



WORKSHOP SCHEDULE

15th Annual Meeting of the BFE, Munich

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

February 22 9 am – 5 pm	February 23 9 am – 5 pm	February 24 9 am – 5 pm	February 25 9 am – 5 pm	February 26 9 am – 5 pm
Reg. code 22-01 <i>Paul Swingle</i> Basics of the QuickQ Assessment and Braindriving Part 1	Reg. code 23-01 <i>Paul Swingle</i> Basics of the QuickQ Assessment and Braindriving Part 2	S C I E N T I F I C P R O G R A M	Reg. code 25-01 <i>L. & M. Thompson</i> Neuroanatomical Underpinnings of Effective Intervention with Asperger's & Autistic Spectrum Disorders Part 1	Reg. code 26-01 <i>L. & M. Thompson</i> Neuroanatomical Underpinnings of Effective Intervention with Asperger's & Autistic Spectrum Disorders Part 2
Reg. code 22-02 <i>Marc Saab</i> EEG Fundamentals for Neurofeedback Practitioners F	Reg. code 23-02 <i>Ralph Warnke</i> HEG Biofeedback – Elegant Means of Neurofeedback Training for ADD and Beyond		Reg. code 25-02 <i>Jay Gunkelman</i> EEG Phenotype Based Neurofeedback: From Peak Performance to Clinical Application Part 1 A	Reg. code 26-02 <i>Jay Gunkelman</i> EEG Phenotype Based Neurofeedback: From Peak Performance to Clinical Application Part 2 A
Reg. code 22-03 <i>Monika Fuhs, Petra Friedrich & Kees Blase</i> Your Heart and Brain on Music EXPERIMENTAL Workshop A	Reg. code 23-03 <i>Spiro Diamantidis</i> How to Find and Utilize Resonant Frequency for Effective HRV Training F		Reg. Code 25-03 <i>Richard Gevirtz</i> Heart Rate Variability Biofeedback: From Theory to Measurement to Application Part 1	Reg. code 26-03 <i>Richard Gevirtz</i> Heart Rate Variability Biofeedback: From Theory to Measurement to Application Part 2
Reg. code 22-04 <i>Erik Peper</i> Advanced Clinical Techniques and BCIA Supervision F	Reg. code 23-05 <i>Jan van Dixhoorn</i> Manual Assessment of Respiratory Movement (MARM)		Reg. code 25-04 <i>Joanne Dahl</i> Behavioral Analyses, Acceptance Therapy and Biofeedback Part 1	Reg. code 26-04 <i>Joanne Dahl</i> Behavioral Analyses, Acceptance Therapy and Biofeedback Part 2
Reg. code 22-06 <i>Ralf Nickel & H.J. Kirlum</i> Biofeedback in Neurological rehabilitation after Central Nervous System Damage Part 1	Reg. code 23-06 <i>Ralf Nickel & H.J. Kirlum</i> Biofeedback in Neurological rehabilitation after Central Nervous System Damage Part 2		Reg. code 25-05 <i>Peter Litchfield</i> CapnoLearning: Carbon Dioxide Biofeedback Part 1	Reg. code 26-05 <i>Peter Litchfield</i> CapnoLearning: Carbon Dioxide Biofeedback Part 2
	Reg. code 23-08 <i>Daniel Hamiel</i> School Resilience Program Coping with daily and traumatic stress with CBT and biofeedback		Reg. code 25-07 <i>Barbara Timmer</i> Biofeedback Grouptherapy - Practical Applications GERMAN	Reg. code 26-07 <i>Eva Uher</i> Einsatz von Biofeedback bei Funktionsstörungen der Beckenbodenmuskulatur GERMAN
			Reg. code 25-08 <i>Lothar Niepoth</i> Bio- und Neurofeedback bei Schlafstörungen GERMAN	Reg. code 26-08 <i>Hans-Jürgen Korn</i> Biofeedback bei Temporomandibulären Störungen und Bruxismus GERMAN

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

Hochschule München: Fakultät Elektrotechnik und Informationstechnik
Lothstraße 64
Munich, Germany



To reach the Congress location by public transport, take Metro line "S8" or "S1" to Munich Central Station. This takes about 40 minutes. From there take the tramway 20 in the direction "Moosach" and get off after about 3 minutes at stop "Lothstraße". Now it is only a short walk of 200 metres to the University of Applied Sciences (Department of electrical engineering and information technology, Lothstraße 64), where the Congress will take place (see map below!).

