9th Annual BFE Meeting

BFE Meeting Co-Sponsors
- Association of Applied Psychophysiology and Biofeedback (AAPB)
- Deutscher Gesellschaft für Biofeedback (DGBFB)
- International Continence Society (ICS)
- International Society of Physical Rehabilitation Medicine (ISPRM)
- International Stress Management Association (ISMA) – Netherlands
- Israeli Association for Applied Psychophysiology and Biofeedback (IAPB)
- Österreichische Gesellschaft für Biofeedback und Psychophysiologie (ÖBfP)

Workshop Presenters
Frank Andrasik, Ph.D.
Knut Berndorfer, Dr.rer.nat.
Kees Blase
Bernard Brucker, Ph.D., ABPP
Jan van Dixhoorn, MD, Ph.D.
Stuart Donaldson, Ph.D.
Monika Fuhs, Mag.rer.nat., Dipl.Psych.
Ron Fuller, PTA, BA
Richard Gevirtz, Ph.D.
Howard Glazer, Ph.D.
Jay Gunkelman, QEEGD
Daniel Hamiel, Ph.D.
Glenn Kasman, PT, MS
Mitsumasa Kawakami
Wolfgang Keeser, Ph.D.
Henk Kraaijenhof, PT, BA
Rainer Kroymann, PT, BA
Paul Lehrer, Ph.D.
Daniëlle Matto
Donald Moss, Ph.D.
Lothar Niepoth, Dipl.Psych.
Erik Peper, Ph.D.
Gabriel Sella, MD, MPH, MSc., Ph.D.
David Siever, C.E.T.
M. Barry Sterman, Ph.D.
Lynda Thompson, Ph.D.
Michael Thompson, MD
Barbara Timmer, Dr.rer.nat.
Nicole Vandeweghe
Vietta S. Wilson, Ph.D.
Wytze van der Zwaag, MA

Scientific Program Themes
- Psychophysiology of Respiration
- Incontinence & Pelvic Floor Disorders
- Somatic Disorders / Chronic Pain & Muscle Rehabilitation
- Stress and Pain Management with Children and Adolescents
- How does Neurofeedback change the Brain?
- Sports Medicine & Peak Performance
- Biofeedback and Beyond: Complementary Methods and Skills to enhance Success
- Heart Rate Variability Biofeedback
- Biofeedback at the Worksite
- Psychosomatic Disorders
- Dysphagia

To register please contact:
Daniëlle Matto, BFE Senior Administrator
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For general information contact:
info@bfe.org
or visit our website:
www.bfe.org
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<td>ADHD, autistic spectrum or seizure disorder?</td>
<td>QEEG: epilepsy and traumatic brain injury</td>
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<td>Intro Biofeedback</td>
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<td>Intro Neurofeedback</td>
<td>Somatoformen und Schmerzstörungen</td>
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<td>Alpha-theta training</td>
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<td>Intro Biofeedback</td>
<td>Clinical assessment with sEMG (1)</td>
<td>sEMG in physical medicine and rehabilitation (1)</td>
<td>Improving self-regulation</td>
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<td>Biofeedback &amp; CBT in psychotherapy</td>
<td>Biofeedback and self-regulation in the class setting</td>
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<td>Improve clinical success (1)</td>
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<td>Chronic lower urogenital tract pain (1)</td>
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<td>Aquatic biofeedback</td>
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<td>Muscle pain syndromes</td>
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<td>Heart focus: effective and affective learning</td>
<td>Biofeedback after central nervous system damage</td>
<td>Healing your mind, body and soul</td>
<td>Post Traumatic Stress Disorder</td>
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* Full squares are full day workshops. Divided squares represent morning (top) and afternoon (bottom) workshops.
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<td>Lynda &amp; Michael Thompson</td>
<td>Fundamentals of neurofeedback for assessment &amp; intervention</td>
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<td>Rainer Kroymann</td>
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<td>Heart Focus: effective and affective learning (the HeartMath® approach)</td>
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<td>Barbara Timmer</td>
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<td>Stuart Donaldson</td>
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<td>4</td>
<td>26-04A Knut Berndorfer</td>
<td>A practical guide for alpha-theta training (morning) German or English language</td>
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<td>26-04B Lothar Niepoth</td>
<td>Bio- und neurofeedback bei schlafstörungen (afternoon) German language</td>
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<td>David Siever</td>
<td>Audio Visual Entrainment (AVE): physiology, treatment protocols and operation of the DAVID Audio-Visual Entrainment systems</td>
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<td>Lynda Kirk</td>
<td>Trauma &amp; Post Traumatic Stress: a comprehensive neurofeedback-based approach to healing that really works Cancelled</td>
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**WORKSHOP ‘TRACKS’**

In the Workshop Program at least five different ‘tracks’ can be recognized:
1. The ‘Neurofeedback / EEG’ track (rooms 1, 2 and 4)
2. The ‘Sports Medicine & Peak Performance’ track (room 3)
3. The ‘EMG-feedback in Physical Medicine’ track (room 5)
4. The ‘Stress Management & Self-regulation’ track (room 6)
5. The ‘Incontinence & Pelvic Floor’ track (room 8)

Beside these tracks the BFE has scheduled introductory workshops on Tuesday, February 22, 2005 about the fundamentals of biofeedback and neurofeedback in English, Dutch, and German for newcomers in these fields. Before participating in any other BFE workshop we advice newcomers to take one of these workshops first. It will make it easier to participate in the more advanced workshops during the rest of the meeting.

*9th Annual BFE Meeting*
IMPORTANT NOTE:
The workshops are described in the language in which the workshop will be given.

TUESDAY, FEBRUARY 22\textsuperscript{nd}, 2005

Fundamentals of neurofeedback for assessment & intervention
\textit{Lynda Thompson, Ph.D. & Michael Thompson, MD}

This practical, clinically oriented workshop covers the fundamentals of assessment (EEG and stress profile) plus how to set up training programs that combine neurofeedback and biofeedback to ameliorate the difficulties demonstrated during the assessment. EEG and autonomic nervous system profiles differ according to symptoms, such as short attention span, impulsivity, learning disabilities, movement disorders (Tourette’s, Parkinson’s, Dystonia,), Asperger’s syndrome, seizure disorders, anxiety, panic, dysphoria with ruminations. This course forms a background to the second day workshop (on February 23, 2005) which will discuss the fine points of EEG diagnosis and intervention with different types of ADHD and its comorbidity with Asperger’s, autism and seizure disorders.

This course is suitable for clinical biofeedback practitioners, especially those doing EEG biofeedback, of any disciplinary background (psychologists, physicians, nurses, teachers, etc.). They should have an interest in using applied psychophysiology in working with clients who wish to optimize their performance through self-regulation at school, work or in extracurricular activities.

Fundamentals of biofeedback: concepts, models, history and basic modalities with demonstration of instrumentation
\textit{Donald Moss, Ph.D.}

Biofeedback and distress: experimental analysis of behavior (models for intervention and behavioral principles for practice). Basic interventions using sEMG and autonomic measures. This workshop is meant for people with little experience in biofeedback. After completing this workshop, you are able to attend the more advanced workshops of this conference.

Introductie in biofeedback (Morning session) – \textit{Dutch language}
\textit{Daniëlle Matto}

Aanbevolen voor mensen met weinig ervaring in de biofeedback. In deze interactieve workshop wordt aandacht besteed aan de historische ontwikkeling van biofeedback, de diverse soorten metingen en de basistechnieken. Een aantal veel voorkomende toepassingen, zoals het onderzoek naar spierspanning, het maken van een stressprotocol, ontpansing via biofeedback en behandeling van hoge bloeddruk via RSA/HRV wordt gedemonstreerd. De workshop biedt een uitstekende basis voor het volgen van de meer geavanceerde workshops op het congres, zoals de workshops over specifieke EMG-toepassingen, HRV/RSA-biofeedback, stressmanagement en zelfregulatie.

Introductie in neurofeedback (Afternoon session) – \textit{Dutch language}
\textit{Wytze van der Zwaag}

In deze introductieworkshop over neurofeedback komen de volgende onderwerpen aan bod:
- De historische ontwikkeling van neurofeedback (EEG-biofeedback):
  - Joe Kamiya, Barry Sterman, Joel Lubar en hun research. Sue & Siegfried Othmer en hun protocollen.
  - Hoe werkt neurofeedback?
  - Bioelektrische en biochemische modellen betreffende de hersenwerking; neuroplasticiteit; timing, frequentie en het disregulatie-model van hersenfunctie.
- Modellen ten behoeve van de diagnostiek en therapie: Quantitatieve EEG en EEG-gestuurde training, het Arousal Model, het Functional Brain Model en het Non-linear Dynamic Model.
- Demonstratie van de neurofeedback-apparatuur.
Grundlagen der Biofeedback und Neurofeedback – German language  
Rainer Kroymann, Ph.D.

In dem Workshop wird eine Einführung in die Grundlagen der Biofeedback und Neurofeedback gegeben und anhand ausgewählter Störungsbilder der praktische Einsatz der Biofeedbacktechnik demonstriert.

Clinical assessment with sEMG: how do muscles function simultaneously?  
(part 1 of a 2-day workshop)  
Gabriel Sella, MD, MPH, MSc., Ph.D.

Active motion of any joint or region requires concerted effort of all primary myotatic unit muscles. All muscles that activate a joint/region through a number of segments of motion are active at different levels of potential activity through that motion. Asymptomatic & symptomatic muscles act differently through the resting period or through active period.

4226 asymptomatic muscles of 11 joints/regions were tested through rest and the classic segments of activity. The studies of the 4226 muscles are tabulated in the handouts. The results show that all the muscles of a given myotatic unit are active during any motion. They also show the positive & negative correlation coefficient, which define the concept of agonism and antagonism. All muscles tested were found to be active during any given motion. None was electrically silent during the active motion of the primary joint/region. This finding modifies the old theoretical consideration that "while an agonist moves, the antagonist rests". Documentation of the actual facts will be shown during the workshop for the 4226 muscles of the primary myotatic units of the 11 joints/regions. A new definition of muscular agonism (synergism) and antagonism has been derived statistically through the correlation coefficients involving the tested muscles through the pertinent ROM. The new findings are of utmost importance in the planning and executing of neuromuscular retraining/rehabilitation of individuals with muscular dysfunction or in athletic ability enhancement. The old theory was only conceptual, without any objective documentation. The new findings were enabled by the SEMG dynamic testing methodology.

The integration of biofeedback and Cognitive Behavioral Techniques (CBT) in individual and groups’ psychotherapy  
Daniel Hamiel, Ph.D.

The principles of CBT will be introduced in a novel way, based on the mind body (physiological-cognitive) connection. The techniques of a short-term integrated therapy for individual and groups will be presented. The difference between adults and children therapy will be discussed and the different tools will be presented. The author will demonstrate the power of biofeedback to enhance the efficiency of CBT and the group work. The protocols of anxiety disorders including obsessive compulsive disorder, different specific phobias, tests-anxiety; as well as the protocol for eating disorders will be discussed.

