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<td>Integrative Approaches in the Treatment of Children using Neurofeedback (NF) and Biofeedback (BF)</td>
<td>Integrating Peripheral BF, EEG NF, and Adjunctive Techniques to Achieve Optimum Performance</td>
<td>Effective Interventions using NF and BF—for Comorbidities that present with ADHD</td>
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<td>Spiro Diamantidis</td>
<td>Erik Peper</td>
<td>Steve Baskin</td>
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<td>Hot Tips for Immediate BF Success</td>
<td>Expanding Biofeedback with Touch and Imagery: Advanced Techniques</td>
<td>Biobehavioral Considerations in Diagnosis and Treatment of Primary Headache Disorders</td>
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<td><strong>Reg. code 16</strong></td>
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<td>Timothy Harkness</td>
<td>Daniel Hamiel</td>
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<td><strong>Reg. code 17</strong></td>
<td>Monika Fuhs</td>
<td>Servaas Mes</td>
<td>Stu Donaldson &amp; Donald Clasby</td>
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<td>Wired for success: helping Kids to Develop Resilience and Empathy</td>
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<td>Timothy Harkness</td>
<td>Servaas Mes</td>
<td>Guiseppe Sacco</td>
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**WORKSHOP SCHEDULE**

F = Fundamental Workshop (basic)  U = Universal (fits all needs)  A = Advanced Workshop (basic knowledge required)

Click on the title to view the abstract. Click on the presenter name to view the biographical sketch.
14th Annual Meeting of the Biofeedback Foundation of Europe
April 13-17, 2010 at the Ergife Palace hotel, Via Aurelia 619, Rome, Italy

WORKSHOP SCHEDULE Continued

F= Fundamental Workshop (basic)  U = Universal (fits all needs)  A = Advanced Workshop (basic knowledge required)
Click on the title to view the abstract. Click on the presenter name to view the biographical sketch

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<th>Tuesday</th>
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Reg. code 16-07
Bob Whitehouse
Resonant Heart, Breath & Emotions: Self-Regulation for Health, Stress Resilience & Transformation A

Reg. code 17-07
Bob Whitehouse
Heart Rate in Trauma: Patterns Found in Somatic Experiencing® and Trauma Resolution A

Please note

- All workshops run from 9 a.m. to 5 p.m.
- All workshops that have similar titles for 2 days are 2 day workshops that can just be booked together.
- Changes between the different classes during the day are not allowed.
- Certifications of attendance (that can be approved by credits of BCIA or other organisations) can just be handed out if the workshop has been fully attended –proved through your signature in the morning and in the afternoon.

Conference location

Ergife Palace hotel
Via Aurelia 619
Rome, Italy
Tel. +38 (0)6 66441 Fax +38 (0)6 6632689
www.ergifepalacehotel.com
Integrative Approaches in the Treatment of Children using Neurofeedback (NF) and Biofeedback (BF)
Linda Kirk, Ph.D.
Registration code 13-01 / Fundamental workshop / Universal workshop / English language

Abstract: not yet available

Mind/Brain/Consciousness: A Potential Mechanism for Distant Effects in Healing
Jay Gunkelman, QEEGD
Registration code 13-02 / Advanced workshop / English language
Please note: this is a 2-day workshop. Workshop continues on April 14, 2010

Abstract: not yet available

Introduction to EEG Fundamentals and Signal Processing Methods for Non-Technical Neurofeedback Practitioner
Marc Saab, BASc, MEng
Registration code 13-03 / Fundamental workshop / Universal workshop / English language

Abstract: not yet available

Wired for success: helping Kids to develop Resilience and Empathy
Monika Fuhs, Mag.rer.nat., BCIAC
Registration code 13-04 / Advanced workshop / English language

Abstract: We constantly live in and rapidly changing world. Never before did we need to have so many skills to adapt to ongoing changes. The western “civilized” world it may seem like paradise- but obviously it isn’t. Children are often neglected and not understood which may cause significant behavioural problems in school and at home. Thus, it is not surprising that teachers have one of the highest burnout rate and so many kids fail at school. This workshop focuses on the reasons for the increasing drop out rate of children and teacher and behavioural biofeedback based treatment strategies. It includes 1) examination of pediatric depression which is often differently expressed than adult depression; 2) understanding the importance of gender
differences as developed by Ellen Langer and Leonhard Sax and explains why boys show significantly more symptoms than girls. 3) biofeedback techniques to learn how to cope and adapt to different stressors and take over self control;

The intervention strategies include 1) holistic biofeedback treatment of pediatric symptoms; 2) development of the children’s resilience and empathy to prevent problems. Resilience is essential for coping with stressors throughout life—learn it early and prevent future disfunctioning. Enhancing empathy allows the child to increase communication and increase the experience of safety.