- Ticket:
 - 1 person: Stripe Ticket for 11, 50 €. From the Airport to the Congress Location you need 8 stripes.
 - 2 persons: Partner Day-Ticket (entire network) for 18,80 €.
 - Up to 5 persons: "Bayern Ticket" (regional ticket) for 27 €
- For further information about destinations and tickets visit the following website: www.mvv-muenchen.de
- Taxi costs: from the Airport to the Congress location the costs are about 52 € to 57 €. The payment is calculated per taxi and not per person.



**15th Annual Meeting
of the Biofeedback Foundation of Europe
February 22-26, 2011, Munich, Germany**

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15th Annual Meeting of the Biofeedback Foundation of Europe

February 22-26, 2011 at the Hochschule München: Fakultät Elektrotechnik und Informationstechnik, Lothstraße 64, Munich, Germany

WORKSHOP ABSTRACTS

Tuesday February 22, 2011

All workshops start at 9 am and end at 5 pm

Basics of the QuickQ Assessment and Braindriving

Paul G. Swingle, Ph.D., F.C.P.A., R. PSYCH.

Registration Code: 22-01

Please note: this is a 2-day workshop. Workshop continues on February 23, 2011

Abstract: This workshop introduces the QuickQ and Braindryvr methods. Each topic is designed to help participants learn what has been shown to work from experience and research. Participants learn how to record the QuickQ and to interpret the results. Methods for probing the client based on comparisons with the QuickQ clinical data base are reviewed and many cases are studied to help participants learn how to capably use this remarkably efficient intake procedure. The details associated with selecting appropriate unconditioned stimuli for braindriving are reviewed and the methods for administering some standard Braindryvr protocols are shown. Unique concerns regarding treating clients with severe emotional trauma, chronic depression and those who are heavily medicated are reviewed.

Keywords: QuickQ, Braindriving

[Back to workshop schedule](#)

EEG Fundamentals for Neurofeedback Practitioners

Marc Saab, BAsC, MEng

Registration Code: 22-02

Abstract: This workshop will present important concepts in electroencephalography (EEG) and commonly-used software methods that all neurofeedback practitioners should know. Presented in a fun, interactive way with both theoretical and hands-on aspects, for the technical and non-technical practitioner alike to understand, retain and apply, with the intention of improving clinical outcomes. Topics will include (among others, and as time permits): a physiological basis of EEG, electrode placement, measurement and maintenance fundamentals, EEG event recognition, surface QEEG characteristics, clinical recommendations, digital filtering, an explanation of time and frequency, DC recording and evoked and slow cortical potentials (EP and SCP). A great workshop to preface the clinical neurofeedback workshops.

Keywords: EEG theory, EEG activity, neurofeedback basics, electrode placement, computer processing

[Back to workshop schedule](#)

Your Heart and Brain on Music – Therapeutic Effects of Music on your Whole Being

Monika Fuhs Mag.rer.nat. BCIAC, Dr. Petra Friedrich and Kees Blase, Ph.D.

Registration code: 22-03

Please note: This is an experimental workshop requiring basic knowledge

"The origin of every scientific study is the single experiment"
Ramachandran

Although there is a large amount of literature on HRV and brainwave biofeedback, we feel the obligation to be critical to our observations and leave participants the freedom to their own observation and interpretation. In this workshop we will offer the setting to experiment with various music styles and preferences to assess the different psycho physiological effects of music on individual HRV and discuss the outcome. Aside from aspects of HRV coherence and other findings we will offer a short overview of HRV and research about the effects of music on brain and heart after discussing the results, some novel theoretical approaches that may have impact on understanding some core concepts of psycho physiology and will be discussed in a workshop on the scientific day.

Agenda

- 1.) We will set up specific biofeedback-screens for the participants that take actively part in the experiment and explain their function, how to adapt these screens according to their own preferences and how to use them for effective HRV training with music
- 2.) We will actively perform music such as drumming, singing, use different unknown instruments like Sansulas, etc and use prerecorded music of different styles, rhythms, frequencies and taste/distaste. This experiment will assess the variety of different music styles and the emotional affinity to the specific music on HRV and HRV coherence. If coherence takes place we will assess the conditions under which coherence is achieved and address the specific aspects, which will-as we assume- be very personal.
- 3.) We will use this experiment to address the issues under which circumstances, which conditions and which parameters music can be used as a therapeutic tool and discuss the open issues and personal experiences. Clinical practice of trauma healing by Musicians without borders and the effect of music in war affected areas will be presented, as well as the Mozart effect.
- 4.) How can we touch the heart of an audience and is there an effect on a person's well being and mood that can be measured?