Group work and short term CBT psychotherapy: There is an increasing demand for more efficient ways to help the mass of people who needs psychotherapy. Group’s short term work is one major way to achieve this demand with a high cost effective value. The uniqueness of this workshop is the use of three powerful elements in an integrated way: Short term Cognitive Behavioral intervention, group work and biofeedback and self regulation techniques.

Improve clinical success: the art and challenge of being a successful biofeedback therapist (part 1 of a 2-day workshop)  
Erik Peper, Ph.D. & Monika Fuhs, Mag.rer.nat., Dipl.Psych.

- The EMG activity is not returning back to baseline. What can I do to facilitate learning?
- The client is still in pain. Is there anything else I can do?
- How can I demonstrate a psychophysiological change with a practical exercise?
- How to induce insight in a client?
- The first step: how can I help clients to get into gear?
- The client did not do his home practice. What can I do to motivate him?
- Nothing is working. What can I do?

This workshop focuses on teaching therapists to find the right biofeedback modulated skills at the right time for the client to induce AHA experiences and experience acceptance, ability to change and develop mastery.
Use physiological monitoring and biofeedback for awareness, diagnostic tool and teaching strategy to understand the different behavioural patterns of problem clients. Learn eclectic approaches to discover and change the dysfunctional and health blocking behavioral patterns with a focus on creative problem solving. Practice complementary interventions with biofeedback to help patients reduce pain, anxiety and somatic symptoms and regain hope. The workshop includes self-experience exercises to enhance creative problem solving and explore strategies to encourage clients to take responsibility for their self-healing process. Biofeedback techniques will include respiratory monitoring to teach effortless breathing, electromyography for muscle relaxation and reduction of dyspnea, electrodermal and heart rate feedback for awareness and autonomic balance. The workshop teaches specific skills such as imagery, breathing, reframing, problem solving strategies, sculpting, cognitive reframing, touch, and humor therapy as well as those derived from the book, *Make Health Happen*. Bring a detailed clinical case for group consultation and role playing.

**Day 1 (February 22):** Skill mastery training on Biofeedback techniques for different complaints (physical and psychological) and training in different intervention techniques such as breathing, imagery, touch and sculpting to enhance clinical efficacy.

**Day 2 (February 23):** Clinical applications and training that includes role play, group work and self-experience/practice with biofeedback and creative approaches for clinical problems that range from headaches, chronic pain, and anxiety. It incorporates case supervision adapted for the participants' clinical needs. It includes opportunity for exchange of experiences, questions, and gives ideas for cases and possibly offers one real client the chance to show up for treatment.

### Aquatic biofeedback in the treatment of ACL reconstruction and patellofemoral pain syndrome

*Ron Fuller, PTA, BA*

**Location:** Hotel Holiday Inn Hasselt, Kattegatstraat 1, Hasselt

**Lecture and Pool Lab #1:** The use of aquatic biofeedback has shown to provide a great advantage in the rehabilitation of post operative ACL reconstructions when combined with aquatic physical therapy. Combining the physical properties of water with the quantitative measurements of surface EMG offers therapists greater control in specificity of their rehabilitation. The use of aquatic biofeedback offers therapists and trainers greater insight and direction into their treatment programs and focuses their direction into a more concise rehabilitative experience.

**Lecture and Pool Lab #2:** Patellofemoral Pain Syndrome (PFPS) plagues elite athletes as well as every day office workers. Land-based treatment programs offer little relief from the acute pain and dysfunction experienced by these patients. However, aquatic therapy and the aquatic biofeedback technique offer patients a pain reduced treatment alternative which combines innovative aquatic therapy techniques with surface EMG. Therapists and trainers guide rehabilitation from the information displayed while in the pool.

Future aquatic and land programs are customized from the data derived from the previous pool sessions. *Both sessions will use MyoTrac 3g and AquaSense equipment for the land and pool labs.*

### Applied psychophysiology and muscle pain syndromes

*Richard Gevirtz, Ph.D.*

Over the last 15 years we have pioneered a model to explain the etiology of chronic pain syndromes such as: tension headache, temporo-mandibular disorders, low back pain, arm, wrist and hand pain, and neck/shoulder pain. Using this model we have designed treatment protocols that are proving to be effective with these often difficult to treat patients. In this workshop, I will present the model, evidence of its validity, and treatment protocols (in detail) using psychophysiological techniques to enhance psych-educational and CBT methods.

### Heart Focus: Effective and Affective learning (the HeartMath® approach)

*Kees Blase*

Biofeedback methods are powerful because they enhance self-control of the client, patient student or manager. Biofeedback of heart rate variability (HRV) is one of the newest biofeedback systems, that is effective because of its simplicity and sensitivity in relation to emotions.
Kees Blase, founder of the National Centre for Stressmanagement in the Netherlands, guides you step by step into the physiology of performance and learning, introducing recent brain research and practice in companies and other learning organizations. Kees Blase will introduce the Institute of HeartMath in California, which developed tools to make use of this knowledge to manage clear thinking in emotional and stressful situations.

In this one day workshop ‘Heart Focus’
- you will experience how perception is affected by emotions
- you will understand how the amygdala and emotional brain affect learning
- you will experience peak performance and the difference with frustration and stress
- you will understand the remarkable role of the heart in learning and peak performance.
- you will be trained in Heart Focus method
- you will experience the biofeedback method
- you will be trained in repertoire to reach coherence
- you will learn exercises to enhance coherence
- you will reflect about using Heart Focus in practice in your school, health organization or as human resource activity in business.

In the Netherlands twenty schools are successfully working with the new learning technology, called Heart Focus. Pupils do body exercises and movements, use biofeedback computer games, and play social emotional games. The Heart Focus method has been successful in situations of exams and improves the quality of learning environment in the school, and also in specific situations of children with emotional difficult situations.

In the Netherlands, UK and USA the method of HeartMath Institute in California has been successful in companies like Boeing, Motorola, Shell, Unilever, with police officers, in hospitals with positive effects on productivity, clear thinking and communication and health effects (blood pressure, sleeping patterns, feeling exhausted, anxious and worried). It has been successfully to heal traumas, and emotional effects after situations of violence.

Kees Blase presents a program used by the Dutch National Centre for School improvement and the Institute of HeartMath where you will meet learning theory, school practice, management practice and of course practical tools for your own personal development and learning. Being as well a medical physicist and a trainer human resource management he will show the figures and results, and he will teach the practice of the tools.
ADHD, autistic spectrum or seizure disorder? Differential diagnosis and intervention
Lynda Thompson, Ph.D. & Michael Thompson, MD
This workshop covers the use of the EEG in the differential diagnosis and treatment of combinations of ADHD, Autistic Spectrum Disorders and Seizures. Distinct EEG patterns are found in different clinical conditions. ADHD patterns are characterized by high theta/beta ratios and adults with ADHD also may show high hi-beta/SMR ratios. Autistic spectrum disorders have their own distinct patterns and Asperger’s syndrome differs from Autism. Diagnostic problems emerge because ADHD referrals may also have Asperger’s. Clients referred for either ADHD or Asperger’s may show evidence of an undiagnosed seizure disorder. The individual EEG patterns are helpful for clarifying the diagnosis and also lead to intervention strategies. Participants will: (1). Knowledge: learn the key symptom patterns to assist in the differential diagnosis of Asperger’s, Autism, ADHD (child and adult), and Seizure Disorders; (2). Assessment: be able to recognize characteristic EEG power patterns in the frequency range 2 to 61 Hz (single and dual channel) and in full-cap (19 channel) assessments which may be observed in these disorders in addition to learning how to assess the psychophysiological patterns that reflect stress; (3). Intervention: develop a rational intervention based on this assessment data, which combines elements of neurofeedback, biofeedback and cognitive strategies for an individualized mind-body training programme; and apply and discuss this knowledge during a demonstration of an EEG assessment combined with a stress assessment.

Mind-body medicine for primary care problems
Donald Moss, Ph.D.
This workshop will focus on expanding the scope of clinical practice, by providing mind-body therapeutic interventions for the medically ill patient. Sixty to seventy percent of patients entering the primary care clinic present complaints which would benefit from mind-body intervention. The majority of these patients receive routine medical care, including medical testing, medication, and/or referral to a medical specialist. Those referred to mental health specialists frequently refuse the referral, and become more focused on medical/physical causes and solutions. Yet the same patient populations, in increasing numbers, pay out of pocket for a wide range of complementary and alternative therapies, many with no documented efficacy. This workshop will advocate strategies for integrating behavioral, psychophysiological, and psychosocial therapies into health care. The presenter will briefly review the outcome literature to identify disorders for which mind-body therapies have demonstrated positive efficacy. Specific applications will be discussed which move beyond the bounds of typical psychological practice: diabetes, cardiovascular rehabilitation, irritable bowel syndrome, fibromyalgia, and lupus erythematos. For each of these disorders, mind-body interventions will be reviewed, including biofeedback, neurofeedback, hypnosis, cognitive behavioral therapy, and other relevant interventions. Workshop objectives:
- Attendees will learn categories of medical patients who respond poorly to routine biomedical treatment.
- Attendees will learn which mind-body therapies have been supported by well constructed outcomes research.
- Attendees will learn to recognize and understand specific medical disorders, which have been shown to respond positively to mind-body therapies.
- Attendees will learn through case history material, to understand methods for integrating mainstream medical care with mind-body therapies, in an integrative medicine paradigm.

Achieving peak performance
Henk Kraaijenhof, PT, BA
This workshop provides you with a practical assessment and training for achieving high performance in your personal, professional or sport life. How to chose and use biofeedback modalities, organize, and individualize training programs will be shown. New technologies and tools for maintaining a balanced life while enhancing performance will be discussed.
Biofeedbacktherapie in der multimodalen Behandlung von somatoformen Störungen, Schmerzstörungen, Angst und Tinnitus

Barbara Timmer, Dr.rer.Nat.


Clinical assessment with sEMG: how do muscles function simultaneously?
(part 2 of a 2-day workshop)

Gabriel Sella, MD, MPH, MSc., Ph.D.

Abstract: see Tuesday, February 22nd, 2005.

Biofeedback and self-regulation in the class setting: concept and tools

Daniel Hamiel, Ph.D.

The author have developed with his colleagues a program and tools aimed at enhancing stress management and peak performance in the class setting. The program and the tools are applicable to all grades and different levels and it designed to be delivered by teachers in the class. The program integrates physiological and cognitive-behavioral techniques into a stress management method. The tools are affective in dealing with daily stressors inside and outside of the class. They are positively oriented to the strength of the children in order to enhance their performances. The theoretical background will be reviewed with an emphasis on practicing the tools. Stress management techniques for children in general will be taught with specific attention to group work, including a demonstration of the techniques with and without biofeedback. The purpose of this workshop is to give the practitioner the ability to actually perform the tools in his own setting, and in general with groups of children. The workshop is designed for school counselors, educational psychologists, educators and teachers.