The workshop describes the biofeedback protocol which combines resilience and empathy training based upon the Mirror Neurons concept (Joachim Bauer: “Warum ich fühle, was du fühlst”) and offers a strategic training plan to use in your practice with children and adults.

**Key words:** gender differences, pediatric depression, ADHD, Empathy and Resilience training with Biofeedback

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**Wired to win: Peak Performance Training in Sports with Biofeedback**
Timothy Harkness, Ph.D.
Registration code 13-05 / Universal workshop / English language
Please note: this is a 2-day workshop. Workshop continues on April 14, 2010

**Abstract:** not yet available

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**Locomotion: Self-Biofeedback with the Sensory Motor System**
Servaas Mes, Ph.D.
Registration code 13-06 / Fundamental workshop / English language
Please note: this is a 2-day workshop. Workshop continues on April 14, 2010

**Abstract:** This two-day workshop will focus on somato-sensory feedback, awareness, movement and teaching to enhance the health of our most primary form of locomotion: human walking. When you are able to walk efficiently and naturally, your body embodies ease and not dis-ease. Based upon the understanding of the biological nature of our movement patterns, health is mobilized by activating learned disuse / somato-sensory amnesia patterns while reducing the damaging effects of the stress-response. Day One focuses upon analyzing and mastering hands-on movement patterns to facilitate normal neck and shoulder movement efficiency, reducing headaches, neck pain etc. Self-experiential exercises that can easily be transferred to your clients will be practiced in combination with assisted hands-on pandiculations. Appropriate choices of breathing patterns are integrated within these organic mind-body movements. Day Two focuses upon analyzing and mastering hands-on as well as self-experiential movement patterns to facilitate normal hip, back and leg efficiency, reducing-reversing-and-inhibiting patterns of especially low back pain and stiffness. The result is a treatment model that focuses on improving health as well as taking care of symptoms. After two days you will be able to demonstrate a more effortless pattern of walking. Your habituated pattern of dis-use will now be reversed, opening the possibility to practice the mechanics of healthy and efficient walking. When the body returns to freedom in its most fundamental pattern of locomotion, human walking, you will allow yourself to live a more creative life while embodying greater health. The past can be left behind, the present is there to be experienced and the future is within reach. Please realize that this workshop on walking will only truly begin the moment you leave the BFE and you will learn to integrate your new walk...! The effects will be long-lasting.

**Keywords:** Self-Biofeedback, Natural Movement Patterns, Awareness
**L'utilizzo del Biofeedback nel trattamento dei disturbi d'ansia e dell'umore**

Giuseppe Sacco, Dr.
Registration code 13-08 / Fundamental workshop / Universal workshop / Italian language

**Abstract:** not yet available

[Back to workshop schedule]

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**Wednesday April 14, 2010**

All workshops start at 9 am and end at 5 pm

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**Integrative Approaches in the Treatment of Children using Neurofeedback (NF) and Biofeedback (BF)**

Linda Kirk, Ph.D.
Registration code 14-01 / Fundamental workshop / Universal workshop / English language
Please note: this is a 2-day workshop. First part is schedule on April 13, 2010

**Abstract:** see abstract on April 13, 2010

[Back to workshop schedule]

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**Mind/Brain/Consciousness: A Potential Mechanism for Distant Effects in Healing**

Jay Gunkelman, QEEGD
Registration code 14-02 / Advanced workshop / English language
Please note: this is a 2-day workshop. First part is schedule on April 13, 2010

**Abstract:** see abstract on April 13, 2010

[Back to workshop schedule]

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**Hot Tips for Immediate Biofeedback Success**

Spiro Diamantidis, MD
Registration code 14-03 / Fundamental workshop / English language

