



WORKSHOP SCHEDULE

14th Annual meeting of the BFE, Rome

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

April 13 9 am – 5 pm	April 14 9 am – 5 pm		April 15 9 am – 5 pm	April 16 9 am – 5 pm	April 17 9 am – 5 pm
<p><i>Reg. code 13-01</i> Lynda Kirk Integrative Approaches in the Treatment of Children using Neurofeedback and Biofeedback F/U</p>	<p><i>Reg. code 14-01</i> Lynda Kirk Integrating Peripheral BF, EEG NF, and Adjunctive Techniques to Achieve Optimal performance F/U</p>	S C I E N T I F I C P R O G R A M		<p><i>Reg. code 16-01</i> L. & M. Thompson Effective Interventions using NF and BF–for Comorbidities that present with ADHD A</p>	<p><i>Reg. code 17-01</i> L. & M. Thompson Effective Interventions using NF and BF for Comorbidities that present with ADHD A</p>
<p><i>Reg. Code 13-02</i> Jay Gunkelman Mind/Brain/Consciousness: A Potential Mechanism for Distant Effects in Healing A</p>	<p><i>Reg. code 14-02</i> Jay Gunkelman Mind/Brain/Consciousness: A Potential Mechanism for Distant Effects in Healing A</p>			<p><i>Reg. code 16-02</i> Ute Strehl Feedback of Slow Cortical Potentials: Basics, Protocols, Applications and Evidence A</p>	<p><i>Reg. code 17-02</i> Ute Strehl Feedback of Slow Cortical Potentials: Basics, Protocols, Applications and Evidence A</p>
<p><i>Reg. code 13-03</i> Marc Saab Introduction to EEG Fundamentals and Signal Processing Methods for Non-Technical Practitioners F</p>	<p><i>Reg. code 14-03</i> Spiro Diamantidis Hot Tips for Immediate Biofeedback Success F</p>			<p><i>Reg. code 16-04</i> Steve Baskin Biobehavioral Considerations in Diagnosis and Treatment of Primary Headache Disorders U</p>	<p><i>Reg. code 17-04</i> Steve Baskin Biobehavioral Considerations in Diagnosis and Treatment of Primary Headache Disorders U</p>
<p><i>Reg. code 13-04</i> Monika Fuhs Wired for success: helping Kids to Develop Resilience and Empathy A</p>	<p><i>Reg. code 14-04</i> Erik Peper Expanding Biofeedback with Touch and Imagery: Advanced Techniques A</p>			<p><i>Reg. code 16-07</i> Bob Whitehouse Resonant Heart, Breath & Emotions: Self-Regulation for Health, Stress Resilience and Transformation A</p>	<p><i>Reg. code 17-07</i> Bob Whitehouse & Diane Poole Heller Heart Rate in Trauma: Patterns Found in Somatic Experiencing® and Trauma Resolution A</p>
<p><i>Reg. code 13-05</i> Wilson, Sue Optimizing Performance and Health for Sport through Biofeedback/Neurofeedback Assessment</p>	<p><i>Reg. code 14-05</i> Wilson, Sue Optimizing Performance and Health for Sport through Biofeedback/Neurofeedback Training</p>			<p><i>Reg. code 16-08</i> Gabe Sella sEMG -title to be announced</p>	<p><i>Reg. code 17-08</i> Gabe Sella sEMG -title to be announced</p>
<p><i>Reg. code 13-06</i> Servaas Mes Locomotion: Self-Biofeedback with the Sensory Motor System F</p>	<p><i>Reg. code 14-06</i> Servaas Mes Locomotion: Self-Biofeedback with the Sensory Motor System F</p>				
<p><i>Reg. code 13-07</i> Friedrich Vogt Self-efficacy in treatment of psychosomatic disorders: HRV-Biofeedback F</p>	<p><i>Reg. code 14-07</i> Friedrich Vogt Self-efficacy in treatment of psychosomatic disorders: HRV-Biofeedback F</p>				
<p><i>Reg. code 13-08</i> Giuseppe Sacco L'utilizzo del Biofeedback nel trattamento dei disturbi d'ansia e dell'umore F/U</p>	<p><i>Reg. code 14-08</i> Tullio Scrimali Dalle Neuroscienze al lavoro clinico: le tecniche psicofisiologiche nel setting psicoterapeutico F/U</p>				