Note: The number of participants is limited to the available equipment. We also ask you to bring music of preference including different styles but equally important of personal distaste/ emotional distance for this experiment (e.g. as compilation on CD or USB)

Final remark: For an optimal organization of this event it would be helpful to send your compilations as mp3 files to: holistic-learning@gmx.at one week prior to the event.

Keywords: individual differences in music as therapy, HRV

[Back to workshop schedule](#)

Advanced Clinical Techniques and BCIA Supervision

Erik Peper, Ph.D., BCIA

Registration code: 22-04

English language

Abstract: This workshop shares pragmatic skills that are derived from more than 35 years of clinical biofeedback training and supervision. Be ready to discuss your own challenging cases and learn to optimize your clients' self-healing capability with a holistic perspective that integrates biofeedback self-regulation with complementary techniques such as touch and movement, imagery and kinesthetic modeling, therapeutic touch, cognitive reframing. Use the workshop for consultation on how to work with your clients who have pain, hypertension, muscle tension, anxiety, asthma, cancer, etc. The workshop includes experiential practices, role playing with physiological monitoring and training, and supervision of the participants' clinical cases.

Keywords: Biofeedback supervision, Biofeedback, Respiration, Pain, Imagery, Touch

[Back to workshop schedule](#)

Biofeedback in Neurological Rehabilitation after Central Nervous System Damage

Ralf Nickel, PT & Hans-Joachim Kirlum, MD

Registration code: 22-06

Please note: this is a 2-day workshop. Workshop continues on February 23, 2011

Abstract: Based on the knowledge that the central nervous system (CNS) has long term structural repair capability, alternate cell structures can be utilized to take the functional place of damaged or destroyed cells. The CNS also has the possibility of establishing neuro-networking in different ways and this is what is known as neuroplasticity or cortical remapping. This type of neuroplasticity is the basis of our daily biofeedback work in neurological rehabilitation and also in neurofeedback procedures when used properly with operant conditioning paradigms. Evidence from our laboratory founded in 2002 and others, like Dr. Bernhard Brucker (who passed away 2008 in Miami), have clearly shown that operant conditioning procedures for learned control of specific neurophysiological responses can result in significantly greater utilization of surviving CNS tissue after damage caused by strokes, brain injuries, cerebral palsy and spinal cord injuries even after years.

This workshop will focus on the important variables that clinicians need to understand in order to have greater, more effective functional outcomes from their biofeedback procedures.

Keywords: Neuroplasticity, Cell Damage, Repair Capability, Alternate Cell Structures, Neurological Rehabilitation, Stroke, Cerebral Palsy, Spinal Cord Injuries, Neurophysiological Responses

[Back to workshop schedule](#)

Wednesday February 23, 2011

All workshops start at 9 am and end at 5 pm

Basics of the QuickQ Assessment and Braindriving

Paul G. Swingle, Ph.D., F.C.P.A., R. PSYCH.

Registration code: 23-01

Please note: this is a 2-day workshop. First part is scheduled on February 22, 2011

Abstract: see abstract on February 22, 2011

[Back to workshop schedule](#)

HEG Biofeedback – Elegant Means of Neurofeedback Training for ADD and beyond

Ralph Warnke, MA

Registration code: 23-02

Abstract: HEG Biofeedback is an innovative and elegant alternative to classical EEG-based Neurofeedback. By means of near infrared (nIR) technology, typical time constraints associated with classical Neurofeedback can be avoided. Clients perceive the training concept swiftly, training progress can easily be achieved and monitored.

Measuring the blood flow in the prefrontal area of the brain offers a fast and efficient form of training particularly for ADD/ADHD patients. Further patient groups benefitting from HEG Neurofeedback are clients with Migraine or Depression. Published Research on HEG Biofeedback has been conducted in particular by the BioComp Research Institute of Los Angeles (USA) and Jeff Carmen (Israel). Large medical companies such as Siemens and Hitachi are currently developing nIR-based brainmapping devices, confirming the reliability of nIR-based technologies.

Participants of this course will be receiving hands-on experience with HEG Biofeedback in its convincing and easy-to-apply methodology. Two scripts for assessment of which training approaches work best for the individual clients will be introduced. Afterwards, typical training sessions will be conducted to provide a clear and solid practical experience on the approach of HEG based Neurofeedback training.

HEG Neurofeedback can easily be combined with other biofeedback modalities such as EEG, temperature, respiration, EMG and other biofeedback measures. Corresponding experience will also be provided in this highly practical course.