**Abstract:** Biofeedback is a technically supported scientific process demanding special knowledge and understanding of the equipments as well as of the monitored organism's neurophysiology, in order to enable practitioner to achieve the best of valid for evaluation data. Although there are no tricks in science and especially in neurophysiology, still there are some processes helping the biofeedback applier to organize and utilize his practice without loosing any info useful for assessment or application. The do's and don't's in biofeedback, consisting the set of skills required for successful biofeedback practices, will be presented in this workshop in order to establish, support or enhance practitioner's skills according to their former knowledge and understanding. The electronic data labyrinth usually under or hyper estimated, need an Ariadne’s clew which will be provided to the attendees of this workshop in order to help them practice and develop mastery on how to understand the function mechanism of the equipments, how to operate the equipments, how to record the physiological signals, how to distinguish them from artifacts and how to find the correlation between the physiological signals and the person's internal or external events. Skin conductance, temperature, surface electromyography, photoplethysmograph and respiration will be discovered.

**Keywords:** Hot Tips on Biofeedback, Biofeedback Equipments, Neurophysiology

[Back to workshop schedule]
Expanding Biofeedback with Touch and Imagery: Advanced Techniques
Erik Peper, Ph.D., BCIAC
Registration code 14-04 / Advanced workshop / English language

Abstract: not yet available

Back to workshop schedule

Wired to win: Peak Performance Training in Sports with Biofeedback
Timothy Harkness, Ph.D.
Registration code 14-05 / Universal workshop / English language
Please note: this is a 2-day workshop. First part is schedule on April 13, 2010

Abstract: see abstract on April 13, 2010

Back to workshop schedule

Locomotion: Self-Biofeedback with the Sensory Motor System
An experiential program to increase mobility in walking, reducing pain and mastering your emotions
Servaas Mes, Ph.D.
Registration code 14-06 / Fundamental workshop / English language
Please note: this is a 2-day workshop. First part is schedule on April 13, 2010

Abstract: see abstract on April 13, 2010

Back to workshop schedule

Dalle Neuroscienze al lavoro clinico: le tecniche psicofisiologiche nel setting psicoterapeutico
Tullio Scrima, Dr.
Registration code 14-08 / Fundamental workshop / Universal workshop / Italian language

Abstract: not yet available

Back to workshop schedule

Effective Interventions using Neurofeedback and Biofeedback for Comorbidities that present with ADHD
Lynda Thompson, Ph.D., & Michael Thompson, M.D., James Thompson, Ph.D.
Reg. code 16-01 / Fundamental workshop / English language
Please note: this is a 2-day workshop. Workshop continues on April 17, 2010

Abstract:
The Problem: At the ADD Centre we have had the privilege of working with thousands of adults and children who have come for treatment of ADHD. Some of the children just have ADHD. However, many children and almost all of the adults have symptoms of one or more other disorders. In some cases the other disorder should have been the primary diagnosis.

The Comorbidities: Comorbidities discussed in this workshop include: deficiencies in executive functioning, learning disabilities (LD), Autistic Spectrum Disorders (ASD) including Asperger's Syndrome (AS), Tourette's, mood modulation dysfunction (including anxiety and depression), traumatic brain injuries (TBI), and seizure disorders. The comorbidities overlap and often more than one difficulty is present in the same client. The prime goal of this workshop is to demonstrate how each of these comorbidities have a definitive neuro-anatomical base and EEG findings. Those assessment findings lead to a NFB + BFB intervention that can be logically and effectively applied. Discussion of efficacy of NFB + BFB for each of these difficulties is a part of the presentation.

The Intervention Approach: The reader will note in the following the lack of the use of the word “protocol”. These cases are far too complex for that kind of approach; they demand careful QEEG assessments and a working knowledge of functional neuroanatomy. A child who only has the symptoms of ADHD and otherwise is doing well academically and socially may have an excellent outcome using a single channel, Cz, single Hz band widths, QEEG assessment. The intervention with these children, when hyperactivity and impulsivity is present, is almost always to initially decrease theta (&/or thalpha) and increase SMR with the specific frequency ranges defined according to the QEEG. They then move on to do what the ADHD without hyperactivity or impulsivity group do from the outset and that is to decrease theta &/or thalpha and increase 15-18 Hz while learning and practicing metacognitive strategies.