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 inthe 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





14th Annual Meeting of the Biofeedback Foundation of Europe
April 13-17, 2010 at the Ergife Palace hotel, Via Aurelia 619, Rome, Italy www.ergifepalacehotel.com

WORKSHOP ABSTRACTS

Tuesday April 13, 2010

All workshops start at 9 am and end at 5 pm

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

Lynda Kirk, MA, LPC, BCIA Senior Fellow, BCIA EEG Fellow, QEEG Diplomate

Registration code 13-01 / Fundamental workshop / Universal workshop / English language

Abstract: With increasing concerns about dangerous side effects and the effect of long-term medication use for a number of children's diagnoses such as ADHD, anxiety and depression, more parents are seeking effective, non-pharmacological alternatives to help their children. Biofeedback, neurofeedback, and adjunctive techniques are excellent and effective options.

The content of this workshop will focus on techniques for successfully working with children, teens and their families, using examples and case studies of how we work with this population in our clinic. We will share our integrative protocols for several of the most common diagnoses, including ADHD and ADHD subtypes, ADHD comorbidities, headaches, anxiety disorders, depression, PDD/autistic spectrum, and bladder and bowel issues. We will also share our techniques for getting and keeping excellent rapport with kids. Workshop attendees will learn specific neurofeedback and biofeedback protocols for the most common child and teen diagnoses seen at Austin Biofeedback and EEG Neurotherapy Center. We will explain and demonstrate how we use adjunctive techniques and other interventions, plus some of our favorite multi-treatment therapies. As a bonus, we will share techniques we use in our popular workshop "Peak Zone Kids."

Key words: ADHD, adjunctive techniques, biofeedback, neurofeedback

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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: This two day workshop will focus on brain function, specifically the neurophysiological findings associated with consciousness. Though this workshop will be dense with EEG and even some ERP data, it will also have material of interest for the non-EEG attendees deeply interested in consciousness and healing.

Day one will build a brain function model based on neuroanatomical and neurophysiological findings. These findings are drawn from the International Federation of Clinical Neurophysiology position paper on EEG generator sources, with focus on the sources of DC/SCP as well as the oscillatory EEG rhythms.

Day two will present a model of consciousness based on day #1 content and also presentation of data collected during simultaneous EEG recordings from healer and healee. The healer study data will propose a mechanism for a "connection" between the healer/healee based on Schumann's Resonance and Standing Potential effects with phase entrainment. This is the first international presentation of this new and exciting data with implications for transpersonal studies.

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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: The practice of neurofeedback requires knowledge in such varied areas as psychology, neurophysiology, electroencephalography (EEG) and signal processing. Where EEG and computer-based neurofeedback are concerned, often an understanding of complex concepts is required to use the many tools available. This workshop will present the fundamental concepts of both EEG and commonly-used software methods in a simple, clear manner for the non-technical practitioner to appreciate, retain and apply, with the intention of improving clinical outcomes. This workshop is of interest to anyone recording EEG and performing neurofeedback using computer software. Topics will include (among others, and as time permits): a physiological basis of EEG, electrode placement and measurement fundamentals, surface QEEG characteristics, clinical recommendations, digital filtering, an explanation of time and frequency, DC recording and evoked and slow cortical potentials (EP and SCP).

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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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Optimizing Performance and Health for Sport through Biofeedback/Neurofeedback - Assessment

Wilson, Vietta E. (Sue), Ph.D.