Keywords: HEG Biofeedback, near infrared technology

[Back to workshop schedule](#)

How to Find and Utilize Resonant Frequency for Effective HRV Training

Spiro Diamantidis, MD

Registration code: 23-03

Abstract: Heart rate, blood pressure, body temperature, energy level, along with our mood and all psychophysiological phenomena are constantly in motion under a complex variability pattern. When a biological variable rises, a regulatory reflex is triggered that makes it fall again and as it falls, a complementary reflex makes it rise comparably to the rise and fall of sympathetic and parasympathetic components of the ANS sea-saw balance. HRV biofeedback training is a relatively new biofeedback approach aiming to control heart rate variability thus directly targeting and exercising the body's own physiological control mechanisms. Breathing at a rate of 6 breaths per minute is not always the aim of HRV training. Resonant frequency is an idiosyncratic characteristic of one's respiration physiology being thus a special feature of trainee's organism. HRV biofeedback influences trainees to breathe at their specific resonant frequency trying to utilize the fact that when people breathe at their resonant frequency the amplitude of HRV is maximized and the baroreflex is greatly stimulated. Since blood chemistry is an outstanding characteristic of body-mind homeostasis capnometric monitoring of the trainee is important. Diagnostic features reflecting increased vagal tone such as increases in RSA independently of respiration rate especially if coupled with decreases in heart rate will be discovered. Respiratory sinus arrhythmia, vagus nerve function, baroreflex gain, basic capnometry and autonomic balance will be discussed. The participants will have the opportunity to get wired for practicing resonant frequency finding through specific breathing protocol so participants are kindly asked to bring their own biofeedback equipment and laptop. Ordinary capnometer will be provided by the presenter.

Keywords: Biofeedback, Heart Rate Variability (HRV), Respiratory Sinus Arrhythmia (RSA), baroreflex, capnometry, resonant frequency.

[Back to workshop schedule](#)

Manual Assessment of Respiratory Movement (MARM)

Jan van Dixhoorn, Ph.D., MD

Registration code: 23-05

Abstract: MARM is a new clinical tool to assess and quantify breathing movement. It uses palpatory information, obtained by the clinician from the backside of the client in a sitting position, to construct a global image of breathing movement. It reflects area (or size) of the ribcage and abdomen, involved in respiration, as well as location or distribution (upper, lower, middle part) and symmetry. Quantification is simple and has proved to be reliable and valid, in comparison to life-shirt measurements. MARM does neither reflect time components nor ventilation.

Its clinical utility is 1) as a screening tool to detect potential dysfunctional breathing, 2) as an outcome measure of intervention for dysfunctional breathing, and 3) as a feedback tool to guide treatment.

Techniques to elicit an optimal MARM value and 'balanced breathing' usually result in a comfortable sitting posture, a quiet mental state and relaxed breathing.

In the first part (day) of the workshop, theory and procedures will be explained and practiced. Two assessment protocols will be provided, demonstrated and practiced, and pitfalls that lead to inaccuracy are discussed. Outcome data of assessment and treatment will be presented. The participant will understand the utility and limitations of MARM data.

In the second part, MARM will be used as a feedback tool to guide treatment. Techniques to induce respiratory changes will be demonstrated and practiced. Finally, we end with a test to perform MARM accurately and reliably. The participant will be able to use MARM in clinical practice.

Keywords: breathing movement, dysfunctional breathing

[Back to workshop schedule](#)

Biofeedback in Neurological Rehabilitation after Central Nervous System Damage

Ralf Nickel, PT & Hans-Joachim Kirlum, MD

Registration code: 23-06

Please note: this is a 2-day workshop. First part is scheduled on February 22, 2011

Abstract: see abstract on February 22, 2011

[Back to workshop schedule](#)

School Resilience Program – Coping with daily and traumatic stress with CBT and biofeedback

Daniel Hamiel, Ph.D.