The client, however, who presents with comorbidities, will have more complex findings in the 19 channel QEEG assessment. These findings may have some general locations and frequencies which are in the literature as being found with a specific symptom pattern or diagnosis but every patient will show their own unique variations on these general patterns. In rare cases where previously undiagnosed seizure activity is observed, the client is referred to a neurologist and SMR training is started. Usually the approach is to initially address the symptoms that interfere with the client being able to optimize their performance and/or interact constructively with others including, in the following order: anxiety, modulation of affect, impulsivity, attention span, executive functions, and finally, in cases along the autistic spectrum. Understanding and responding to, social interactions. Anxiety is a primary clinical finding in many clients and it is tackled first using NFB, usually directed at source abnormalities found in the anterior cingulate (AC) gyrus – often beta spindling between 19-22Hz but sometimes combined with ruminating and bursts of high amplitude beta between 23-36 Hz. Often right frontal lobe areas may also show these bursts of high frequency beta especially in people who experience panic. Increasing SMR with its calming effects is part of this training but the QEEG will dictate both the frequency range and the site. If beta spindling is found centrally at 14 Hz, for example, then the SMR training may be done at C4. BFB is added and is most often heart rate variability (HRV) training but EMG, temperature, and electrodermal (EDR) sensors are also used.

Modulation of affect includes anxiety, dysphoria and, rarely, anger control. Affect modulation as well as the ADHD symptoms of impulsivity and hyperactivity are often helped by normalizing anterior cingulate activity and by the NFB + BFB approach outlined above. Specific symptoms of depression may, in addition, require activation of the left frontal lobe. The Tourette’s symptoms (motor and vocal tics and OCD behaviours) in our experience will have diminished with the above training although, in less complex cases, SMR training alone may be sufficient. Specific learning disabilities (LD) require the ADHD approach and, when attention is increased, this is followed with specific training based on the QEEG findings. In dyslexia, for example, usually Wernicke’s area is relatively inactive and we have had both adult and child non-readers reading well in less than 40 sessions by doing NFB at frequencies and sites (usually the left parietal-temporal junction) based on the QEEG findings. The NFB is always combined with metacognitive strategy exercises in these cases.
The most common diagnosis that has been missed in clients presenting at the ADD Centre is Asperger’s syndrome (AS). The key to rapid normalization and optimization with these clients is to initially address the symptoms that interfere with that person being able to interact constructively with others including, in the following order: anxiety, impulsivity, attention span, executive functions, and finally, understanding, and responding to, social interactions. Executive functions must be addressed in AS just as they are in ADHD, LD, and TBI. These functions include perception and selection of stimuli, being able to inhibit immediate responses, plan, shift mental-set, use working memory, initiate a thought-out response and then monitor and evaluate the results of that response. In addition to the anterior cingulate these functions require good functioning of the dorsolateral prefrontal cortex, excellent parietal-temporal-frontal connections and good functioning of the entire septal-hippocampal-limbic circuits for memory and basal ganglial-cortical circuits for monitoring. In every learning situation the external and internal (affect) context is critical to understanding the efficiency of remembering and recalling information and this will also be discussed.

In all the above, coherence differences from the database are addressed as needed. In most cases we will redo the QEEG after initial amplitude training has effected behavioural change and we will find that coherence abnormalities have changed and in some cases coherence training is no longer needed.

Trainers: In addition to running the equipment and assuring that the correct frequencies are being addressed, the trainers have the difficult task of modeling a calm, relaxed, focused, concentration directed both to the child and the feedback screen and to the cognitive tasks as they are assigned.

Rational: In some of the interventions the ACC cortex is central to the process. This is because ACC influences the entire limbic system, the amygdala-hypothalamic-pituitary-adrenal (AHPA) axis and the autonomic nervous system. It also links to frontal areas of the cortex and is a crucial part of the systems for attention and executive functioning. Optimal executive functioning requires attention to relevant stimuli while inhibiting irrelevant stimuli and inappropriate responses, deciding on action, monitoring and adjusting responses. Doing these executive tasks in a calm focused manner involves parietal to temporal and frontal-temporal-anterior cingulate and cortical-striatal-thalamic interplay. Thus the combination of NFB, BFB, and metacognitive strategies becomes the logical approach.