Improve clinical success: the art and challenge of being a successful biofeedback therapist (part 2 of a 2-day workshop)

Erik Peper, Ph.D. & Monika Fuhs, Mag.rer.nat., Dipl.Psych.

Abstract see Tuesday, February 22nd, 2005.

Content of day 2 of this workshop: Clinical applications and training that includes role play, group work and self-experience/practice with biofeedback and creative approaches for clinical problems that range from headaches, chronic pain, and anxiety. It incorporates case supervision adapted for the participants' clinical needs. It includes opportunity for exchange of experiences, questions, and gives ideas for cases and possibly offers one real client the chance to show up for treatment.

Physiotherapy treatment of sexual pain disorders

Talli Rosenbaum, PT

Cancelled
sEMG & EEG: applying these techniques in the assessment & treatment of fibromyalgia

*Stuart Donaldson, Ph.D.*

This one-day workshop will start with a discussion of the neurophysiological basis of fibromyalgia. It will then feature evaluation procedures using SEMG techniques and EEG neurotherapy techniques. The final part of the workshop will be dedicated to using the evaluation data to design treatment programs. Discussion will also include some of the roadblocks to successful treatment including medications, psychological problems and the lack of appropriate resources. This workshop is designed for the clinician who wants to use biofeedback procedures in treating this complex problem.

Biofeedback applications for restoring function after central nervous system damage: implications from the neuro and behavioural sciences

*Bernard Brucker, Ph.D., ABPP*

In the last ten years there have been significant discoveries in both the neuro and behavioral sciences relating to plasticity of the central nervous system. It is now known that trauma and disease can lead to various different types of central nervous system damage, not only cell destruction, but also some types of cell damage that is repairable over time. It has also been discovered that specific behavioral techniques can result in more efficient use of remaining and repairing central nervous system cells after damage which heretofore was thought not to be possible. This neuro networking is now known to be much more extensive than previously thought and can account for significant functional recovery after central nervous system cell damage. This presentation will provide information on some of the more recent findings in the neuro and behavioral sciences and their implication for restoring function after central nervous system damage. Specifically, the role of learning procedures such as operant conditioning and biofeedback to restore motor function in patients with long term brain and spinal cord damage from trauma and disease. This presentation will include recent theoretical thinking, data from clinical research and specific clinical applications of operant conditioning based biofeedback procedures for restoring motor function after central nervous system damage in patients with strokes, brain injuries, Cerebral Palsy and spinal cord injuries. Also, this presentation will address important variables for successful assessment and treatment in these types of patients. Further, implications of current basic science research on neurotrophic agents and cell transplants will be discussed.
The BFE scientific program features lectures, symposia, paper sessions, and poster presentations. The BFE scientific program will begin on the evening of February 23rd, and continue all day February 24th. The official language of the BFE scientific program is English.

**Scientific Program Themes**

BFE Scientific Program Themes will include virtually every aspect of biofeedback from the latest research to the clinical practice. The themes and (preliminary) presenters are:

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<td>Howard Glazer</td>
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<td>Somatic Disorders / Chronic Pain &amp; Muscle Rehabilitation</td>
<td>Frank Andrasik, Licia Grazzi, Gabriel Sella, Hans Bogaardt, Fabian Kohler, Lyudmila Chernikova</td>
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<td>Stress and Pain Management with Children and Adolescents</td>
<td>Daniel Hamiel, Kees Blase, Ingrid Pirker-Binder, Olga Jafarova, Licia Grazzi, Tatjana Zorcce</td>
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<td>How does Neurofeedback change the Brain?</td>
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<td>New Developments in understanding the Physiological and Functional Implications of EEG</td>
<td>Vietta S. Wilson, Henk Kraaijenhof, Mark Griffiths, Valeri Tristan, Rien Breteler, Olga Grebneva</td>
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<td>Sports Medicine &amp; Peak Performance</td>
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<td>Biofeedback and Beyond: Complementary Methods and Skills to enhance Success</td>
<td>Richard Gevirtz, Donald Moss, Paul Lehrer, Kees Blase</td>
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<td>Heart Rate Variability Biofeedback: Emotions and the Heart</td>
<td>Erik Peper, Silke Jahr, Ingrid Pirker-Binder, Stuart Donaldson</td>
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<td>Dysphagia</td>
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QEEG evaluation and neurofeedback strategies and outcomes in the treatment of epilepsy and traumatic brain injury (part 1 of a 2-day workshop)

M. Barry Sterman, Ph.D.

Causes and manifestations of epilepsy
- Definition of epilepsy
- Ideopathic, symptomatic, and cryptogenic origins
- Age distribution
- Types of epilepsies
- Basic mechanisms
- Triggering events
- Pharmacologic treatment

Review of neurofeedback applications to epilepsy
- Cat studies: discovery of the SMR
- Physiological changes associated with SMR training
- Potential therapeutic mechanisms

Review of neurofeedback applications to transient brain injury
- Strategies
- QEEG findings
- Behavioral findings

Treatment issues
- Evaluation of case history and medical records
- Quantitative EEG contributions
- Dealing with medications
- Follow-up

Summary and conclusions

Advanced topics in QEEG (part 1 of a 2-day workshop)

Jay Gunkelman, QEEGD

The content of this advanced neurofeedback workshop will be cases which demonstrate the dynamics and generators of the EEG, as well as the use of EP/ERP data integrated with EEG in two cases. The electro-physiological basis of the mind/brain/consciousness will be covered, and there will be time for EEG/QEEG cases which are brought by participants to be reviewed.

High performance & rapid recovery

Vietta S. Wilson, Ph.D.

Learn skills that are essential for enhancing Olympic athletes and will work just as effectively for medical and psychological clients who need consistent high performance, typically under stress or time pressure. This workshop will not only tell you what to do but let you leave knowing how to do it. You will learn how to use the latest psychophysiological assessment and training technology for high performance and rapid recovery. Assessment and exercises for those without psychophysiological equipment will also be covered. Mental skill training techniques such as imagery, specific goal setting, intention and attention are covered. The workshop is ideal for coaches, sports psychologists, athletic/physical therapists, counselors and educators helping their clients to maintain health while maximizing performance. This approach is extremely useful for any person who tends to somatize and/or is less aware of psychological co-factors.
Morning:
Lecture ‘Model of enhanced performance & recovery’
Demonstration – Psychophysiological Profile
Skills based on profile task analysis
Goal setting, perception, intention/attention specificity, motivation, performance
Body control: blood flow, 6br/min, scan
Imagery for blood flow, performance, recovery

Afternoon:
Mind control: goal setting, intention/attention exercises, log books, self talk
EEG: attention training

Neurofeedback für Fortgeschrittene – German language
Wolfgang Keeser

sEMG assessment and feedback training in physical medicine and rehabilitation (part 1 of a 2-day workshop)
Glenn Kasman, PT, MS
Physical medicine practitioners routinely assess muscle activity while working with patients with chronic pain, musculoskeletal impairments, or neurological dysfunction. Surface electromyography (sEMG) offers a non-invasive, painless means of taking much of the guesswork out of assessing muscle activity. The sEMG display also makes for a rich source of motor learning cues for patients. This feedback helps patients learn to relax overly tense muscles, better activate weak muscles, or change the coordination pattern of agonists, antagonists, and synergists. Participants will learn specific assessment procedures and interventions in this two day program. sEMG will be used adjunctively to identify and treat particular clinical syndromes involving imbalanced muscle activity. Applications cover a broad scope of situations including athletic injury, repetitive strain and worker injury, injury due to motor vehicle accident, chronic pain management, neurological impairments, and other problems. The program includes lecture, demonstration, and hands-on laboratory experiences. The emphasis is on practical skills and clinical experience with sEMG.

DAY 1 AGENDA
Methodological Issues of sEMG
• Ability to Isolate Muscle Activity
• Effects of Subcutaneous Adipose
• EMG vs. Force Measurement
• Data Management
• Normalization, Comparing sEMG Values Across Muscles and Patients

Laboratory Practice – Kinesiologic Problem Solving with sEMG
Surface EMG Assessment Techniques
• Assessment Algorithm
• Psychophysiological Stress Profile
• Postural and Movement Profiles
• Using sEMG Evaluation to Drive Treatment Planning & Feedback Training
Laboratory Practice – sEMG Patient Assessment

Motor Learning Principles and Surface EMG Feedback Training
- Understanding Motor Learning and the Role of EMG Biofeedback
- Setting patients up for Success
- General Training Strategies

Laboratory Practice – Setting Patients Up For Success During sEMG Feedback Training

Question & Answer, Learner Assessment

Note: Attendees are requested to bring shorts and T-shirt for lab sessions.

Improving self-regulation and treatment of psychosomatic disorders
(part 1 of a 2-day workshop)
Jan van Dixhoorn, MD, Ph.D. – Morning session
Nicole Vandeweghe – Afternoon session

Strategies for internal self-regulation Jan van Dixhoorn, MD, Ph.D.
Participants in this workshop will learn some of the procedures that can introduce concrete changes in posture, breathing, attention, body and mood. The same instruction can elicit different changes in different individuals, and these differences will be discussed in detail. From this greater understanding of individual differences, ways to find effective strategies for self-regulation will be represented. Participants will learn how to select those procedures that provide meaningful feedback for themselves or their clients.

A practical exploration of biofeedback apparatus and the ‘Sofrologie’ technique Nicole Vandeweghe
- Introduction in biofeedback and the ‘Sofrologie’ technique.
- Results of biofeedback in the treatment of clients with psychosomatic disorders like insomnia, burnout, hypertension, tension headache, chronic pain, migraine headache, anxiety, respiratory dysfunctions, concentration loss, cognitive behavioural problems, paralysis, childhood-related problems, self-image problems. Therapeutic modalities: biofeedback, stress management, communication, assertiveness training, teambuilding and improving leadership.
- Scientific results of biofeedback applications in stress management.
- Biofeedback and stress at the workplace: measuring the causes of stress, managing the negative effects of stress, balance of work – personal life.

