# OPTIMIZING PERFORMANCE & HEALTH SUITE
## VIETTA "SUE" WILSON, PhD

### Limited Edition Software Suite

This suite was designed by Vietta "Sue" Wilson, Ph.D. and members of her international research and education team. This limited edition suite supports techniques developed by Dr. Wilson throughout her career and her over 35 years spent training elite and Olympic athletes. The additional materials include useful documents and reference to published studies. Professionals, educators and researchers who want to use biofeedback and/or neurofeedback with athletes, executives and other peak performers will benefit from this suite.  Using the world's leading Infiniti biofeedback system, the suite introduces and develops some of the key techniques to optimize performance and health. 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.

Note: ProComp2 encoder edition of suite only contains training screens & short assessment with excel report; there is no long assessment. It also is the only encoder edition of the suite meant to be used for on-court data monitoring.
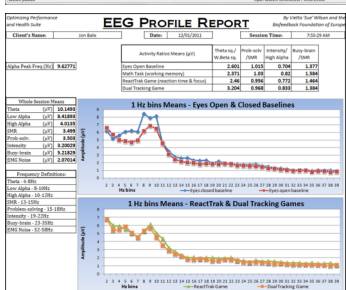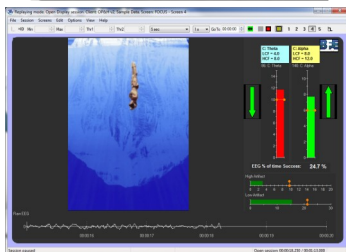
### Education & Training Opportunities

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 a qualified instructor on psychophysiological assessments and training for optimizing performance and health. 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 all aspects 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.

- 3-Hour **Optimizing Performance & Health Grand Rounds**: attend live 60-minute online sessions scheduled monthly for three consecutive months and take the opportunity to ask Dr. Wilson or team members your questions about different  methods, share new information and discuss cases.  Demonstrations of recorded and live data and other information set in an interactive framework provide up-to-date, relevant summaries that can immediately be put to use.

**For more Information or Questions:**

bluesuewilson@gmail.com

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

**www.bfe.org/buy**

## 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 Optimizing Performance & Health Suite and offers the ability to customize your own screens using the Developer Tool . The suite runs with both **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 enables real-time, computerized biofeedback and data acquisition in any clinical setting. It records data from up-to eights sensors simultaneously

- **ProComp2 encoder** is a compact, version of the ProComp Infiniti encoder, which can be easily worn on a head band or a shirt collar. It can record date 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)** is a pre-amplified surface electromyography sensor for measuring muscular tension. Disposable electrode pads are necessary with these sensors.

- **EEG-Z sensor** 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** is a blood volume pulse detection sensor to measure heart rate & provide BVP amplitude, BVP waveform, HR and Heart rate variability feedback.

- **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** is a durable, latex girth belt for monitoring respiration rate, waveform and amplitude sensor.

- **Skin Conductance** sensor measures the conductance across the skin, and is normally connected to the fingers.

- **Temperature sensor** measures skin surface temperature
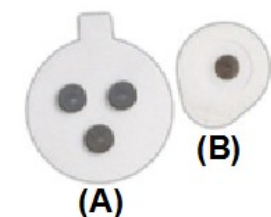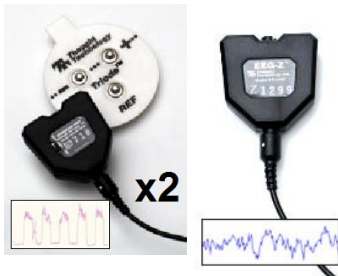
## Disposable Electrodes for EKG & MyoScan-Pro sensors

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.