Summary: This workshop will help participants understand EEG differences found in clients with the aforementioned difficulties. Interventions that are customized for the client, based on EEG assessment and history of symptoms, will emphasize what is in common and what is unique to each disorder with an emphasis on optimizing performance. Attendees will participate in a combined EEG and Psychophysiological Assessment to emphasize how this leads to appropriate interventions that combine neurofeedback, biofeedback and coaching in strategies.

b. Participants
Level: Intermediate and Advanced
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 basic knowledge and skills concerning EEG frequencies and measurement plus 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.

c. Course Objectives
Knowledge:
(1a) Learn the key symptom patterns to assist in the differential diagnosis of various conditions that may present as comorbidity(s) with ADHD including: Asperger’s, LD, TBI, memory dysfunction, anxiety, panic, depression, and some Seizure Disorders.
(1b) Learn the diverse connections of the anterior cingulate (prefrontal, insula, temporal, striatal-thalamic, amygdala, hippocampal, hypothalamic, brain stem and its role in attending, executive functioning and in affect modulation.
Assessment:
(2) Be able to recognize characteristic EEG power (and coherence) patterns in the frequency range 2 to 61 Hz which may be observed in these conditions in addition to learning how to assess the psychophysiological patterns that reflect stress with particular emphasis on heart rate variability.

Intervention:
(3a) Develop rational interventions based on assessment data, which combine elements of neurofeedback, biofeedback and cognitive strategies for an individualized mind-body training programme;
(3b) Begin to feel able to discuss the application of this knowledge during a demonstration of a one (or two) channel EEG assessment combined with a stress assessment.

Keywords: ADHD, EEG, Comorbidities

Feedback of Slow Cortical Potentials: Basics, Protocols, Applications and Evidence
Ute Strehl, Ph.D.
Registration code 16-02 / Advanced workshop / English language
Please note: this is a 2-day workshop. Workshop continues on April 17, 2010

Abstract: Slow cortical potentials are slow shifts of brain activity that are below 0.5 Hz. They belong to the family of event-related potentials and regulate excitation thresholds. As in many clinical conditions (e.g. epilepsy, ADHD) the regulation of excitation thresholds is impaired slow cortical potentials feedback is a viable option for therapy. The aim of this workshop is to convey basic psychophysiological knowledge (EEG and Event related potentials) and to explain and demonstrate technical requirements and protocols. Hands-on exercises (equipment: Therapax® by NeuroConn) will give an impression on how to accomplish a training session. Finally issues of evidence base, indications and clinical everyday-life will be discussed.

Keywords: Slow cortical potentials, Epilepsy, ADHD

Advances in Consciousness and Health – A Holistic Approach
Gary Schwartz, Ph.D.
Registration code 16-03 / Universal workshop / English language
Please note: this is a 2-day workshop. Workshop continues on April 17, 2010

Abstract: not yet available

Biobehavioral Considerations in Diagnosis and Treatment of Primary Headache Disorders
Steve Baskin, Ph.D., BCIAC
Registration code 16-04 / Universal workshop / English language
Please note: this is a 2-day workshop. Workshop continues on April 17, 2010

Abstract: This workshop is an in-depth clinical guide to the many advances in the diagnosis and management of migraine, cluster headache, tension-type headache and their many variants. The workshop will
first provide the participants with a thorough overview of the basic headache diagnostic interview. It will then explore the pathophysiology of the different disorders integrating neurochemical, physiological, behavioral, and psychologic perspectives. Pharmacologic, psychophysiologic, and behavioral treatment alternatives will be reviewed in relation to both clinical efficacy and underlying pain mechanisms. The workshop will help the biofeedback therapist understand the basics of successful headache diagnosis and treatment and better communicate with the medical community. Behavioral and psychophysiologic protocols will be thoroughly discussed. This workshop will also review clinical studies on paradoxical effects of medication overuse in relation to treatment outcome. Chronic daily headache will be thoroughly examined including the transformation process from episodic to chronic headache. Issues of psychiatric co-morbidity will be explored. Attendees will be able to:

1) Perform a headache diagnostic interview and make an informed diagnosis
2) Recognize the clinical symptoms and understand the pathophysiology of the different headache types.
3) Understand behavioral, biofeedback, and pharmacologic treatment alternatives and recognize medication overuse problems secondary to immediate-relief medications.
4) Understand the difficult issue of chronic daily headache and the transformation process from episodic headache
4) Communicate better with the medical community

Key words: Migraine, Headache, Biofeedback

Biofeedback and Self-Regulation Outside the Clinic facing the Community
Daniel Hamiel, Ph.D.
Registration code 16-05 / Universal workshop / English language
Please note: this is a 2-day workshop. Workshop continues on April 17, 2010