HRV and RSA biofeedback: backgrounds, physiology and clinical applications
(part 1 of a 2-day workshop)
Richard Gevirtz, Ph.D. & Paul Lehrer, Ph.D.
This workshop will introduce participants to cardiac variability, the complex patterns of oscillation that comprise it, interpretation of various rhythms, and effects of biofeedback for amplifying respiratory sinus arrhythmia (RSA). In the first day of the workshop, we will show how heart rate variability can be maximized by breathing at the cardiovascular system’s resonant frequency. We will show participants how to find the resonant frequency and how to perform heart rate variability biofeedback. We will show how this method can improve homeostatic capacities, and enhance resistance to functional illness. Experiential and applied exercises will be done, and treatment manuals and applications to autonomic and emotional dysfunction will be discussed. Resonance mechanisms will be explained. We will discuss communalities with other mind-body interventions, including meditative and spiritual practices both East and West. Participants will learn to detect their own resonant frequencies, and to enhance their own heart rate variability. In the second day of the workshop, we will discuss known and potential applications of heart rate variability biofeedback to enhancing human performance, and to respiratory, cardiovascular, and emotional diseases and various pain conditions. Prerequisites: a knowledge of the autonomic nervous system and some familiarity with biofeedback. Participants will learn:
1. The various known oscillations in heart rate, their link with breathing, and known physiological mediators.
2. The theoretical links between the body’s homeostatic capacity and both the complexity and amplitude of these oscillations; and data supporting these theories.
3. The differing resonant frequencies for heart rate and blood pressure; and how these mediate heart rate variability biofeedback, and affect baroreflex activity.
4. Procedures for finding your own resonant frequency and performing heart rate variability biofeedback.
5. Using available hardware and software.
6. Applications to improving human performance and treating physical and emotional disease.

**Chronic lower urogenital tract pain and sexual disorders**
*part 1 of a 2-day workshop*

*Howard Glazer, Ph.D.*

This workshop provides a critical overview of how sEMG technology fits into the contemporary range of surgical, behavioral, and a pharmacological therapy for vulvovaginal pain and teaches how to use a standard sEMG evaluation using the Glazer protocol for vulvovaginal pain, within empirically supported guidelines. On completion of the 2-day workshop, participants will be able to collect data to be used in the development of a database of sEMG values for pelvic floor dysfunctions. The emphasis is on practical skills and clinical decision-making using sEMG. No prior experience in sEMG is required.

**Behavioral assessment and treatment of recurrent headache**

*Frank Andrasik, Ph.D.*

This workshop focuses on a number of issues pertinent to assessing and treating recurrent primary headaches disorders. Assessment issues will focus on recent revisions to the International Classification of Headache Disorders-II, varied ways to assess both process and outcome of behavioral treatment, and a summary of key points in the recently proposed guidelines for conducting clinical trials prepared by the American Headache Society. Topics addressed pertinent to treatment include the following: a brief review of the history and development of the most common behavioral treatment approaches (EMG and temperature biofeedback-assisted relaxation (EMG, relaxation therapy itself, and cognitive behavior therapy); a detailed examination of the evidence base for these behavioral approaches, including consideration of efficacy (and their strengths and weaknesses) and meta-analytic reviews; discussion of various alternative approaches (other than the 1 to 1, in office, 50-minute hour approach) for delivering behavioral treatments (limited contact, group administration, administration by paraprofessionals, mass communication, and web-based); discussion of certain headache types that have been shown to be particularly difficult to treat (medication overuse headache, cluster headache, posttraumatic headache, menstrual migraine, chronic daily headache, and headache associated with comorbidities); special considerations when applying these treatments to children; and a brief review of lesser studied, but more specific biofeedback approaches to headache management, including neurotherapy and blood flow (both intra- and extra-cranial).

**Healing your mind, body and soul**

*Mitsumasa Kawakami, Yogi, Healer*

The workshop focuses on the awareness of the correlation of mind, body and spirit through practicing Kundalini Yoga. The workshop focuses on yoga practices, Kundalini Yoga healing and Höömi vocalization techniques and breathing methods that may promote health and well being. These concepts and practices is part of the foundation that allowed Mr. Kawakami to demonstrate voluntary pain control at the 2002 AAPB meeting. This course is designed for therapists and educators interested in incorporating healing approaches derived from Kundalini Yoga. Course Objectives:
- to learn breathing methods to interconnect mind, body and consciousness derived from a Kundalini Yoga perspective
- to practice Höömi vocalization technique to promote self-healing and reduce pain
- to practice and learn about meditation techniques that facilitate self-awareness
- to learn a specific Kundalini Yoga healing method
- to understand a Yogic model of subconscious/super subconscious psychology, mental philosophy and breathing method
QEEG evaluation and neurofeedback strategies and outcomes in the treatment of epilepsy and traumatic brain injury (part 2 of a 2-day workshop)
M. Barry Sterman, Ph.D.

Advanced topics in QEEG (part 2 of a 2-day workshop)
Jay Gunkelman, QEEGD

Stress management for professionals
Vietta S. Wilson, Ph.D.
Learn how to use stress protocols and coaching and therapeutic skills that will focus on biofeedback-assisted relaxation techniques to accompany control of muscles, blood flow, respiration, and cogmotions (thoughts and feelings). The techniques include brief and deep relaxation methods for breathing, muscle control, blood flow, and emotional release. These techniques can then be practiced and used at home and in the workplace with or without biofeedback equipment. Participants will see a demonstration and interpretation of stress levels using the latest stress protocol technology. The workshop is particularly valuable for health professionals but also applies to other professionals from executives to elite performers. The workshop offers a series of pragmatic tools that the clinician can directly incorporate with their clients to reverse illness and mobilize health.

Morning:
I. Introduction, purpose, guidelines
II. Preparation of the instructor
   - Professional conduct ethics and standards, advertising, evaluation cautions
   - Teaching biofeedback assisted relaxation skills
   - Model ‘brief vs deep’
   - Preparation prior to the first session, during the session & after the session
III. Preparation of the Environment
   - Room, lighting, equipment

How To skills will be presented and practiced by the group
How to assess breathing, with and without RSA
Exercises for breathing control
How to assess muscle tension, with and without EMG
Exercises for muscle control
How to assess and teach blood flow, with & without temperature biofeedback

Afternoon:
IV. Preparation of the group or individual
   - Purpose for attending, expectations, medical or psychological disorders,
   - Attitudes, guidelines for maximizing success, homework guidelines
V. Cogmotions: controlling thoughts and feelings
   - Release-park it, forgiveness
   - Relabel, job requirements
   - Refocus
How To skills will be presented and practiced by the group
Autogenic standard exercise with and without EDA
Self talk for intention and attention
Imagery with and without EEG
Power Hour

VI Special Situations
   Insomnia
   Performance Enhancement

A practical guide for alpha-theta training (Morning session)
Knut Berndorfer, Dr.rer.nat.
This ½ day workshop will give an introduction for Alpha-theta training. It will discuss the history, the rationale for its
efficacy and the different applications in the therapeutic setting and for developing creativity and intuitive knowledge.
The main focus will be practical: looking at the principles of theta induction, the technique, running a session,
explication of experience and evaluation of data. The practical work will be based on the new Biograph Infiniti
software from Thought Technology.

Bio- und Neurofeedback bei Schlafstörungen (Afternoon session)
Lothar Niepoth, Dipl.Psych.
Eines der spannendsten Gebiete der Biofeedbackbehandlung ist die Behandlung von Insomnien. Diese nehmen in
den letzten Jahren immer mehr zu, zudem haben neuere wissenschaftliche Erkenntnisse eine verbesserte
Behandlung dieser Störungen ermöglicht. Andererseits ist ein genaues Wissen um physiologische Grundlagen und
Diagnostik nötig. Zusätzlich zur Standardbehandlung bei Insomnien, die in Grundzügen vermittelt wird, wird
Biofeedbackbehandlung und EEG-Training bei psychophysiologischen Insomnien vorgestellt und eingewölbft,
insbesondere soll auf mögliche Schwierigkeiten bei Patienten eingegangen und eine Integration in ein
Gesamtbehandlungskonzept ermöglicht werden.

sEMG assessment and feedback training in physical medicine and rehabilitation
(part 2 of a 2-day workshop)
Glenn Kasman, PT, MS
Physical medicine practitioners routinely assess muscle activity while working with patients with chronic pain,
musculoskeletal impairments, or neurological dysfunction. Surface electromyography (sEMG) offers a non-invasive,
painless means of taking much of the guesswork out of assessing muscle activity. The sEMG display also makes for
a rich source of motor learning cues for patients. This feedback helps patients learn to relax overly tense muscles,
better activate weak muscles, or change the coordination pattern of agonists, antagonists, and synergists.
Participants will learn specific assessment procedures and interventions in this two day program. sEMG will be used
adjunctively to identify and treat particular clinical syndromes involving imbalanced muscle activity. Applications cover
a broad scope of situations including athletic injury, repetitive strain and worker injury, injury due to motor vehicle
accident, chronic pain management, neurological impairments, and other problems. The program includes lecture,
demonstration, and hands-on laboratory experiences. The emphasis is on practical skills and clinical experience with
sEMG.

DAY 2 AGENDA
Specific Feedback Training Techniques For:
- Downtraining/Relaxation Training
- Uptraining/Coordination Training
- Postural Retraining
- Increasing Proprioceptive-Motor Integration
- Functional Activities Re-training
Laboratory Practice - Surface EMG Feedback Training
Specific Musculoskeletal Applications

- Tension-Type Headaches
- Temporomandibular /dysfunction
- Myofacial Pain Syndromes
- Cervical Dysfunction – general neck pain, whiplash, overuse syndromes
- Shoulder Girdle Dysfunction – impingement, instability, scapular pain syndromes
- Forearm and Wrist Dysfunction – epicondylitis, distal overuse syndromes

Laboratory Practice - Specific Applications I

- Lower Back Dysfunction – chronic low back pain, abdominal muscle patterns
- Hip Dysfunction – lateral and posterior hip pain syndromes
- Knee Dysfunction – general knee, patellofemoral, anterior cruciate ligament dysfunction

Laboratory Practice - Specific Applications II

Next Steps to continue skill development

Question & Answer, Learner Assessment

Note: Attendees are requested to bring shorts and T-shirt for lab sessions.

Improving self-regulation and treatment of psychosomatic disorders
(part 2 of a 2-day workshop)
Jan van Dixhoorn, MD, Ph.D. – Morning session
Nicole Vandeweghe – Afternoon session

HRV and RSA biofeedback: backgrounds, physiology and clinical applications
(part 2 of a 2-day workshop)
Richard Gevirtz, Ph.D. & Paul Lehrer, Ph.D.

Chronic lower urogenital tract pain and sexual disorders
(part 2 of a 2-day workshop)
Howard Glazer, Ph.D.

The physiology of Audio-Visual Entrainment (Workshop 1, morning)
David Siever, C.E.T.

Since the discovery of photic driving by Adrian and Matthews in 1934, much has been discovered about the benefits of brainwave entrainment (BWE) or audio-visual entrainment (AVE) as it is commonly known today. The first clinical applications of AVE are the credit of Sidney Schneider who developed the first photic stimulation device called the Brain Wave Synchronizer in 1958 and prompted the first research (Kroger and Schneider). AVE affects cerebral blood flow, neurotransmitters, dissociative states and brainwave activity. All of the research that forms the principles of AVE (as outlined in Audio-visual Entrainment, Part 1, in Biofeedback Magazine) will be presented in this exceptional workshop.