Registration code 13-05 / Fundamental workshop / English language

Abstract: This workshop will walk participants through an assessment for athletes with the new profiles that simplify the process of presentation. New to the workshop is the automatic profiling of the Infiti and a semi-automatic interpretation information handout for the athlete. The workshop will provide sample intake and consent forms, interview questions to accompany the paper and pencil educational assessment inventories. The inventories include an assessment of the mental skills used in elite performance, with an interpretation of how to use this information with biofeedback/neurofeedback. Each workshop participant can then use the inventories for personal or professional purposes. An extensive review of the screens/stats of the Performance Psychophysiological Profile Assessment (2 emg, 2eeg, temp, hr/hrv, rr, eda -Infiti), individual reports will be presented. The profile assesses the person under performance, imagery, learning and recovery conditions and typical data ranges and means will be provided. Much of the time will be spent on how to integrate the information from the profile to better design a programme for the individual. Key references for each phase of the assessment profile will be included.

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Locomotion: Self-Biofeedback with the Sensory Motor System

An experiential program to increase mobility in walking, reducing pain and mastering your emotions

Servaas Mes, PT

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

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Self-efficacy in treatment of psychosomatic disorders: HRV-Biofeedback

Friedrich Vogt, PhD/MSc (Austria, SVA)

Registration code 13-07 / Fundamental workshop / English language

"False face must hide what false heart doth know" (Shakespeare/MacBeth). In Biofeedback-practice diseases are seen as a condition of lost balance and/or insufficient competence in regeneration. Besides its organic functions, physical behaviour like heart-rate, blood-pressure or respiration can be also seen as an inner memory, behaves like an extended executor of represses and forgotten experiences in our mind. The

workshop will face the question of heart-mind-interaction. How can I integrate cryptic lines on my "closed" Biofeedback-Screen into an open therapeutic interaction with my clients/patients? And how it feeds back to our self-efficacy? The functional understanding of the heart-rate-variability (HRV) is a key, opens a door between mind and body. Becoming healthy is seen more like a way than a designation. This way is not paved solely by mileage, expressed by lost symptoms. Becoming healthy is the more or less burdensome trail of discovery and insight in the accepted organisation of a way of living. And sometimes the destination fits more to inner growth than to intentional expectations. Closing the missing link between science and practical application is one of the most fascinating challenges for practitioners today.

Workshop includes:

Day 1:

- Heart functions and respiration
- The breathing mind – respirations patterns
- Interpretation of HRV-indicators (SDNN, pNN50, RMSSD, LF, HF...)
- Watching and listen to the hearth (Biofeedback)
- The heart as a supervisor in the therapeutic setting

Day 2:

- HRV-feedback, self-efficacy and pain-management: example migraine
- Interactions between heart- and brain-functions
- HRV-feedback and its impact to cerebral functions
- HRV-feedback and its impact to bodily functions
- Biofeedback, salutogenesis and self-efficacy

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

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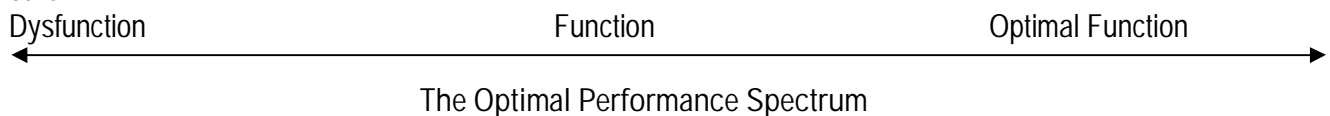
Wednesday April 14, 2010
All workshops start at 9 am and end at 5 pm

Integrating Peripheral Biofeedback, EEG Neurofeedback, and Adjunctive Techniques to Achieve Optimal Performance

Lynda Kirk, MA, LPC, BCIA Senior Fellow, BCIA EEG Fellow, QEEG Diplomate
Registration code 14-01 / Fundamental workshop / Universal workshop / English language

Abstract: *Peak performance* and *optimal performance* are current buzzwords in many arenas, from sports to the arts to business. Whether you work with athletes, artists, businesses, or clinical clients and patients, they all have something in common: *They want to improve their performance.* Being blessed to have a career over the past 30 years that deals with integrating body, mind, brain, and spirit, I have seen thousands of clients whose goals could be summarized as follows: 1) they had some *dysfunction* they wanted to improve, and/or 2) they could *function* reasonably well but they wanted to achieve *optimal function*.