Abstract: A program aimed to enhance self regulation was evaluated in variety of settings outside the clinic. This program integrates physiological, cognitive-behavioral and changing focus of attention techniques (mindfulness and more) into a self regulation method. The main principles of the program were adapted in several different settings with a common dominator. Firstly a setting of a physician and a nurse giving a stress management program to group of their patients in the community. Secondly a group intervention with rescuers from rescue units who deal with different kinds of trauma. Thirdly, a setting of a teacher giving a stress management workshop in the class, and finally an internet setting treating students with test anxiety. The theoretic background will be reviewed with an emphasis on practicing the tools. Stress management techniques for adults and children will be taught with specific attention to group work, including a demonstration of the techniques with and without biofeedback. Experience in the above described settings will be described. The workshop is designed for physicians, nurses, medical and clinical psychologists, school counselors, educational psychologists, educators and teachers.

Keywords: Self Regulation, Community, Cognitive Techniques

Back to workshop schedule

sEMG Extravaganza: Advanced Clinical & Ergonomical Applications
Stu Donaldson, Ph.D. & Donald Clasby, Ph.D.
Registration code 16-06 / Advanced workshop / English language
Please note: this is a 2-day workshop. Workshop continues on April 17, 2010

Abstract: not yet available
Resonant Heart, Breath & Emotions: Self-Regulation for Health, Stress Resilience & Transformation
Bob Whitehouse, Ed.D.
Registration code 16-07 / Advanced workshop / English language
Please note: this is a 2-day workshop. Workshop continues on April 17, 2010

Abstract: The regulation of **Heart, breath and emotions** can have a profound effect on health, longevity, and quality of life. In this workshop the latest biofeedback instruments will be used along with 7 techniques and many tips to help in self-regulation for yourself and your clients. Expect to be surprised and empowered by the techniques and the new information that corrects many misconceptions about heart rate and breathing. Learn what Resilience and Resonance are and how we can move from Freeze through Fight/Flight and on to Resilience, Resonance, and Transcendence. **Healthy Breathing** is dependent on the right amount of CO² in our lungs, not how slow or deep we breathe. We want the right CO² almost no matter what we are doing. Using a capnometer is the way to assess proper breathing chemistry. In this workshop you will learn techniques for improving breathing and Heart Rate Variability and learn that the desired HRV can occur intrinsically, independent of techniques. This workshop will integrate research and strategies from Lehrer, **HeartMath**, **Wild Divine** and **Healing Rhythms**.

L'auto-regolazione e la presentazione elettro-miografica di superficie: un approccio pratico e delle perle cliniche
Gabriel M. Sella, Dr.
Registration code 16-08 / Fundamental workshop / Italian language
Please note: this is a 2-day workshop. Workshop continues on April 17, 2010

Abstract: not yet available

**Effective Interventions using Neurofeedback and Biofeedback for Comorbidities that present with ADHD**
Lynda Thompson, Ph.D., & Michael Thompson, M.D., James Thompson, Ph.D.
Reg. code 17-01 / Fundamental workshop / English language
Please note: this is a 2-day workshop. First part is schedule on April 16, 2010

Abstract: see abstract on April 16, 2010

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Abstract: see abstract on April 16, 2010

Back to workshop schedule
**Baskin, Steven M., Ph.D., BCIAC**
He is the Director of the New England Institute for Behavioral Medicine in Stamford, Connecticut and an attending psychologist in neurology and psychiatry at Greenwich Hospital of Yale-New Haven Health. He is a past president of the Association for Applied Psychophysiology and Biofeedback (AAPB). He is a current member of the board of directors of the Headache Cooperative of New England. He is a past board member of the American Headache Society and the Connecticut Psychological Association. He is a current member of the board of directors of the Headache Cooperative of New England. He is a past board member of the American Headache Society and the Connecticut Psychological Association. He is a current member of the board of directors of the Headache Cooperative of New England. He is a past board member of the American Headache Society and the Connecticut Psychological Association.