Research on the effectiveness of AVE in promoting relaxation, cognition and hypnotic induction, treating ADD, PMS, SAD, PTSD, migraine headache, chronic pain, anxiety, depression and hypertension is now available. This research will be reviewed in detail, including the most recent studies. The physiological and/or psychological aspects of the treatment will be explained. We will also examine the physiological and psychological rules surrounding AVE which are necessary to make it an effective and enjoyable experience. Techniques and clinical results of merging these technologies will be presented, including pre-post brain maps on the Skill database and heart-rate variability outcomes on the FreezeFramer.
Treatment protocols and operation of the DAVID Audio-Visual Entrainment systems (Workshop 2, afternoon)
This workshop covers technical operation of the DAVID systems and considerations of using AVE with clients. This course includes treatment protocols (in the DAVID Paradise XL) for insomnia, chronic fatigue, fibromyalgia, trauma, anxiety, depression, seasonal affective disorder, ADD, ADHD and cognitive disorders. Many clinicians own and use the Paradise XL, XL+ and TC systems and would like to learn how to program them. We will learn to program on the XL Editor so that clinicians may learn how to design sessions for their clients. Software with the latest protocols will be given to those with older ParadiseXL, XL+ and TC systems. The ‘Protocol Guide’ will be available free of charge. To date, several thousand psychologists have acquired the DAVID Audio-Visual Entrainment (AVE) devices for both personal and professional use. However, many clinicians don’t utilize the full functionality of their DAVID systems. Nor have there been a written set of established guidelines to help guide clinicians select the appropriate protocols for treating the various conditions and dysfunctions sustained by their clients. Bring your DAVID Paradise and your laptop and experience this one-of-a-kind, hallmark workshop.

Trauma & Post Traumatic Stress: a comprehensive neurofeedback-based approach to healing that really works
Lynda Kirk, MA, LPC, BCIA-C, QEEGT

Cancelled
Andrasik (Frank), Ph.D.
Dr. Andrasik received his doctorate in Clinical Psychology from Ohio University in 1979. He then joined the Psychology Faculty of the State University of New York at Albany (SUNYA) where he also held the positions of Research Associate Professor in the Department of Neurology and Adjunct Associate Professor in the Department of Family Practice at Albany Medical College. At SUNYA he assisted in establishing and directing a clinical research unit (Stress Disorders Clinic of the Center for Stress and Anxiety Disorders) investigating both pharmacological and non-pharmacological approaches to varied stress and pain problems. Upon departing SUNYA, he served as Associate Director for Pain Therapy Centers in Greenville, SC, where he managed multidisciplinary pain treatment programs at various hospital sites. He presently holds the positions of Senior Research Scientist at the Institute for Human and Machine Cognition and Professor of Psychology at The University of West Florida. He was the 1992 recipient of the Association for Applied Psychophysiology and Biofeedback's Merit Award for Long-Term Research and/or Clinical Achievements, and the 2002 recipient of AAPB's Distinguished Scientist Award. Dr. Andrasik is currently serving as Editor-in-Chief for Applied Psychophysiology and Biofeedback, having served as past Editor-in-Chief for Behavior Therapy and as Associate Editor for Behavior Therapy and Biofeedback and Self-Regulation. He was serving as President of the Association for Applied Psychophysiology and Biofeedback in 1993-1994. He chaired the Task Force on Biofeedback Treatment of Tension Headache for this same organization. Dr. Andrasik has published approximately 170 articles and chapters and has delivered nearly 400 talks on the topics of pain, stress, biofeedback, psychiatry, and organizational behavior management; he has also produced several texts for professionals. His most recent text, published in 2003, is Biofeedback: A practitioner’s guide (3rd ed.), co-edited with Mark S. Schwartz. He frequently lectures and presents workshops on these topics. Finally, Dr. Andrasik remains active clinically. He is licensed as a psychologist and has maintained a private practice since 1982, and regularly consults to various agencies.

Berndorfer (Knut), Dr.rer.nat.
Knut Berndorfer received his degree in physics at Universities in Vienna and Munich. Starting from Quantum physics he has a long standing involvement in consciousness research and the unfoldment of human potential. He works with Biofeedback since 1987. For many years he was secretary and trainer for the Austrian Society of Biofeedback and Psychophysiology. He performed a research study for alcoholics in recovery in a major therapy centre in Austria using alpha-theta training. He works with biofeedback in free practice and for organizations in the field of Stressmanagement & Community Building. He’s a member of the Centre for Knowledge Management at the University in Linz/Austria.

Blase (Kees)
Kees Blase studied Medical Physics and Social Sciences at the University of Utrecht. As a co-creator and founder of several organizations, for instance the National Centre for Stressmanagement in the Netherlands he is always building bridges between science and society, eastern and western wisdom, music and management, neurocardiology and biofeedback tools in schools. He wrote more than ten books (Vitality in education, Self-management) and many training programs (Inspirational School Policy, Authentic Leadership). Since 2000 he is leading the project of heart-brain schools in the Netherlands in cooperation with the Institute of HeartMath and one of the partners of HeartMath Netherlands. He is international trainer and keynote speaker on self-esteem, sustainable partnerships and emotional management in learning and peak-performance, in UK, Germany, Albania, Hungary, Croatia and Belgium, and is attracted by reconciliation processes in war affected areas.

Brucker (Bernard), Ph.D., ABPP
Dr. Bernard S. Brucker is Associate Professor in the Departments of Psychiatry and Behavioral Sciences, Orthopaedics and Rehabilitation and Radiology at the University of Miami School of Medicine. He is a psychologist who has been a leader in the field of rehabilitation and is currently Chief of the Division of Psychology and Director of
the Biofeedback Laboratory at the University of Miami/Jackson Memorial Medical Center. He is the Past President of
the Division of Rehabilitation Psychology of the American Psychological Association and the recent Past Chairman of
the Brain and Spinal Cord Injury Advisory Council for the State of Florida. Dr. Brucker is currently President of the
American Board of Rehabilitation Psychology, Member of the Board, American Board of Professional Psychology,
Past Vice President of the Florida Brain Injury Association and Past Board Member of the Association of Applied
Psychophysiology and Biofeedback. Dr. Brucker has received the Gil Moss Award from the National Spinal Cord
Injury Association for outstanding scientific and clinical contribution to spinal cord injury, the Exceptional Achievement
Award, from the Institute of Electrical and Electronics Engineers, for microprocessor control of movement in
paralyzed muscle, the Lifetime Achievement Award from the Dade County Chapter of the Florida Psychological
Association, the Distinguished Service Award, Division of Rehabilitation, American Psychological Association and the
Karl F. Heiser Presidential Award from the American Psychological Association. Dr. Brucker is one of the founders,
and the original Co-Director of the Miami Project to Cure Paralysis. He is world renowned for developing specific
behavioral procedures for restoring function in people with physical disabilities and has numerous publications,
chapters, and presentations at scientific meetings.

Dixhoorn (Jan van), MD, Ph.D.
Dr. Jan van Dixhoorn studied medicine (1977) and did a cum laude dissertation (Ph.D.) in 1991 on breath relaxation
for cardiac patients. He is part time associated with Kennemer Hospital in Haarlem, The Netherlands, where he
directed one of the first biofeedback clinics in the country and is now medical head of the cardiac rehabilitation unit.
He has a private practice in Amersfoort and directs a three-year long postgraduate course in breathing and relaxation
therapy. He is co-author of a book on breathing therapy (1979), now in its 9th printing, and author of a professional

Donaldson (Stuart), Ph.D.
Stuart Donaldson received his Ph.D. from the University of Calgary in 1989. His doctoral work was on the relationship
of muscle activity as measured by surface electromyographic (SEMG) techniques to chronic pain. He has utilized
SEMG in studying myofascial pain, and fibromyalgia. Unique in the psychophysiology field he has also studied qEEG
and brainwave activity combining SEMG with EEG biofeedback producing a comprehensive theory involving neural
plasticity and fibromyalgia. He has published extensively on both myofascial pain syndromes and fibromyalgia.
In 1995 he won the American Journal of Pain Management Award entitled ‘The Outstanding Contribution to the
Interdisciplinary Pain Management Literature’ for his work on SEMG, neck pain and headaches. Stuart continues to
travel and lecture extensively throughout North America. He is presently Director of Myosymmetries – Calgary, an
Adjunct Associate Professor in Applied Psychology at the University of Calgary and reviewer for several journals.

Fuhs (Monika), Mag.rer.nat., Dipl.Psych.
Studied Psychology at the University of Vienna, worked at the Neuropsychiatric station for children of the Vienna
AKH for many years as well as doing a study about kids and development of language for the Vienna Academy of
science. Board member of the ÖBfP (Österreichische Gesellschaft für Biofeedback und Psychophysiologie), editor of
the new BFE Journal ‘Psychophysiology Today’, author of articles with Erik Peper, Co- Director and project manager
of Work solutions for the “Healthy Computing and prevention at the worksite” program, lecturing of numerous
workshops in the fields of Biofeedback in Europe, Founder and Director of the Holistic Learning Institute. Monika
Fuhs is a licensed teacher and trainer for dyslexia and perception problems (ReLeMaKo) and brain friendly learning.
She teaches workshops in the fields of stress management, Holistic Health, Healthy Computing and optimum human
functioning with Erik Peper and brain management and brain friendly teaching and learning in different schools,
workshops for stress management and success for kids as well as leading a private practice for kids and adults.
Her main interests focus on mind body medicine and what it takes to make people change and how biofeedback and
related therapies can help to make this process as successful as possible.

Fuller (Ron), PTA, BA
Ron Fuller, PTA, BA is a physical therapy assistant and the national aquatic specialist for HealthSouth Corporation.
He practices at HealthSouth Rehabilitation Hospital in Concord, New Hampshire. He is an adjunct faculty at several
colleges where he teaches aquatic therapy and advanced orthopaedic conditions to PT and PTA students. He is on the teaching faculty of Aquatic Consultants of Georgia (ACOG). He has authored several articles on aquatic rehabilitation and aquatic biofeedback. He lectures nationally and internationally on aquatic therapy for orthopaedic conditions and the use of aquatic biofeedback in the treatment of upper and lower extremity conditions.

**Gevirtz (Richard), Ph.D.**
Richard Gevirtz, Ph.D. is a Professor of Psychology at the California School of Professional Psychology at Alliant International University in San Diego. His research and practice in recent years has focused on psychophysiological mechanisms and treatment of disorders affected by the autonomic nervous system, such as IBS, Non-Cardiac Chest Pain, TMD, Headache, and other muscle pain syndromes. He is the author of numerous articles and chapters.