My vision of optimal performance is a spectrum, with *dysfunction* at one end and *optimal function* at the other:



Clients can begin training at any start-point on this spectrum. Our mission as clinicians is to move our clients toward the optimal function end of the spectrum. The methods I use depend heavily on biofeedback and neurofeedback. With biofeedback and neurofeedback we can self-regulate our brainwaves, physiology, emotions, cognition, intellect, and consciousness in ways that were not previously possible. These skills are the keys to optimal health, optimal success and optimal function.

Attendees will learn how to use biofeedback and EEG neurofeedback modalities over the entire Optimal Performance Spectrum. You will learn how to create training applications specifically targeted to the goals of clients seeking your help. This workshop includes examples of optimal performance training with athletes, performing artists, students, and businesses.

The workshop also addresses symptoms categorized as *physical dysfunction* such as:

- Hypertension
- Chronic Pain
- Headaches and Migraines
- TMJ
- Fibromyalgia
- Gastrointestinal Problems
- Esophageal Spasm
- Irritable Bowel Syndrome
- Bladder and Bowel
- Dystonias

It also addresses symptoms categorized as *psychophysiological dysfunction* such as:

- ADHD
- Anxiety/Panic Disorders
- Depression
- Bipolar Disorder
- Tourette's
- Learning Disabilities
- Conduct Disorder
- Obsessive Compulsive Disorder

- Seizures
- Sleep Disorders
- Stress
- Mild Traumatic Brain Injury
- PTSD
- Autism/ PDD

Key Words: Optimal performance, EEG neurofeedback, biofeedback, adjunctive techniques

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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 scheduled on April 13, 2010

Abstract: see abstract on April 13, 2010

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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 losing any info useful for assessment or application. The do's and don'ts 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

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Expanding Biofeedback with Touch and Imagery: Advanced Techniques

Erik Peper, Ph.D., BCIAC

Registration code 14-04 / Advanced workshop / English language

Abstract: Even with the biofeedback training the pain did not change or the client did experience any change or enough benefits. This workshop shares pragmatic teaching skills that are derived from more than 35 years of clinical biofeedback training and supervision. Learn to optimize your clients self-healing capability from a holistic perspective by integrating diet, exercise, and cognitive changes. The workshop focuses upon complementary techniques of touch and movement, imagery and kinesthetic modeling, cognitive reframing, and breathing that facilitate biofeedback training and clinical success with patients who have pain, hypertension, muscle tension, anxiety, asthma or chronic disorders. The workshop includes teaching therapeutic touch to evoke a state of safety within the client that is necessary for regeneration and healing.

Specifically taught are strategies to use touch to direct passive attention and effortless breathing, integrate somatosensory imagery, and kinesthetic sculpting as homework practices to reduce symptoms and pain. The workshop includes experiential practices, role playing with physiological monitoring and training.

Keywords: Respiration, Pain, Therapeutic touch, Imagery

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Optimizing Performance and Health for Sport - Training

Wilson, Vietta E. (Sue), Ph.D.

Registration code 14-05 / Fundamental workshop / English language

Abstract: This workshop will provide the 'how to integrate' the biofeedback/neurofeedback protocols with the sport psychology skills necessary for elite performance. The sport psychology skills include motivation, imagery, self regulation skills, confidence, self talk and attention. Included are some of the Edutainment exercises that can be used in presenting seminars or teaching self regulation to athletes or teams. The new biofeedback (emg, rr, br, hr/hrv, temp,eda) and neurofeedback (1 & 2 channel) training screens used for performance enhancement are reviewed. Also demonstrated will be the reaction time protocol used by the speed skaters enroute to Olympic Gold Medals. Case studies will be used to illustrate the training protocol. Additionally, what and how to integrate the biofeedback home trainers with the sport psychology skills will be demonstrated. A CD of the text Owners' Manual of How to Control the Mind/Body and Edutainment will be given to each participant.