*Back to workshop schedule*

**Clasby, Donald, Ph.D.**
Biography not available yet

*Back to workshop schedule*

**Diamantidis, Spiro, MD**
He is a Medical Doctor graduated from Athens University Medical School, specializing in GP and homeopathic medicine in Hellas, Austria, Great Britain and USA. Founder and president of the Medical Institute for Homeopathic Research and Applications (M.I.H.R.A), founded in 1985 in Athens, educating over 3,500 medical doctors, pharmacists, dentists and veterinarians. Founder and president of the Pan-Hellenic Biofeedback Center founded in Athens 1983. Former General Secretary of the Homeopathic Committee of the Central Health Council of the Ministry of Health, Welfare and Social Security, Founding member of the European Council for Integrated Medicines-E.C.I.M (European committee for the promotion of alternative medical systems in the countries of the E.U, seated in Brussels). With the “Diamantidis medical team” today totaling 43 Medical Doctors, he runs 22 homeopathy and biofeedback clinics in Greece, Cyprus, and abroad on line through video conference. He has carried out and presented with his collaborators in international and pan-Hellenic congresses 93 scientific medical studies and clinical researches on homeopathic treatment for a multitude of pathological issues from fertility to cancer and on biofeedback regarding many psycho physiological entities. Since 1983 he has been the general director of biofeedback programs which are utilized in Hellas and worldwide, and since 2003 on approval and subsidization from the E.U. through the Organization for Employment, and in Cyprus subsidized from the E.U. through the Human Resource Development Authority. He is a pioneering physician who implements biofeedback into his work and has given numerous workshops on this topic.

*Back to workshop schedule*

**Donaldson, Stuart, Ph.D.**
Biography not available yet

*Back to workshop schedule*
Fuhs, Monika, Mag.rer.nat., BCIAC
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 ÖBIP (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 at 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, Energy healing, Therapeutic touch and orthomolecular nutrition. 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.

Back to workshop schedule

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.

Back to workshop schedule

Hamiel, Daniel, Ph.D.
Biography not available yet

Back to workshop schedule

Harkness, Timothy, Ph.D.
Biography not available yet

Back to workshop schedule

Kirk, Linda, Ph.D.
Biography not available yet

Back to workshop schedule

Martin, Alexandra, PD Dr.rer.nat.
Alexandra Martin worked as clinical psychologist in a psychosomatic clinic in Germany (Medizinisch-Psychosomatische Klinik Rosenneck, Prien) from 1996 - 2000. Since 2001 she is teaching at the University of Marburg and since 2007 at the University of Bielefeld, Germany, Department of Clinical Psychology and Psychotherapy. She has given workshops and presentations on biofeedback for the German Society of Biofeedback (DGBFB) and the BFE since 1999. Her therapeutic background is Cognitive-Behavioral Therapy. The clinical work with biofeedback covers the treatment of incontinence, psychosomatic disorders, chronic pain as well as anxiety disorders. Her current research includes the evaluation of treatment effects
achieved by biofeedback in disorders such as urinary incontinence, somatoform disorders and chronic pain (in controlled treatment trials and in meta-analyses).

**Mes Servaas, Ph.D.**
Servaas Mes is the Director of The Somatic Health Center in St. Helena, California. He received his training as a Physical Therapist / Physiotherapist in the Netherlands before moving to Northern British Columbia, Canada in 1989. After being injured himself, Servaas tried many different ‘experts’ and treatment techniques for over five years, resulting only in temporary relief. In 1996 he experienced his first hands-on session in Hanna Somatic Education®, which not only gave him long term relief, but also strengthened his belief that we have to learn to take responsibility for our own healing. Following the Hanna Somatic Education® training program in California, Servaas opened his own clinic in Somatic Rehabilitation. In October 1999, Servaas moved back to the Netherlands, where he was invited by Dr. Andry Vleeming (founder and organizer of the ‘World Congress on Low Back and Pelvic Pain’; Director of the Spine & Joint Center The Netherlands). He introduced Somatics to his new colleagues in Rotterdam and participated in a research project on awareness and movement. One year later, Servaas returned to the Westcoast of Canada and resumed his practice in Smithers, BC. In March 2003, he got married to Beverly Davies. They joined forces and together they founded The Somatic Health Center of St. Helena, California in Beverly's hometown. His knowledge, skill and experience of working with injured clients and being able to relate to injuries himself, give him a definite advantage in the field of bringing relief to the people who need it. He is the only Physical Therapist among all certified Hanna Somatic Educators worldwide. Being dually trained, he has seen and experienced the advantages of bridging modern medicine with complementary medicine. To develop a better understanding and better treatment methods for the people who need it, he promotes ‘Somatic Physiotherapy’ and ‘Somatic Rehabilitation’. Over the years, he has followed many continuing education workshops and studies, both in the field of Physical Therapy (orthopaedic manual therapy, Sahrmann’s Muscle Imbalances, McKenzie, PNF, Butler’s Neural Mobilization Techniques) as well as in the field of Somatics (Hanna Somatic Education®, Harriet Goslin's Cortical Field Re-Education®, Charlotte Selver's Sensory Awareness). He has also experienced work in ‘Feldenkrais®’, ‘Pilates’, Zero-Balancing®, Somatic YogaTM, Aston Patterning®, Cranio-Sacral Therapy, BioFeedback and several other somatic modalities.

