery of homeopathy, its principles and its recognition in the Food, Drug and Cosmetic Act of 1938.	Room 2

**\*For Mini-Workshops offered throughout the conference, please see Page 8**



## **Southeast Biofeedback and Clinical Neuroscience Association**

A review of the development and use of the Repertory and Materia Medica in the application of single remedies and the development of homeopathic formulations is included. Homeopathy's use as a non-drug alternative or adjunctive therapy for pain or common health conditions such as digestive issues, allergies and emotional challenges will also be discussed. (Introductory)

12:30-1:30 pm

### **Lunch** *Box Lunches*

1:30-3:00 pm

### **Light Therapy**

Room 1

Penijean Gracefire, LMHC, BCN, qEEG-T

Photobiomodulation has emerged as a promising therapy in recent years for ameliorating symptoms associated with both mental health and neurophysiological conditions. This session will introduce neurofeedback protocol designs which incorporate the Vielight device to deliver NIR at 810 nm, pulsed at rates determined by the clinical analysis of individual qEEG results of each subject within the context of current literature on photobiomodulation. The exposure to these pulses are directly modified by shifts in pre-selected EEG metrics. (Introductory)

3:00-3:30 pm

### **Break & Exhibitors – Meet & Greet Presenters**

3:30-5:00 pm

### **The Power of Psychophysiological Stress Profiling**

Room 1

Harry L. Campbell, BPS, BCB, BCN

A Psychological Stress Profile (PSP) provides a great deal of useful information and helps our clients understand why they are doing biofeedback, what the starting point is, what the goals are and why. In this session we will define what a psychophysiological stress profile is, why we do them, what modalities are included and how to conduct one. (Intermediate)

5:30 pm

### **Networking** Optional Workshop Demos



# **SBCNA 40th Annual Conference Program**

## **Saturday, October 26, 2019**

7:30-8:00 am	<b>Registration</b>	
8:00-9:00 am	<b>Presidential Lecture: Using Mindfulness, Compassion and Positive Psychology Tools to Propel Habit Change in Treatment</b> Urszula Klich, Ph.D, BCN President of SBCNA This symposium will review most commonly encountered challenges in biofeedback treatment and present ways to work through these challenges using empirically supported techniques from the fields of positive psychology, mindfulness, and compassion (Introductory)	Room 1
9:00-10:00 am	<b>Application of Neurofeedback and Neuromodulation in Autism Research and Treatment</b> Estate Sokhadze, Ph.D, BCN Reviews of application of neurofeedback for ASD treatment provide evidence that some of the core symptoms of autism can be improved. We used neurofeedback of the prefrontal EEG gamma in autism and showed alterations of induced gamma oscillations during attention tests, increase of gamma over neurofeedback course and improvement in the aberrant behavior scores. This presentation reports studies where rTMS and neurofeedback were used in treatment of children with ASD. (Intermediate-Advanced)	Room 1

**\*For Mini-Workshops offered throughout the conference, please see Page 8**



10:00-10:30 am	<b>Break &amp; Exhibitors – Meet &amp; Greet Presenters</b>	
10:30 am-12:00 pm	<b>Common Cognitive, Emotional, and Behavioral Symptoms Associated With Concussion/mTBI: What Every Clinician Needs To Know</b> Ashley Bryant Harbin, Ph.D, CBIS This presentation will discuss prevalence data related to mTBI/concussion and risks associated with unidentified TBI. Data related to risk factors for increased likelihood of more prolonged and complex recoveries will also be presented. The historical context of Return-To-Learn as compared to Return-To-Play will be discussed with implications for all providers working with school-aged children. Guidance related to the type and timing of referrals to specialists will also be provided. The context of this presentation will help providers of biofeedback to understand their potential role in multidisciplinary rehabilitation after a concussion/mTBI.	Room 1
12:00-1:30 pm	<b>Members Only Catered Lunch &amp; Business Meeting</b> <i>Sponsored by SBCNA</i> Non-Members will have lunch on their own	Location TBA
1:30-3:00 pm	<b>Prescribing Brain Health as a Prelude to Neurofeedback</b> Rusty Turner, MD, MSCR, BCN, Q-EEGD This presentation will describe how healthy lifestyle changes for clients/patients will improve response to neurofeedback and neuromodulation training. (Introductory)	Room 1

**\*For Mini-Workshops offered throughout the conference, please see Page 8**



3:00-3:30 pm

**Break & Exhibitors – Meet & Greet Presenters**

3:30-4:30 pm

**Are We Really Helping? Assessing  
Changes in Depression Symptom  
Severity**

Room 1

Paul Ramirez, Ph.D, BCB

This presentation will focus on the clinical interviewing and scoring of the two most frequently used depression rating scales in the world, the Montgomery-Asberg Depression Rating Scale (MADRS) and the Hamilton Depression Rating Scale (HAM-D). Attendees will then demonstrate their newly acquired skills by watching clinical interviews for these two depression scales and rating the presence and severity of depressive symptoms utilizing the clinical operational criteria provided by each scale. In discussion, attendees will have an opportunity to see how their scores compare to those of several hundred psychiatrists from around the world. (Introductory)

5:30 pm

**Networking**  
*Light hor d'oeuvres*

Location TBA

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# **SBCNA 40th Annual Conference Program**

## **Sunday, October 27, 2019**

7:30-8:00 am	<b>Registration</b>	
8:00-10:00 am	<b>Self-Care Strategies In Session: Protective Strategies &amp; Vicarious Resiliency</b> Melinda Paige, Ph.D Ed.S, M.S, B.A This presentation is dedicated to mental health professionals working with clients from diverse cultural backgrounds who have experienced trauma. Current trauma literature suggests factors that mitigate the effects of secondary traumatic stress. Specialized training in trauma-specific skills such as engaging in body awareness (Rothchild, 2006) and dual level of awareness (Robbins, 1998) during session represent some of the effective strategies suggested. Counselor education focuses on self-care strategies to engage in outside of session. However, there is a paucity of literature identifying the trauma-specific skills serving as protective factors in session. (Intermediate)	Room 1
10:00-10:30 am	<b>Break - Sign Out of Hotel</b>	
10:30-11:30 am	<b>Self-Care Strategies In Session: Protective Strategies &amp; Vicarious Resiliency</b> Melinda Paige, Ph.D Ed.S, M.S, B.A (Continued)	Room 1
11:30 am-12:30 pm	<b>Lunch</b>	

**\*For Mini-Workshops offered throughout the conference, please see Page 8**



12:30-3:00 pm

**Ethics in qEEG and Neuromodulation**

Room 1

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

Many clinicians and practitioners of qEEG and Neurofeedback are board certified in Neurofeedback by BCIA and must attend training in ethics and standards of practice for renewal of their BCIA certification as well as individual license requirements per state regulations. This workshop is designed to fulfill those requirements and will address scope of practice concerns that face neurofeedback service providers. to create and participate in ongoing forums for discussion of peripheral biofeedback and EEG biofeedback and the standards of care, ethical practices, challenges to our profession, and the rights and responsibilities of those persons seeking our services. (Introductory)

3:00-4:00 pm

**Closing and Goodbyes**

Sign-out, evaluations, and CE instructions

7:30 am-5:00 pm

**Mini-Workshops: Biofeedback &  
Neurofeedback Equipment &  
Practices**

Vendor Room

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**Offered 7:30a-5p Friday and Saturday, 7:30a-2:30p Sunday by  
appointment; see sign-in sheets**



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