



OPTIMIZING PERFORMANCE & HEALTH SUITE

VIETTA "SUE" WILSON, PHD

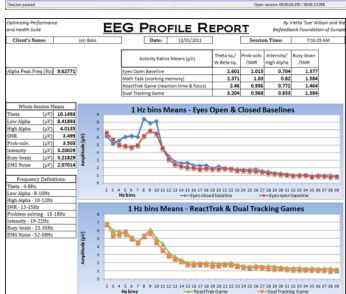
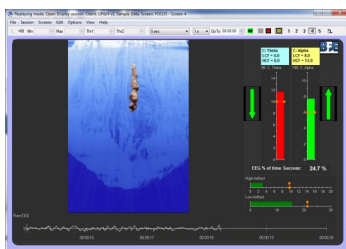


Limited Edition Software Suite

This limited edition suite was designed by Vietta "Sue" Wilson, Ph.D. and members of her international research and education team. This software package supports biofeedback and neurofeedback evaluation and training techniques developed by Dr. Wilson over 40 year career spent training elite and Olympic athletes. The additional materials included with the software include her own documents for data interpretation and working with athletes. Professionals, educators and researchers who want to use biofeedback and/or neurofeedback with athletes, executives and other peak performers will benefit from this suite package. The suite includes

- Specialized psychophysiological assessment protocols (3 in total: long assessment, short assessment, and simple eyes-open/eyes-closed baseline)
- Excel reports that allow for easy interpretation of psychophysiological assessment protocol data (one for each protocol) and implementation of a training program.
- Training screens categorized according to modalities, that are quick to initiate and structured to move from simple tasks to more complex training goals.
- Suite documents — which include technical & clinical information — provided directly from Dr. Wilson's practice.

Languages: software suite and documentation are in English, however French and Italian editions of the software are available. Please contact shop@bfe.org for more information.



Note: ProComp2 encoder edition of suite only contains training screens & short assessment with excel report; there is no long assessment. Furthermore, it is the only encoder edition of the suite meant to be used for on-court data monitoring.

Education & Training Opportunities

The BFE offers four different types of online lessons/meetings designed to meet your diverse education and training needs. All sessions provide continuing education (CE) credits to psychologists.

1-Hour Introduction to the Optimizing Performance & Health Suite Webinar: Jon Bale, BFE Research Manager, reviews the software and documents included in the "Optimizing Performance & Health Suite" from pre-assessment to training. The webinar covers the following items; authors, goals of the suite, the biofeedback and neurofeedback measurements, the stress assessment profile, assessment Excel report and interpretation, and training screens.

- **6-Hour Optimizing Performance & Health Class:** online instruction from Jon Bale on the psychophysiological assessments and training protocols that make up the Optimizing Performance and Health Suite. This class is well suited for beginners or experienced practitioners that want to use Dr. Wilson's "Optimizing Performance & Health" methods 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. Interpretation of data by the instructor will occur, however focus is maintained of being able to successful use of the software and equipment.
- **3-Hour Optimizing Performance & Health Case Conference:** 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 Optimizing Performance & Health suite software and use it with clients. We encourage attendees to bring in their own case examples for review from an expert opinion. Previous instructors for these sessions have been Dr. Lindsay Thornton and Stephanie Nihon, protégés to Dr. Wilson.



For more Information or Questions: To purchase the suite and/or education & training, go to the BFE Shop:

bluesuewilson@gmail.com

www.bfe.org/buy



OPTIMIZING PERFORMANCE & HEALTH SUITE EQUIPMENT/SOFTWARE REQUIREMENTS



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 the BFE's specialized Optimizing Performance & Health Suite, as well as offers the ability to customize your own screens using the Developer Tool. **BioGraph Infiniti version 6.0** is designed to provide full compatibility with the latest Windows 8.1 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 enables real-time, computerized biofeedback and data acquisition in any clinical setting. It records data from up-to eight sensors simultaneously.
- **ProComp 5 encoder** is similar to the ProComp Infiniti, but only records data from up-to five sensors simultaneously.
- **ProComp2 encoder** is similar to the ProComp Infiniti encoder, but only records data from up-to two sensors simultaneously.

Select Sensor Measurements for Collecting Data

This list consists of the sensors to be used with the encoders in this suite. At minimum, one sensor must be used for recording during a session.

- **MyoScan-Pro sensor (x2 for ProComp Infiniti & ProComp 2; x1 for ProComp 5)** is a pre-amplified surface electromyography sensor for measuring muscular tension. Disposable electrode pads are necessary with these sensors.
- **EEG-Z sensor (x1 for all encoders)** is pre-amplified electroencephalograph sensor with built in impedance checking, for measuring brainwaves. An **EEG monopolar/ bipolar kit with DIN cable** is also necessary to use this sensor.
- **BVP sensor (x1 for all encoders)** is a blood volume pulse detection to measure heart rate & provide BVP waveform and heart rate variability data.
- **EKG sensor (x1 for ProComp 2 only)** is a pre-amplified electrocardiograph sensor, for directly measuring heart electrical activity. This is only used for on-court training.
- **Respiration sensor (x1 for all encoders)** is a durable, latex girth belt for monitoring respiration rate, waveform and amplitude sensor.
- **Skin Conductance (x1 for all encoders)** sensor measures the conductance across the skin, and is normally connected to the fingers.
- **Temperature sensor (x1 for ProComp Infiniti & ProComp 2)** measures skin surface temperature

Disposable Electrodes for EKG & MyoScan-Pro sensors

Disposable electrodes are required for using the MyoScan-Pro and EKG sensors. The MyoScan-Pro sensors have 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.

The use of the EKG sensor requires the purchase of **unigel** electrodes (B).

Additional Computer Setup Information

The computer requires Microsoft Excel installed in order to generate the various assessment excel reports.

