



# ALPHA-THETA TRAINING SUITE

KNUT BERDORFER, PH.D., AND LINDA WALKER, MHR, LPC



## Limited Edition Software Suite

The general understanding of Alpha-Theta training is bringing a subject to the mental state between wakefulness and sleep (often referred as the alpha-theta state). When in this hypnagogic state, we can enforce resilience in the subject using queuing and imagery. Applications of such state training include the treatment of post-traumatic stress disorder, resilience training for alcohol abuse and other addiction disorders, psychotherapy, and meditation.

The Alpha-Theta Training suite was initially designed by Knut Berdorfer, Ph.D., in his research and therapeutic work with recovering alcoholics in Austria. Ms. Walker improved upon the original design with her work with young-offenders, recovering substance abusers and trauma survivors, both in public and private sector in Michigan. Both clinicians bring their expertise to this suite, with over 25 years and over 15 years of respective experience. This suite includes:

- Seven training screens that range from simple to elaborate. The diversity allows for the clinician to monitor as little or as much EEG data as they like during a therapeutic session, so novice clinicians can not be overwhelmed and experienced clinicians can have all the data at their finger tips. This includes one screen for breathwork and biofeedback relaxation training.
- Suite documents, that consist of a software manual with clinical information for conducting an Alpha-Theta state training session, a powerpoint from the Alpha-Theta online class and reference list for Alpha-Theta state training are also provided.



## Education & Training Opportunities

The BFE currently offers one type of online lesson/meeting designed to meet your diverse education and training needs:

- **6-Hour Alpha-Theta Training Class:** online instruction from a qualified instructor on running an alpha-theta therapeutic session. This class is well suited for beginners or experienced practitioners that want to use the Alpha-Theta Training Suite in their practice. All aspects of using the software will be covered in great detail, and recorded data will be reviewed to ensure proper recording. Theory regarding the alpha-theta state and its effects will also be discussed. Interpretation of data by the instructor will occur and clinical advise for conducting a successful alpha-theta therapeutic session will be given, however focus is maintained of being able to successfully use all aspects of the software and equipment.

If you are interested in arranging other types of qualified instructor-guided lessons, then the BFE would gladly do so. Please contact the BFE Shop ([shop@bfe.org](mailto:shop@bfe.org)) do make such arrangements. Potential online instructions can include:

- **3-Hour Case Conferences:** They would consist of online presentation and discussion with a qualified instructor of case examples from practice, including review of excel report data and training plan strategy. The case conference is attended by professionals who are able to properly run the Alpha-Theta Training suite software and use it with clients. We encourage attendees to bring in their own case examples for review from an expert opinion.



**For more Information or Questions:**

[bluealphatheta@gmail.com](mailto:bluealphatheta@gmail.com)

**To purchase the suite and/or education & training, go to the BFE Shop:**

[www.bfe.org/buy](http://www.bfe.org/buy)



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## BioGraph Infiniti Software

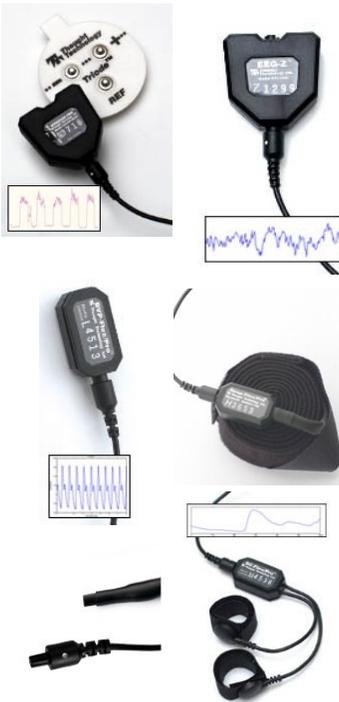
BioGraph Infiniti Software is the core of all current and future Thought Technology biofeedback and psychophysiology products. It provides a multimedia rich graphical experience, while capturing and analyzing raw data. It includes all the features and functions required to run our specialized Alpha-Theta Training Suite and offers the ability to customize your own screens using the Developer Tool. The suite functions with **BioGraph Infiniti version 5.1.4 or 6.0**, and is designed to provide full compatibility with the latest Windows 8 operating system.



## Choose the Encoder to Meet Your Needs

You only need one of the encoders to run the software:

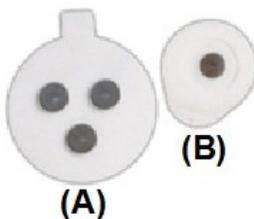
- **ProComp Infiniti encoder** is the eight-channel, multi-modality encoder that has all the power and flexibility you need for real-time, computerized biofeedback and data acquisition in any clinical setting. It records data from up-to eight sensors simultaneously.
- **ProComp2 encoder** is a compact, 2 channel version of the ProComp Infiniti encoder, which can be easily worn on a head band or a shirt collar. It can record data from up-to two sensors simultaneously. The Tennis Suite for this encoder uses slightly fewer sensors.



## Select Sensor Measurements for Collecting Data

This list consists of the all sensors to be used with the encoders in this suite. The EEG-Z sensor is the one of main importance, all others are secondary. The **ProComp 2 encoder can only make use the MyoScan-Pro and EEG-Z sensors**.

- **MyoScan-Pro sensor (x1)** is a pre-amplified surface electromyography sensor for measuring muscular tension. Disposable electrode pads are necessary with this sensor.
- **EEG-Z sensor (x1)** is pre-amplified electroencephalograph sensor with built in impedance checking, for measuring brainwaves. **EEG monopolar/bipolar kit with DIN cable** is also necessary to use this sensor.
- **BVP sensor (x1)** is a blood volume pulse detection sensor (otherwise known as a PPG sensor) housed in a small finger worn package, to measure heart rate & provide BVP amplitude, BVP waveform, HR and Heart rate variability feedback.
- **Respiration sensor (x1)** is a durable, latex girth belt for monitoring respiration rate, waveform and amplitude sensor.
- **Skin Conductance (x1)** sensor measures the conductance across the skin, and is normally connected to the fingers.
- **Temperature sensor (x1)** measures skin surface temperature between 10°C – 45°C (50°F - 115°F ).



## Disposable Triode Electrodes

The MyoScan-Pro sensor has two potential electrode placement types, so there are also two types of electrodes for purchase. The **triode** disposable electrode (A) is used for narrow placement and the **unigel** (B) for wide electrode placement. You will need to purchase at least one type of disposable electrode.