Registration code: 23-08

Abstract: The workshop is based on a school resilience program aimed to prepare children from kindergarten to high school to cope with daily as well as with traumatic stressors. In 2009-2010 the School Resilience Program trained hundreds of teachers and counselors in Israel to conduct resilience- and trauma--focused interventions. In children trained both before and after exposure to missiles attacks, war and natural disasters, the program was effective in reducing by 50% their symptoms of post-trauma, anxiety, nightmares, fears, school and sleeping difficulties, detachment and social withdrawal, compared with children who didn't participate in the program. The program was chosen by the Israeli government for a national pilot program for the 2010-2011 school year. It is activated now in 200 schools (approx. 100,000 students). The plan is that in the 2011-2012 school year every child in the country will be exposed to the program (approx. 1.5 million students). An advantage of the program is the use of class setting and teachers as moderators and the use of simple but effective methods on everyday stressors, to help the children cope and process their feelings and experiences. The program integrates emotional, physiological and cognitive-behavioral techniques as well as methods of changing focus of attention (mindfulness and more) into a self regulation method. We have simplified therapeutic techniques into educational simple techniques that can be used by teachers and students. An interesting finding is that many of the techniques that have been created in the program were found to be very effective in our therapeutic setting as well. The theoretic background will be reviewed with an emphasis on practicing tools. Stress management techniques will be taught specifically by group work, including a demonstration of the techniques with and without biofeedback. The workshop is designed for clinical psychologists, school counselors, educational psychologists, educators and teachers.

Keywords: self regulation, daily stressors. trauma, class setting, community, biofeedback, cognitive techniques, Changing focus of attention techniques.

[Back to workshop schedule](#)

Friday February 25, 2011

All workshops start at 9 am and end at 5 pm

Neuroanatomical Underpinnings of Effective Intervention With Asperger's Syndrome & Autistic Spectrum Disorders -From Theory to Practice (Emphasizing the Synergistic combination of NFB with BFB)

Lynda Thompson, Ph.D., Michael Thompson, MD

Registration code: 25-01

Please note: this is a 2-day workshop. Workshop continues on February 26, 2011

Abstract: This workshop will assist participants to understand the basic symptoms of Asperger's syndrome and Autism. It will demonstrate how an assessment is carried out. These assessments typically show dysfunction in seven Neuroanatomical areas that are involved in autistic spectrum disorders (ASD). These include: (1) Prefrontal cortex (2) Hippocampal Gyrus, (3) Amygdala with its connections to the Orbital and Medial Frontal areas of the brain, (4) Fusiform gyrus, (5) Superior Temporal Gyrus containing the auditory cortex, (6) Anterior Insula and the Anterior Cingulate (both part of the limbic system (or emotional brain), and (7) Frontal and Parietal-Temporal Mirror Neuron areas (on the right side these underlie sensory and motor aprosodia).

This will be combined with an understanding Stephen Porges' Polyvagal Theory to show how the integration of cortical dysfunction with autonomic functioning leads to an understanding of why biofeedback, and in particular heart rate variability training, should be combined with neurofeedback (NFB) to treat these disorders. The participants will see how lack of normal functioning in cortical, diencephalic, corpus striatum, midbrain, and brain stem regions can correspond to the clients' symptoms and how dysfunction in these areas can be identified using the quantitative electroencephalogram (QEEG) combined with low resolution electro-magnetic tomographic assessment (LORETA) and a psychophysiological stress assessment. The QEEG will also show abnormalities in connectivity (coherence) between sites.

Existing theories of dysfunction in the ASDs including: Mirror Neuron and Salience Landscape theories and the three neuro-cognitive theories (Theory-of-mind, weak-central-coherence, and Executive Function) and the Polyvagal theory will be mentioned as they relate to QEEG and psycho-physiological findings and to the client's symptoms and to how practitioners can intervene using a combined neurofeedback plus biofeedback approach to achieve good results. The presenters will also discuss executive functions as they pertain to intervention with these clients. Executive, affect, and default networks will be discussed as will recent findings pertaining to the Neuroanatomical and network underpinnings of understanding self and other and self-in-the-world. Our outcomes with more than 150 consecutive clients will be shared. The approach used addresses the four key groups of symptoms: (1.) ADHD symptoms of inattention and impulsivity, (2.) anxiety and affect modulation, (3.) empathy, affect interpretation and expression and maintaining social interactions, and (4.) executive function difficulties. In the treatment of children with these disorders the practitioner also needs to understand from a developmental perspective why the young child may 'appear' to regress when treatment is actually succeeding. Helping the parents encourage the progress their child is making is an important aspect of the intervention that will also be addressed in this workshop.

Goal: To broaden practitioners' understanding of Asperger's Syndrome (AS) as a disorder within the larger grouping of Autistic Spectrum Disorders (ASD) and to give them the necessary knowledge and skills to intervene effectively.