**Glazer (Howard), Ph.D.**
Howard I. Glazer, Ph.D. is a Clinical Associate Professor of Psychology in Psychiatry and in Obstetrics and Gynecology at Cornell University Medical College/New York Presbyterian Hospital. He specializes in the use of electromyographic feedback (biofeedback) for the rehabilitation of pelvic floor musculature in the treatment of a broad range of urologic and gynecological conditions such as urinary stress incontinence, urge incontinence, detrusor instability, interstitial cystitis, coccydynia, prostatodynia, urethral syndrome, vulvodynia/vestibulitis and other pelvic pain syndromes. Dr. Glazer provides individual clinical services, training workshops, and in-office specialty training. His research into the treatment of vulvodynia has been published in the Journal of Reproductive Medicine and other academic, professional and popular journals. Information on his work can be found at www.vulvodynia.com.

**Gunkelman (Jay), QEEGD**
Jay entered the field of biofeedback in 1972, co-founding the first state hospital based biofeedback lab in the USA. Jay is an executive officer of the Board of Directors of AAPB, and is a past president of iSNR. He is currently the Executive Vice President of Q-Metrx.com, a company which specializes in EEG/qEEG analysis, as well as Polysomnography. He has lectured on the brain’s anatomy and physiology, and the EEG/qEEG world-wide.

**Hamiel (Daniel), Ph.D.**
Daniel Hamiel, Ph.D. is head of the Cognitive-Behavioral and Psychophysiological unit, Tel-Aviv Mental Health Center, Tel-Aviv University, Medical School. Director of Cognitive-Behavioral Intervention, the Cohen Harris Center for Trauma and Disaster Intervention. He is a clinical psychologist, certified in biofeedback (BCIA), neurofeedback, and in hypnosis. Past president of the Israeli Association of Biofeedback, he teaches workshops on cognitive psychology and biofeedback in many countries. He was in a clinical practice in Cincinnati, Ohio from 1992-1995. Currently, Dr. Hamiel is involved in developing and performing a stress management program in schools in Israel and in New York City, for schools that have suffered terror attacks.

**Kasman (Glenn), PT, MS**
Glenn Kasman, P.T., M.S., serves as Director of Physical Therapy at Good Samaritan Community Healthcare, located near Seattle, Washington, USA. He oversees department divisions for acute hospital care, inpatient and outpatient rehabilitation, work injury prevention and rehabilitation, and multiple outpatient musculoskeletal care clinics. He is also a member of the clinical faculty at the University of Washington and has been an officer for administrative and reimbursement sections of professional associations, a member of the board of the Surface EMG Society of North America, and member of other clinical advisory and editorial boards. He has published work in neurophysiology, surface EMG evaluation and feedback training, including a two-volume textbook series on uses of EMG with chronic pain, athletic injury, orthopedic rehabilitation and cumulative trauma. He lectures internationally and regularly conducts seminars for clinicians.

**Kawakami (Mitsumasa), Yogi, Healer**
Mr. Mitsumasa Kawakami, Chairman of International Conference for Philosophy of the Mind, Principal of Japan Yoga Meditation etc. Awarded title of Yoga Samrat (King of Yoga) in 1983 by the Indian Yoga Culture Association. He has provided guidance to thousands clients during his 30 years as a Healer.
Keeser (Wolfgang), Ph.D.
Wolfgang Keeser, Ph.D. started with Biofeedback 1974 at the EEG department of the Max-Planck-Institute for Psychiatry Munich, where he was a post graduate fellow (1974-1977). Later positions were Research fellow at the Research Center for Psychotherapy (1977-1978). From 1978-1985 he was assistant professor for Medical Psychology at the University Munich. He is a Licensed Clinical Psychologist (Behavior Therapy) and accredited supervisor. He was Co-founder of the German Biofeedback Society (DGBFB) and their first vice president. He is a board member of the European chapter of the International Society for Neural Regulation and a member of the Advisory Board of the Biofeedback Foundation of Europe (BFE), a member of the American Psychological Association (APA), New York Academy of Science, the EEG and Clinical Neuroscience Society (ECNS). He has published more than 30 publications in peer-reviewed journals, several book chapters and was editor of a major book on Pain. He started Neurofeedback 1993 at the Key West Winter Brain Conference and was trained among others by Martin Wuttke, Les Fehmi, Joe and Judit Lubar and Sue and Sigfried Othmer, Len Ochs, Barry Sterman and Robert Thatcher.

Kraaijenhof (Henk), PT, BA
Henk Kraaijenhof, PT, BA, is a performance consultant to international elite athletes in athletics, speed-skating, volleyball, bob sleigh, triathlon, fencing, archery, swimming, tennis, handball and soccer. He has coached individuals and teams to national success in Olympic and world level competition. He is currently technical director of Nemesis BV, a company that develops and sells hi-tech training and measuring systems for sports in the Netherlands. He has published work in performance, training systems and protocols for elite athletes. He lectures internationally and has chaired and presented at international congresses in Spain, Italy, Hungary, Norway, Sweden, Belgium, and Switzerland. He has conducted research in the development and application of scientific training systems for elite athletes and has been involved in scientific research projects in human sports performance in Norway, Estonia, Italy and the Netherlands.

Kroymann (Rainer), PT, BA

Lehrer (Paul), Ph.D.
Paul Lehrer, Ph.D. is Professor of Psychiatry, at the University of Medicine & Dentistry of New Jersey (UMDNJ) Robert Wood Johnson Medical School, and Director, UMDNJ Center for Stress Management and Behavioral Medicine. He is Past President of the Section for Applied Respiratory Psychophysiology, of the AAPB and of the Biofeedback Society of New Jersey and Past Member of the Board of Trustees, AAPB and BCIA. Dr. Lehrer has over 90 publications in the fields of psychophysiology, biofeedback, and behavior therapy. He is co-editor of the widely used text, Principles and Practice of Stress Management. Dr. Lehrer has been studying HRV and HRV biofeedback for the past 15 years. He currently is the recipient of a grant to perform a controlled trial of HRV biofeedback for treatment of asthma, from the National Institutes of Health, Heart Lung and Blood Institute. He has given previous lectures and workshops on this topic throughout the world, including recent presentations at the Association for Applied Psychophysiology and Biofeedback, the American Thoracic Society, and the International Society for Applied Respiratory Psychophysiology.
Matto (Daniëlle)
Daniëlle M. Matto is a certified clinical psychologist and child psychologist with interest in neuropsychology and biofeedback. Her research interest has been attention and memory. Since 1991, she has been treating patients suffering from seasonal affective disorder with light therapy. In addition to her clinical practice, she has trained psychologists, physical therapists and clinicians in the use of biofeedback. Currently she works as a psychologist, treating people with workrelated physical and mental problems, like RSI and Stress. In her work she uses biofeedback and behavioral therapy. She is the Senior Administrator of the Biofeedback Foundation of Europe and member of the Dutch Society of Psychologists and the International Section of the AAPB.

Moss (Donald), Ph.D.
Donald Moss, Ph.D., is adjunct graduate faculty in Health Psychology at Saybrook Graduate School in San Francisco, and a partner in the Psychological Services Center in Grand Haven, Michigan. He is Editor of the Biofeedback Magazine, and Consulting Editor for the journals Applied Psychophysiology and Biofeedback, Journal of Neurotherapy and the Journal of Phenomenological Psychology. Dr. Moss has over 50 publications in the fields of psychophysiology, biofeedback, and mind-body therapies, including an edited book (Handbook of Mind Body Medicine for Primary Care, Sage, 2003). He has given lectures and workshops on these topics throughout the world, including recent presentations at the Association for Applied Psychophysiology and Biofeedback, the International Association for Cognitive Psychotherapy, the National Autonomous University of Mexico, and the Biofeedback Foundation of Europe. He is also past-president of AAPB.

Niepoth (Lothar), Dipl.Psych.

Peper (Erik), Ph.D.
Erik Peper, Ph.D. is an international authority on biofeedback and self-regulation. He is Professor and Director of the Institute for Holistic Healing Studies at San Francisco State University and Director of Work Solutions USA in Berkeley, CA. He is past president of the Biofeedback Society of America (now AAPB) and Biofeedback Society of California. He is co-author of Healthy Computing - a biofeedback software protocol to prevent the risk of injury from working with computers. Amongst his most recent books are Healthy Computing With Muscle Biofeedback: A Practical Manual for Preventing Repetitive Motion Injury (2000) and Make Health Happen: training yourself to create wellness (2002). He is co-producer of the weekly Healthy Computing Email Tip™.

Sella (Gabriel), MD, MPH, MSc., Ph.D.
Gabriel E. Sella, MD, has been a member of AAPB for over 10 years. He has done research and clinical work in the area of biofeedback for over 10 years. Dr. Sella has published 85 peer-reviewed papers, 10 textbooks and 1 technical CD ROM. He has written chapters in several scientific textbooks and publications. Dr. Sella has given 267 international conferences and seminars, many of them in the area of SEMG investigation and neuromuscular rehabilitation as well as soft tissue injury and pain. Dr. Sella is a founding member of the Biofeedback Foundation of Europe. He is on the editorial board of several journals, including Europa Medicophysica.

Siever (David), C.E.T.
David Siever graduated in 1978 as an engineering technologist. He later worked in the Faculty of Dentistry at the University of Alberta designing TMJ Dysfunction related diagnostic equipment and research facilities. He organized research projects, and taught basic physiology and a TMJ diagnostics course. David observed anxiety issues in many patients suffering with TMJ dysfunction, prompting him to learn and practice biofeedback and design
biofeedback devices. In 1984, David designed his first audio-visual entrainment (AVE) device—DAVID1. Since then he has researched and refined AVE technology, specifically for use in relaxation, and treating anxiety, depression, PMS, ADD, FMS, SAD, hypertension and insomnia. He presents AVE technology applications regularly at conferences and for special interest groups.

**Sterman (M. Barry), Ph.D.**
M. Barry Sterman, Ph.D. is currently Professor Emeritus in the departments of Neurobiology and Biobehavioral Psychiatry at the UCLA School of Medicine. His major research interests include; basic neural mechanisms of sleep regulation; neural and behavioral mechanisms in epilepsy, neural substrates and cognitive correlates of EEG rhythms, and quantitative EEG Assessment and Neurotherapy. Papers written by Dr. Sterman have been published in Science, Brain Research, EEG and Clinical Neurophysiology, Experimental Neurology Journal of Internal Medicine, Biofeedback and Self-Regulation, Scandinavian Journal of Psychology, Brain Topography, Clinical Neurophysiology, Journal of Neurotherapy, and the Handbook of Electroencephalography and Clinical Neurophysiology.