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Locomotion: Self-Biofeedback with the Sensory Motor System

An experiential program to increase mobility in walking, reducing pain and mastering your emotions
Servaas Mes, PT

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

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Self-efficacy in treatment of psychosomatic disorders: HRV-Biofeedback

Friedrich Vogt, PhD/MSc (Austria, SVA)

Registration code 14-07 / 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

Dalle Neuroscienze al lavoro clinico: le tecniche psicofisiologiche nel setting psicoterapeutico

Tullio Scrimali, Dr.

Registration code 14-08 / Fundamental workshop / Universal workshop / Italian language

Abstract: not yet available

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Friday April 16, 2010

All workshops start at 9 am and end at 5 pm

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 thalpa) 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 thalpa 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

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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: Theraprax® 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

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Biobehavioral Considerations in Diagnosis and Treatment of Primary Headache Disorders

Steve Baskin, Ph.D., BCIAAC

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

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Resonant Heart, Breath & Emotions: Self-Regulation for Health, Stress Resilience & Transformation

Bob Whitehouse, Ed.D.

Registration code 16-07 / Advanced workshop / English language

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.

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sEMG – title to be announced

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

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Saturday April 17, 2010
All workshops start at 9 am and end at 5 pm

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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Feedback of Slow Cortical Potentials: Basics, Protocols, Applications and Evidence

Ute Strehl, Ph.D.

Registration code 17-02 / Advanced 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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Biobehavioral Considerations in Diagnosis and Treatment of Primary Headache Disorders

Steve Baskin, Ph.D., BCIAC

Registration code 17-04 / Universal 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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Heart Rate and CO2 in Trauma: Patterns found in Somatic Experiencing® and Trauma Resolution

Bob Whitehouse, Ed.D. and Diane Poole Heller, PhD

Registration code 17-07 / Advanced workshop / English language

Abstract: The presenters find unique patterns in client heart rate variability, spectral analysis of heart rate, and capnometry (measures of CO2) during Somatic Experiencing (SE) (originated by Peter Levine, PhD) and Dynamic Attachment Repatterning Experience (DARE) trauma resolution therapy (developed by Diane Heller, PhD). Heart rate variability, spectral analysis, and CO2 will be explained briefly. Heart rate graphs of different autonomic nervous system states (including the freeze response as well as fight/flight) will be shown and a live SE demonstration will be conducted with heart rate and CO2 monitoring probably of both therapist and a volunteer. The low frequency spectral pattern, often called coherence, is found to typically accompany trauma resolution. Physiological monitoring is presented as a tool for research, for validating therapeutic constructs, and for feedback for client and therapist about their self-regulation states and progress.

Keywords: Heart Rate Variability, Trauma, CO2

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sEMG – title to be announced

Gabriel M. Sella, Dr.

Registration code 17-08 / Fundamental workshop / Italian language

Please note: this is a 2-day workshop. First part is scheduled on April 16, 2010

Abstract: see abstract on April 16, 2010

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14th Annual Meeting of the Biofeedback Foundation of Europe
April 13-17, 2010 at the Ergife Palace hotel, Via Aurelia 619, Rome, Italy www.ergifepalacehotel.com

FACULTY

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 on the editorial board of the *Journal of Applied Psychophysiology and Biofeedback* and a frequent reviewer for the journals *Headache* and *Cephalalgia*. He has published extensively on primary headache disorders most recently on comorbid psychiatric factors that may chronify migraine and complicate treatment.

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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.

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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 ÖBfP (Österreichische Gesellschaft für Biofeedback und Psychophysilogie), 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. She is a lecturer at Sigmund Freud Privatuniversität (SFU) where she set up a BCIA certified program for Biofeedback and Neurofeedback.