Keywords: Neurofeedback, Asperger's Autism

[Back to workshop schedule](#)

EEG Phenotype Based Neurofeedback: From Peak Performance to Clinical Application

Jay Gunkelman, QEEGD

Registration code: 25-02

Please note: this is a 2-day workshop. Workshop continues on February 26, 2011

Abstract:

This workshop will focus on EEG/qEEG interpretation approaches, specifically focusing on the phenotype model proposed in 2005. The talk will cover the model itself as well as the various validation studies, both preceding the model's publication and also studies carried out since the 2005 publication. Specifically, prediction of medication responses in attentional and affective disorders and the outcomes in treating addiction with this model's approach. Raw EEG files will be reviewed and used to illustrate the model, as well as the IFCN position paper on EEG rhythm generators.

Keywords: EEG Phenotypes

[Back to workshop schedule](#)

Heart Rate Variability Biofeedback: From Theory to Measurement to Application

Richard Gevirtz, Ph.D., BCIAC Fellow

Registration code: 25-03

Please note: this is a 2-day workshop. Workshop continues on February 26, 2011

Abstract: Mounting evidence points to the efficacy of HRV biofeedback for autonomically mediated disorders and perhaps for Anxiety and Depression. In this workshop the fundamentals of HRV are explained and illustrated. First we concentrate on the physiology and neurophysiology behind the phenomenon and then to the biofeedback technique itself. This basic biofeedback technique, pioneered by the presenter and his colleagues in the US and Russia, is carefully demonstrated and each participant is coached to assure competency. In Part II, protocols for Chronic pain, Fibromyalgia, IBS, Anxiety Disorders, Hypertension, and other disorders are presented and practiced. The participant should be able to use these protocols in their own home or clinical settings by the workshop's completion.

Keywords: HRV Biofeedback, pain disorders, functional gastrointestinal disorders

[Back to workshop schedule](#)

Behavioral Analyses, Acceptance Therapy and Biofeedback

JoAnne Dahl, Ph.D.

Registration code: 25-04

Please note: this is a 2-day workshop. Workshop continues on February 26, 2011

Abstract: This presentation shows how Acceptance and Commitment Therapy (ACT) is developed and evaluated for different chronic illnesses: pain, epilepsy and obesity. Treatments are short term, home based and internet based. This presentation includes experiential based treatment which gives the audience the opportunity to experience the treatment methods. The six process of ACT include mindfulness training, acceptance, defusion, identification of valued direction and committed action. All of these ACT processes aim towards creating a psychological flexibility.

The audience will get the chance of experiencing each of these six processes as well as obtain instruments to use with own clients. Results of these research applications of ACT show that very short term interventions help people with chronic illness to get back on track towards living a vital life.
Keywords: Chronic illness, Acceptance and Commitment Therapy, Behavior medicine and Pain/epilepsy

[Back to workshop schedule](#)

CapnoLearning: Carbon Dioxide Biofeedback

Peter M. Litchfield, Ph.D.

Registration code: 25-05

Please note: this is a 2-day workshop. Workshop continues on February 26, 2011

Abstract: Few people, lay or professional, know that (1) breathing directly regulates body chemistry, including pH, electrolyte balance, blood flow, hemoglobin chemistry, and kidney function, and that (2) breathing is a behavior subject to the same principles of learning as any other behavior, including the role of motivation, emotion, attention, perception, and memory. Bringing together these two simple facts means bringing together the biological and behavioral sciences in profoundly practical ways relevant to the lives of many, from debilitated patients to peak performers. In this two-day workshop we will examine these considerations.

Failure to directly address breathing as learned behavior, and how it regulates fundamental body chemistry, means leaving out the most fundamental, practical, and profound factors that account for (1) the far-reaching effects of poor respiration, as well as for (2) the surprising benefits of good respiration. Poor respiration can cause, trigger, exacerbate, and perpetuate symptoms and deficits of all kinds, ones that typically go “unexplained,” or are falsely attributed to other causes; and, these effects are real, not imagined. Good respiration, on the other hand, can bring about immensely beneficial physical, mental, and behavioral changes, ones that again may be attributed to other unrelated factors.

CapnoLearning, developed by presenter and his colleagues, is a synthesis of the principles of behavioral analysis, behavior modification, biofeedback, cognitive learning, and awareness training (phenomenology) applied to breathing behavior. CapnoLearning offers client-centered solutions based on inside-out learning and intuitive experience, rather than practitioner-centered solutions based on outside-in “treatments” and prescriptive exercises. Clients learn about how they have learned to breathe, how their learned breathing behavior affects them, and how to restore health respiration based on biological learning principles. Unfortunately, misinformation, misconceptions, pseudoscience prescriptions, and ignorance about breathing have prevented practitioners and clients everywhere from making good use of basic textbook knowledge.