**Thompson (Lynda), Ph.D.**
Lynda Thompson, Ph.D., BCIAC-EEG, is a psychologist with experience in teaching, clinical psychology, school psychology and ownership of learning centers. Since 1993 she has been Executive Director of The ADD Centre in Toronto, a private service devoted to helping people improve behavior and learning. The clinic also deals with clients who have other disorders associated with poor attention including epilepsy, Asperger’s Syndrome, learning disabilities, Tourette’s Syndrome, closed head injury, autism, mood disorders, and anxiety. Her doctoral dissertation (1979) dealt with self-esteem in hyperactive children treated with methylphenidate. She is co-author with pediatrician William Sears of The ADD Book: New Understandings, New Approaches to Parenting Your Child, and co-author with Michael Thompson of The Neurofeedback Book: an Introduction to Basic Concepts in Applied Psychophysiology. She and her husband have lectured about Neurofeedback on five continents.

**Thompson (Michael), MD**
Michael Thompson, MD devotes his time to the administration of the Biofeedback Institute and teaching. When formerly practicing medicine he was Associate Professor and head of post-graduate education in Psychiatry, University of Western Ontario, examiner for the Royal College of Physicians (Canada) and chairman of their examinations committee in psychiatry. Numerous professional publications include A Resident’s Guide to Psychiatric Education. While Associate Professor, University of Toronto, he was psychiatric consultant to The Hospital for Sick Children’s neurology department.

**Timmer (Barbara), Dr. rer. nat**

**Vandeweghe (Nicole)**
Nicole Vandeweghe is the director of the Belgian Association of Biofeedback & Self-regulation. She is a biofeedback trainer with many years experience in biofeedback and stressmanagement. She is co-author of the books 'Biofeedback in de klinische setting' (1992) and 'Inleiding in de Caycediaanse Sofrologie' (2004). Nicole Vandeweghe has a Masters in 'Sofrologie' and is the director and trainer of the Academy of Sofrology and Management, as recognised by the international university created by Prof. Caycedo, since 1992. She is postural integrator and internationally known as trainer and speaker in emotion management, assertiveness, communication, conflict management and stress reduction techniques. She is currently working in risk analysis, organisation development and biofeedback.
Wilson (Vietta S.), Ph.D.
Vietta E. Wilson, Ph.D. (BCIA SF & EEG-AF) is a professor at York University in Toronto. She teaches courses in sport psychology, learned self regulation and how to teach biofeedback assisted relaxation. Dr. Wilson has 30 years of education and experience in Canada and the United States in sport, education, and psychology. She has worked with almost every sport in the alphabet with athletes ranging in expertise from novice to Olympic and professional. She has worked in a clinic for cerebral palsy, a counselling centre and is currently in an ADD and performance enhancement clinic. She has worked with various business corporations since 1978. She authored a text “Learned Self Regulation” and has CD’s with a text “Owner’s Manual for Controlling the Mind and Body” and audios on brief and deep self regulation. Her research includes QEEG of imagery, brain maps of elite performers, RSI, and a recent study on the effects of posture on mood states. Dr. Wilson is best known as an excellent teacher in workshops and seminars on sport psychology, learned self regulation and how to teach biofeedback assisted relaxation. She provides participants with practical ‘how to’ exercises and information that can immediately be used by practitioners.

Zwaag (Wytze van der), MA
After successfully completing his study at the Academy of Sports Wytze van der Zwaag started studying psychology at the University of Groningen. Special focus was on psychophysiology at the department of Prof. B. Mulder. Perception of time and the timing of motor performance was his specialty. He got his degree in Psychology in 1986. He started with biofeedback in the mountains of Switzerland where he worked in a clinic for asthma patients. In Hardenberg Medical Centre he started with several biofeedback devices and methods. Tom Allen introduced him in the fascinating world of neurofeedback. Several workshops and courses followed and in 1998 he met Barry Sterman and Sue & Siegfried Othmer in London in an EEG-spectrum course. At the moment he is clinical psychologist/psychotherapist in a private clinic for whiplash and TBI patients in The Netherlands. Several forms of biofeedback are an integral part of the treatment program.
## CONFERENCE BREAKS

**Tuesday, February 22, 2005**
- Welcome Reception
  - Morning Break: 10:45 – 11:15
  - Lunch: 13:00 – 14:00
  - Afternoon Break: 15:15 – 15:45
  - Welcome Reception: 17:00 – 18:00
  - Interest Meetings: 17:30 – 19:30

**Wednesday, February 23, 2005**
- Scientific Program Opening
  - Morning Break: 10:45 – 11:15
  - Lunch: 13:00 – 14:00
  - Afternoon Break: 15:15 – 15:45
  - Scientific Reception: 17:00 – 17:45
  - Scientific Program Opening: 17:45 – 19:45
  - Japanese Tea Ceremony: 19:45 – 20:15

**Thursday, February 24, 2005**
- Scientific Program
  - Morning Break: 11:15 – 11:45
  - Lunch: 13:00 – 14:00
  - Afternoon Break: 15:30 – 16:00
  - Evening Snack: 17:30 – 18:00

**Friday, February 25, 2005**
- Gala Dinner
  - Morning Break: 10:45 – 11:15
  - Lunch: 13:00 – 14:00
  - Afternoon Break: 15:15 – 15:45
  - Gala Dinner: 19:30

**Saturday, February 26, 2005**
- Farewell Reception
  - Morning Break: 10:45 – 11:15
  - Lunch: 13:00 – 14:00
  - Afternoon Break: 15:15 – 15:45
  - Farewell Reception: 17:00 – 18:00
REGISTRATION AND WORKSHOP DETAILS

REGISTRATION
The registration is at the entrance of building A of the Provinciale Hogeschool Hasselt (PHL), Elfde Liniestraat 24, Hasselt. The desk is open from 08:00 until 18:00. There will always be at least one person at the desk and 3 to 4 people at the desk during busy periods (morning, breaks, and evenings).

WORKSHOPS
Workshops start each day at 09:00 and end at 17:00. Signs will be placed to navigate you to the rooms for your workshops. During the workshop you will be asked to sign an attendance sheet, and complete an evaluation form, to make sure that you receive a certificate at the end of the workshop.

LUNCH BREAKS
Lunch coupons need to be purchased everyday at the BFE registration desk. Lunch is self-service in the restaurant at the PHL. Tickets are € 7.50.

MORNING AND AFTERNOON BREAKS
The morning breaks take place from 10:45-11:15, the lunch breaks from 13:00-14:00, and the afternoon breaks from 15:15-15:45. These breaks include coffee, tea, and a snack.

CONTINUING EDUCATION CREDITS
Most of the workshops being offered have been approved for accreditation from the Biofeedback Certification Institute of America (BCIA) to provide Category A, accredited continuing education credit for BCIA re-certification. Please ask for details when you register.

GENERAL INFORMATION
For general information, please inquire at the BFE registration desk. For example, if you have left something in a room, it will be kept at the registration desk.

EXHIBITION
On Wednesday, February 23rd, Thursday, February 24th, and Friday, February 25th, there will be an exhibition area for commercial and non-profit organizations. The space is limited to a maximum of 10 booths to provide participants with an opportunity to visit all exhibitors.

FINAL EVENING GALA
There will be a Gala Dinner on Friday evening, February 25th in the ‘Feestzaal’ (Reception Room) of the PHL featuring Belgian cuisine and live music. The costs for this Gala Dinner are € 70,- (including wine during the dinner). The Gala Dinner is included for those who register for the whole BFE Meeting.
**TRAVEL INFORMATION**

**Accessibility of Hasselt**

**By plane**
On arrival to Brussels Airport, take the 'Airport City Express' to the Brussels North Station ('Brussel-Noord/-Bruxelles-Nord'). This train runs 4 times per hour. The trip takes 21 minutes and costs Euro 2,50. First train at 05.31, last train at 00.20.

From Brussels North Station, take the train to Hasselt. This train runs 2 times per hour at 7 and at 34 minutes past the hour. It arrives to Hasselt after 80 minutes. First train at 05.07 (arrival in Hasselt at 06.26), last train at 22.34 (arrival in Hasselt at 00.02). **Please make sure that you are in the right compartment:** in Landen the train is split up into two parts: the rear part goes to Liège and the front part goes to Hasselt. Check before Landen (the third stop from Brussels North Station) whether you are in the right compartment.

**By train**
From Brussels: the above mentioned train from Brussels North Station to Hasselt comes from Blankenberge and Bruges and passes through Brussels South Station ('Brussel-Zuid/Bruxelles-Midi') twice each hour, and Brussels Central Station twice each hour.
From Liège (Guillemins): take the train in the direction of Antwerp. This train runs every hour at 10 minutes past the hour and arrives to Hasselt after 64 minutes. First train at 07.10 (arrival in Hasselt at 08.14), last train at 22.10 (arrival in Hasselt at 23.14).
From Antwerp: take the train in the direction of Liège. This train runs 2 times every hour at 16 and 34 minutes past the hour and arrives to Hasselt after 66 minutes. The first train leaves at 05.34, the last one at 22.34.

More information about timetables of trains in Belgium can be found on the following website: www.b-rail.be

**By car**
From Brussels: first take the direction of Liège. Next (near Leuven) take the A2 in the direction of Aachen. Then (near Lummen) take the E313 in the direction of Liège. Take Exit 28 (Hasselt-Zuid).
From Liège: take the E313 in the direction of Antwerp. Take Exit 28 (Hasselt-Zuid).
From Germany: take the E314 in the direction of Antwerp. Take the first exit to Hasselt.

In Hasselt the city buses are FREE!

**About Hasselt**

With its 68.000 inhabitants, Hasselt is the capital of the Flemish province in Limburg, Belgium. A city where quality and mobility team up. A city full of good taste! Hasselt is Belgium’s fourth commercial city.
Hasselt is called the **Capital of Taste**. Hasselt is an important commercial centre in Belgium and it is a paradise for shoppers. The shopping streets are pretty and dotted with colourful terraces and stylish shopping arcades. Hasselt is known around the world for its extensive and exclusive fashions, the Fashion Museum and the special Fashion Circuit. Hasselt is the Genever City ‘par excellence’. The Borrelmanneke and the National Genever Museum have become the symbols of Belgium’s Genever capital. The history of the county of Loon is brought to life in the Municipal Stellingwerff-Waerdenhof Museum, the Herkenrode abbey and refuge. Art can be found all over Hasselt: in the cathedral and the Virga Jesse Basilica, in the museums, the Beguinage and the numerous art galleries, in the parks and the streets and on the Groene Boulevard (the Green Boulevard).
The attractive, often traffic free, streets are dotted with no end of boutiques, luxury goods and specialist shops. They are renowned for their smart interiors, lighting, window displays and in particular for the quality of the goods on offer. The city has acquired quite a reputation as a city of fashion in recent years. Appealing terraces and cafes provide the necessary solace after shopping.

On the following page you will find information about four hotels in Hasselt where the BFE has reserved rooms at a special discount rate. When you decide to book a room in one of these hotels please call or e-mail them directly and mention that you are with the BFE group to receive the discount rate.