**Peper, Erik. Ph.D., BCIAC**
Erik Peper, Ph.D. is an international authority on biofeedback and self-regulation. He is Professor at the Institute for Holistic Health Studies / Department of Health Education at San Francisco State University. He is President of the Biofeedback Foundation of Europe and past President of the Association for Applied Psychophysiology and Biofeedback. He holds Senior Fellow (Biofeedback) certification from the Biofeedback Certification Institute of America. He was the behavioral scientist (sport psychologist) for the United States Rhythmic Gymnastic team. He received the 2004 California Governor’s Safety Award for his work on Healthy Computing and the 2005 Sheila Adler Award from AAPB for his efforts to support and encourage student participation. He is an author of numerous scientific articles and books. His most recent co-authored books are *Biofeedback Mastery, Muscle Biofeedback at the Computer, Make Health Happen Training: Yourself to Create Wellness* and *De Computermens*. He is also the co-producer of weekly Healthy Computing Email Tips. His research interests focus on psychophysiology of healing, illness prevention, voluntary self-regulation, holistic health, healthy computing, respiratory psychophysiology and optimizing health with biofeedback.

**Saab, Marc, BASc, MEng**
Marc Saab holds a Bachelor of Applied Science from the University of Waterloo, with a major in electrical engineering and a minor in Biology, and a Masters of Biomedical Engineering from McGill University and the Montreal Neurological Institute. His published research includes automatic early detection of epileptic seizures and other neurophysiological events in scalp and depth EEG. Professional work includes research and development, biosignal algorithm design and product development. He is currently a product manager at Thought Technology Ltd in Montreal, Canada. He is also a specialized instructor, lecturing on complex scientific concepts in a simple, easy to understand manner for the layman. He has offered workshops describing the theory and clinical applications of EEG signal processing at several annual conferences, including those of the AAPB and ISNR, for the past several years.

Sacco, Giuseppe, Dr.
Biography not available yet

Schwartz, Gary, Ph.D.
Biography not available yet

Scrimali, Tullio, Dr.
Biography not available yet

Sella, Gabriel M., Dr.
Biography not available yet

Strehl, Ute, Ph.D.
Biography not available yet

Thompson, Lynda, Ph.D., BCIA-EEG
Lynda Thompson, Ph.D. is a licensed psychologist who has done teaching, clinical psychology, school psychology and owned learning centers. She has been Executive Director of The ADD Centre in Toronto since 1993. Her doctoral dissertation (1979) dealt with hyperactive children treated with methylphenidate. She is co-author with paediatrician William Sears of The A.D.D. Book: New Understandings, New Approaches to Parenting Your Child (1998) and co-author with Michael Thompson of Setting up for Clinical Success with the Procomp+/Biograph. Her most recent book, also co-authored with Michael Thompson, is The Neurofeedback Book: An Introduction to Basic Concepts in Applied Psychophysiology, which has become a basic text in the field of EEG biofeedback. She has also authored journal articles and contributed chapters on Attention-Deficit/Hyperactivity Disorder, stress management, and autistic spectrum disorders to texts written for professionals. With her husband, Dr. Michael Thompson, she has been invited to teach about neurofeedback and biofeedback on five continents and presents frequently at professional meetings in these fields.
Thompson, Michael, MD
Michael Thompson 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.

Whitehouse, Bob, Ed.D.
Bob Whitehouse has 35 years' experience in exploring these matters and over 11,000 hours in monitoring heart rate and/or breathing. A licensed psychologist, BCIA certified in biofeedback, he is also an emeritus professor of psychology. He has been a board member of the Association of Applied Psychophysiology and Biofeedback, their Legislative and Insurance chair, has given congressional briefings and a Science Forum presentation to decision makers, given hundreds of conference presentations, workshops and consultations, is trained in Somatic Experiencing® and has recently published an article with Diane Heller PhD on "Heart Rate in Trauma: Patterns Found in Somatic Experiencing® and Trauma Resolution" in Biofeedback Summer 2008. Email: BobWhitehouse@gmail.com