Keywords: CapnoLearning, carbon dioxide, breathing

[Back to workshop schedule](#)

Prospects and Difficulties of Biofeedback in a group design

Barbara Timmer, Dr. rer.nat.

Registration code: 25-07

WORKSHOP IN GERMAN LANGUAGE

Abstract: Biofeedback therapy has a long tradition in the Roseneck Center of Behavioral Medicine and is an integral part of the treatment program since more than 20 years. A team of ten biofeedback therapists provides a variety of different biofeedback applications for a wide range of psychosomatic disorders. Due to the growing demand for biofeedback a group design for biofeedback with eight biofeedback workstations was developed in 2008. In collaboration with Mind Media B.V. an innovative network solution was designed to enable the simultaneous control and recording of different feedback signals for all workstations. The biofeedback group consist of various treatment elements which are a combination of psychoeducational interventions (e.g. about stress, stress related complaints, relaxation, healthy balance) and biofeedback demonstration or training. A psychophysiological stress profile which involves various periods of rest, stress, and recovery is used to identify the clients specific patterns of physical stress response and to determine their ability to relax. In a further biofeedback training session the patients learn to increase awareness for body signals and to self-regulate muscle and inner tension. A respiratory biofeedback session and a heart rate variability training unit complete the group program. In a first-hand report chances and difficulties of biofeedback in a group design will be outlined and discussed.

Keywords: biofeedback in group design, simultaneous control and recording

[Back to workshop schedule](#)

Bio-und Neurofeedback bei Schlafstörungen

Lothar Niepoth, Dipl.-Psych., Psy. PT

Registration Code: 25-08

WORKSHOP IN GERMAN LANGUAGE

Abstract: Schlafstörungen, insbesondere Insomnien sind in der westlichen Welt weit verbreitet und ihr Anteil nimmt außergewöhnlich stark zu – sowohl in der Gesamtanzahl als auch bei den Krankenschreibungen und Berentungen. Die verbreitetste Form ist hierbei die psychophysiologische Insomnie, die in Deutschland ca. 10 % der Bevölkerung betrifft, davon die Hälfte behandlungsbedürftig. Die Behandlung erfolgt meist als Erstversorgung über Medikamente, erst in zweiter Linie über verhaltenstherapeutische Standardmaßnahmen.

Wie Bio- und Neurofeedbackansätze hier bei hartnäckigen Fällen helfen können, wieder einen normalen Schlaf zu finden, wird in dem Workshop aufgezeigt sowie Grundlagen bei Schlafstörungen vermittelt.

Keywords: Sleep, Insomnia, Biofeedback, Neurofeedback

[Back to workshop schedule](#)

Saturday February 26, 2011

All workshops start at 9 am and end at 5 pm

Neuroanatomical Underpinnings of Effective Intervention with Asperger's Syndrome & Autistic Spectrum Disorders -From Theory to Practice (Emphasizing the Synergistic combination of NFB with BFB)

Lynda Thompson, Ph.D., Michael Thompson, MD

Registration code: 26-01

Please note: this is a 2-day workshop. First part is scheduled on February 25, 2011

Abstract: see abstract on February 25, 2011

[Back to workshop schedule](#)

EEG Phenotype Based Neurofeedback: From Peak Performance to Clinical Application

Jay Gunkelman, QEEGD

Registration code: 26-02

Please note: this is a 2-day workshop. First part is scheduled on February 25, 2011

Abstract: see abstract on February 25, 2011

[Back to workshop schedule](#)

Heart Rate Variability Biofeedback: From Theory to Measurement to Application

Richard Gevirtz, Ph.D., BCIAC Fellow

Registration code: 26-03

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Abstract: see abstract on February 25, 2011

[Back to workshop schedule](#)

Behavioral Analyses, Acceptance Therapy and Biofeedback

JoAnne Dahl, Ph.D.

Registration code: 26-04

Please note: this is a 2-day workshop. First part is scheduled on February 25, 2011

Abstract: see abstract on February 25, 2011

[Back to workshop schedule](#)

CapnoLearning: Carbon Dioxide Biofeedback

Peter M. Litchfield, Ph.D.

Registration code: 26-05

Please note: this is a 2-day workshop. First part is scheduled on February 25, 2011

Abstract: see abstract on February 25, 2011

[Back to workshop schedule](#)

Einsatz von Biofeedback bei Funktionsstörungen der Beckenbodenmuskulatur

Eva Maria Uher, Prim^a. Dr.