For any other hotel, guestroom (B & B) or tourist needs, please go to www.hasselt.be or call +32 (0) 11 23 95 44 during office hours (Mon-Fri 09.00 – 17.00, Sat 10.00 – 17.00). The team at Hasselt Tourist Office will be pleased to help you!

Hasselt Tourist Office
Lombaardstraat 3 (Town Hall), B-3500 Hasselt, Belgium
Tel. +32 (0) 11 23 95 44, Fax +32 (0) 11 22 50 23

For more information visit the website of the city Hasselt www.hasselt.be or e-mail toerisme@hasselt.be.

The Provinciale Hogeschool Limburg (PHL)

The 9th Annual BFE Meeting will take place at the Provinciale Hogeschool Limburg (PHL), which is situated on the north-east side of the city centre of Hasselt. The workshops will take place in building B on the PHL campus, the Scientific Program will take place in building A. Participants who come by car to Hasselt can park their car at:
- Parking Kapermolen (free); this parking is the nearest parking to the PHL campus.
- Parking Kolonel Dussartplein – aboveground (free); 5 minutes walking distance from the PHL campus
- Parking Kolonel Dussartplein – underground (€ 2.50); 5 minutes walking distance from the PHL campus
- Parking behind Hasselt Station (free). From here take the free Boulevardpendel bus to the Kolonel Dussartplein. From there it's a 5 minutes walk to the PHL campus.

Provinciale Hogeschool Limburg
Elfde Liniestraat 24
3500 Hasselt, Belgium
Tel. +32 (0)11 23 88 88, Fax +32 (0)11 23 88 89
HOTELS

Hotel Century ★
Hotel Century is a cozy hotel with 16 comfortable bedrooms and 4 apartments, equipped with a bathroom with shower and toilet, telephone, clock radio and TV. In the morning a continental breakfast is served. Hotel Century is situated in the (south part of the) city centre. Participants of the BFE-Meeting receive € 5,- discount per person. Please mention that you are with the BFE group to receive the discount rate.

<table>
<thead>
<tr>
<th>Price per person</th>
<th>Single Room</th>
<th>Double Room</th>
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</thead>
<tbody>
<tr>
<td>(with breakfast, and taxes)</td>
<td>€ 50.00</td>
<td>€ 75.00</td>
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</table>

Leopoldplein 1, 3500 Hasselt
Tel: +32 (0) 11 22 47 99
Fax: +32 (0) 11 23 18 24
hotel@century.be www.century.be/hotel

Hotel Express by Holiday Inn Hasselt ★★★
The Express by Holiday Inn Hasselt is located in the city centre of Hasselt, on the Green Boulevard. The hotel has 89 comfortable bedrooms, equipped with work area and computer connection facilities, phone with voice mail and an in-house movie system. All rooms have en-suite bathrooms with toilet, shower and hairdryer. Every morning, a Continental breakfast is served in the Great Room, which is the central part of the hotel. The prices mentioned below are special discount prices for the participants of the BFE-Meeting. Please mention that you are with the BFE group to receive the discount rate.

<table>
<thead>
<tr>
<th>Price per person</th>
<th>Single Room</th>
<th>Double Room</th>
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</thead>
<tbody>
<tr>
<td>(with breakfast, and taxes)</td>
<td>€ 70.00</td>
<td>€ 70.00</td>
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Thonissenlaan 37, 3500 Hasselt
Tel: +32 (0) 11 24 22 00
Fax: +32 (0) 11 22 39 35
hotel@holiday-inn-hasselt.com www.global-hotel.com

Hotel Holiday Inn Hasselt ★★★★
Hotel Holiday Inn Hasselt is situated in Hasselt's shopping centre, near the Fashion museum, the Jenever Museum, and the Versuz disco. The hotel has 107 comfortable bedrooms, equipped with color TV, phone with voice mail and mini bar and refrigerator. All rooms have en-suite bathrooms with toilet, shower and hairdryer. The hotel facilities include an indoor pool, sauna, solarium and health/fitness centre. Every morning, an American breakfast is served. The prices mentioned below are special discount prices for the participants of the BFE-Meeting. Please mention that you are with the BFE group to receive the discount rate.

<table>
<thead>
<tr>
<th>Price per person</th>
<th>Single Room</th>
<th>Double Room</th>
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<tbody>
<tr>
<td>(with breakfast, and taxes)</td>
<td>€ 99.00</td>
<td>€ 99.00</td>
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</table>

Kattegatstraat 1, 3500 Hasselt
Tel: +32 (0) 11 24 22 00
Fax: +32 (0) 11 22 39 35
hotel@holiday-inn-hasselt.com www.global-hotel.com
Hotel Hassotel ★★★★★

The Hassotel is situated near the center of Hasselt. Hassotel is a modern hotel with 40 extra comfortable single, double or triple rooms with private bathroom, color TV, radio, telephone and room service. Shopping arcades and pedestrian zones are close by, as well as the cultural center and recreational facilities. The prices mentioned below are special discount prices for the participants of the BFE-Meeting. Please mention that you are with the BFE group to receive the discount rate.

<table>
<thead>
<tr>
<th></th>
<th>Single Room</th>
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<tbody>
<tr>
<td>Price per person (with breakfast, and taxes)</td>
<td>€ 77.00</td>
<td>€ 106.00</td>
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Sint-Jozefstraat 2-10, 3500 Hasselt
Tel: +32 (0) 11 23 06 55
Fax: +32 (0) 11 22 94 77
info@hassotel.be
www.hotels-belgium.com/hasselt/hassotel.htm

Another possibility is the conveniently situated hotel Ibis Hasselt Centrum:

Ibis Hasselt Centrum ★★★★

The Ibis Hotel is located at 200 m from the main shopping area. The hotel has 59 rooms, equipped with bathroom, television, telephone, individual air conditioning, safe available at the reception. Breakfast: € 9.00 per person per night. Free parking.

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<thead>
<tr>
<th></th>
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<tr>
<td>Price per person</td>
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Thonissenlaan 52, 3500 Hasselt
Tel: +32 (0) 11 23 11 11
Fax: +32 (0) 11 24 33 23

ANNUAL MEETING FEEDBACK

Comments from attendees at previous Annual BFE Meetings:

♦ “Just what I wanted to learn,” Dr. Maarten van Essen, The Netherlands, 5th Annual Meeting in Prien.
♦ “Easy to follow. At no time boring!” Barbara Stangl, Germany, 5th Annual Meeting in Prien.
♦ “The seldom combination of science and practical knowledge,” Dr. Peter Konrad, Germany, 5th Annual Meeting in Prien.
♦ “I had a great time!” Ann E. Timbers, 6th Annual Meeting in Amsterdam.
♦ “It is exciting to hear about cutting edge research and a privilege to take part in discussions with both experts and curious students,” Lynda Thompson, Canada, 7th Annual Meeting in Udine.
♦ “Interesting arguments,” D. Centis, Italy, 7th Annual Meeting in Udine.
**REGISTRATION FORM**

9th Annual Conference  
February 22-26, 2005  
Hasselt, Belgium

### REGISTRATION INFORMATION

Please print clearly

<table>
<thead>
<tr>
<th>Name</th>
<th>Last name</th>
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<tbody>
<tr>
<td>First name</td>
<td>Title</td>
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<table>
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<tr>
<td>Telephone :</td>
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<td>Email :</td>
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How did you hear about our conference?  
- E-mail  
- Mail  
- BFE Website  
- Colleague  
- Society  
- Organization  
- Other, please specify :  

### REGISTRATION FEES

Registration is valid only when full payment is received.

- **650 euro:** Full conference including workshops, scientific program and gala dinner on Feb. 25
- **300 euro:** 3 days Feb. 22 / 23 / 24 / 25 / 26 (please select)
- **150 euro:** 1 day Feb. 22 / 23 / 24 / 25 / 26 (please select)
- **75 euro:** ½ day introductory Feb. 22

Registration fee includes mid-session refreshments (coffee break and afternoon break) and conference materials. The registration fee does not include lunch on any conference day. Information on lunch options will be available in your on-site registration pack.

### PREFERRED WORKSHOPS

Registration codes can be found in the workshop schedule

<table>
<thead>
<tr>
<th>Feb. 22</th>
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<tbody>
<tr>
<td>Feb. 23</td>
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<td>Feb. 25</td>
<td>Registration code</td>
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<tr>
<td>Feb. 26</td>
<td>Registration code</td>
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</table>

### SPECIAL PRICING

**Discount can not be combined**

- I am a student and receive 50% discount  
  *Student registrations must be accompanied by a letter from their Head of Department confirming student status.*
- I am a BFE member and receive 10% discount
- I am a member of a co-sponsoring society and receive 10% discount  
  *Please send your membership identification with this registration form*

Name of society :  

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9th Annual BFE Meeting  
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SCOLARSHIP REQUESTS
The BFE makes available a limited number of scholarships for qualified students and individuals that wish to attend the conference and workshops. These scholarships permit attendance at the scientific program at no charge and reduce the cost to attend any of the workshops. To submit a request for a scholarship, simply complete the registration form with a reason for the reduction in fee. A committee will decide on all received applications.

METHOD OF PAYMENT

- **Money Transfer** (indicate your name and invoice number clearly on all money transfers)
  - **Bank information**
  - IBAN: NL70ABNA0440872642
  - Bank: ABN-Amro, Rijnstraat, Amsterdam, The Netherlands
  - Bank Code: ABNANL2A
  - Account Number: 44.08.72.642
  - Account Holder: BFE, P.O. Box 75416, 1070 AK Amsterdam, The Netherlands

- **Cheque** (Send to the following address by secured mail)
  - BFE, Attn. D. Matto, P.O. Box 75416, 1070 AK Amsterdam, The Netherlands
  - Note: we have to add € 7,00 for payment by cheque

- **VISA credit card** (Please note: we do not accept any other kind of credit card.)
  - Name of card holder
  - Card number
  - Expiration date
  - Security code (last 3 digits of the number on the reverse side of your credit card)
  - Address of card holder
  - City / country
  - Signature of card holder

  **Note:** 5% of the total amount will be added for all payments with a VISA credit card

CANCELLATION POLICY
Provided written notice is received by January 17, 2005, a full refund will be given less a 10% administration charge. It is regretted that for cancellations after January 17, 2005, or for no-shows at the conference, there are no refunds. The BFE reserves the right to change any session in the final program or cancel any course(s). If a course is cancelled, you will be offered a place in another of your choice or a full refund.

CONTACT INFORMATION

TO REGISTER
Daniëlle Matto, Senior administrator
Biofeedback Foundation of Europe, P.O. Box 75416 1070 AK Amsterdam
Tel: +31 (0) 33 48 90 754  Fax: +31 (0) 33 48 00 520  d.matto@bfe.org

FOR MORE INFORMATION
info@bfe.org or visit our website www.bfe.org

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P.O. Box 75416 1070 AK Amsterdam The Netherlands
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www.bfe.org

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