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.

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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.

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Kirk, Lynda, Ph.D.

Lynda Kirk is a Phi Beta Kappa graduate of the University of Texas at Austin and is a Licensed Psychotherapist in the state of Texas. As a public health Peace Corps volunteer in West Africa, she became interested in the mind-body connection, which led to her study of biofeedback. Lynda is founder and Clinical Director of the Austin Biofeedback and EEG Neurotherapy Center where she directs a staff of clinicians and sees clients for all applications of biofeedback and neurofeedback. Lynda is Past-President of the Association of Applied Psychophysiology and Biofeedback (AAPB); Past-President and Fellow of the International Society for Neurofeedback and Research (ISNR) and Past-President of the Biofeedback Society of Texas. She is a BCIA Senior Fellow in biofeedback certified by the Biofeedback Certification Institute of America, a BCIA Fellow in EEG neurofeedback, and a Diplomate in Quantitative EEG (QEEG).

Lynda is the author of the chapter "Neurofeedback Protocols for Subtypes of Attention Deficit/Hyperactivity Disorder" in the Haworth Medical Press book Handbook of Neurofeedback (2007) edited by James Evans, Ph.D. She has presented at numerous conferences and been an invited speaker both nationally and internationally for 20 years. In 2001, Lynda was heavily involved in helping pass Texas' House Bill 1676, the United States' first state law mandating insurance coverage of EEG neurofeedback for brain injury victims. She is personally and professionally interested in promoting the field of biofeedback and neurofeedback and to that end is a board member of the ISNR Research Foundation, whose goal is the advancement of the field of Neurotherapy. Lynda's clinic, the Austin Biofeedback and EEG Neurotherapy Center, has been selected by the University of Texas Medical School as the site for medical students and resident physicians to observe and learn about medical applications of biofeedback and EEG neurofeedback. Her clinic is the number-one physician referred bio/neurofeedback clinic in Texas. Lynda also works with athletes and performers at all levels, from recreational to professional, to Olympic. She is currently working with the University of Texas athletics and with professional athletes and musicians in peak performance.

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Mes Servaas, PT

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, Sahrman's Muscle Imbalances, McKenzie, PNF, Butler's Neural Mobilization Techniques) as well in the field of Somatics (Hanna Somatic Education®, Harriet Goslins' Cortical Field Re-Education®, Charlotte Selver's Sensory Awareness). He has also experienced work in 'Feldenkrais®', 'Pilates', Zero-Balancing®, Somatic Yoga™, Aston Patterning®, Cranio-Sacral Therapy, BioFeedback and several other somatic modalities.

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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.

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Poole Heller, Diane, Ph.D.

Diane Poole Heller, PhD, Psychotherapist, trauma resolution specialist, Somatic Experiencing Senior faculty, international teacher on Attachment and in Somatic Experiencing®, developer of Dynamic Attachment Repatterning Experience (DARE).

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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.

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Sacco, Giuseppe, Dr.

Biography not available yet

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Scrimali, Tullio, Dr.

Biography not available yet

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Sella, Gabriel M., Dr.

Biography not available yet

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Strehl, Ute, Ph.D.

Biography not available yet

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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.

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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.

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Friedrich Vogt

Friedrich Vogt is a clinical-, emergency- and health-psychologist from Salzburg/Austria, working as a chief psychologist in one of the largest cardiovascular rehabilitation centers in Austria, owned by a public

insurance company. He also has a practice, mainly working with Neurofeedback (ADHD, Tinnitus). Becoming acquainted with psychophysiology in the lab of Prof. Wolfgang Klimesch on the University of Salzburg/Austria while doing EEG and memory studies (SMR- and Alpha-waves), he tried to get more experienced closing the link between mind- and body-functions. While working since more than 10 years with cardiovascular patients, the integration of HRV-Biofeedback was a specific enrichment in a holistic understanding of psycho-physiological applications.

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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

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Wilson, Vietta E. (Sue), 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.

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