Registration code: 26-07

WORKSHOP IN GERMAN LANGUAGE

Abstract: Biofeedback wird im klinischen Alltag zur Reedukation bei Beckenbodenmuskelfunktionsstörungen eingesetzt. In diesem Workshop erhalten Sie eine Übersicht über das praktische Einsatzgebiet im klinischen Alltag.

Folgende Themen werden abgehandelt:

- Einsatzgebiet des Biofeedbacks bei weiblicher und männlicher Harninkontinenz
- Einsatz von Biofeedback bei schmerzhaften Beckenbodenmuskelfunktionsstörungen (Vulvodynie, VVS)
- Einsatz von Biofeedback bei Defäkationsstörungen

Das Biofeedback-Seminar wird den theoretischen Hintergrund, die klinische Aufarbeitung sowie den Einsatz von Biofeedback im Gesamtkonzept der Rehabilitation darstellen.

Im Praxisteil wird der Biofeedback-Einsatz des vaginal/anal-Biofeedbacks in Kombination mit Oberflächen-EMG sowie in Kombination mit Atem-Biofeedback an TeilnehmerInnen, die sich freiwillig für diese Übungen zur Verfügung stellen, im Seminar vorgezeigt.

Keywords: Harninkontinenz, Beckenbodenmuskelfunktionsstörungen, Defäkationsstörungen, vaginal/anal-Biofeedback

[Back to workshop schedule](#)

Biofeedback bei temporomandibulären Störungen und Bruxismus

Hans-Jürgen Korn

Registration code: 26-08

WORKSHOP IN GERMAN LANGUAGE

Abstract: Temporomandibuläre Störungen (TMS) und Bruxismus stellen weit verbreitete Störungen im Bereich des Kauorgans dar. TMS sind hauptsächlich durch Schmerzen im Bereich der Kiefermuskulatur und -gelenke und einer eingeschränkten Unterkieferbeweglichkeit gekennzeichnet. Dagegen wird unter Bruxismus das nichtfunktionale Aufeinanderpressen oder Knirschen der Zähne verstanden. In diesem Workshop werden aktuelle Modelle zur Entstehung und Aufrechterhaltung dieser Störungsbildern vorgestellt und ihre Bedeutung für andere Störungsbilder wie z.B. Kopfschmerzen und Tinnitus.

Den Teilnehmern werden verschiedene Ansätze vermittelt, wie Biofeedback in der Behandlung dieser Beschwerdebilder eingesetzt werden kann. Für die Teilnehmer besteht die Möglichkeit, diese Ansätze praktisch zu erproben.

[Back to workshop schedule](#)



15th Annual Meeting of the Biofeedback Foundation of Europe

February 22-26, 2011 at the Hochschule München: Fakultät Elektrotechnik und Informationstechnik, Lothstraße 64, Munich, Germany

FACULTY

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Kees Blase PhD is a therapist, physicist and coach in authentic leadership. He combined in 1970 the University of Utrecht both studies of Medical Physics and Psychology. He wrote a few books on vitality, authentic leadership and personal development. He was founder of the National Centre of Stressmanagement in the Netherlands in 1993.

Kees Blase introduced the HeartFocus method in the Netherlands in 2002, first in education, later as director of HeartMathNL in health, therapy and stressmanagement. He gave keynotes, trainings and workshops in New Zealand, Germany, US, Austria, Albania, England and organized the World Conference on Emotional Intelligence in 2005, with Daniel Goleman. He organised in 2007 a conference with Stephen Porges based on the polyvagal theory and practice in psychiatry.

[Back to workshop schedule](#)

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University and Professional degrees:

BA 1973, Earlham College, USA

MS, 1978 Clinical Psychology Program, Uppsala

Licensed Psychologist, Sweden, 1979

Ph.D in Clinical Psychology, 1987

Docent in Clinical Psychology 1993

License Psychotherapist with CBT specialty 1991

Certified Supervisor in CBT since 2001

ACT Trainer 2004-present

Certificate in Doctoral Supervision, 2008, Uppsala University

Presently Responsible for Research

ACT/internet treatment of Obesity, Centrum for Titthål Kirutgi, Department Of Surgery, Department of Psychology Uppsala University

ACT and the treatment of Epilepsy, Department of Neurology and Psychology, Uppsala University

ACT/internet Treatment of Chronic Pain, Pain Center, Uppsala University Hospital and Department of Psychology, Uppsala University

ACT/internet Treatment of Persons with chronic Pain/long term sick listing, Vitalis, Departments of Social Medicine and Department of Psychology, Uppsala University

[Back to workshop schedule](#)

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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](#)

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He developed "breath relaxation" and established its positive effects in a clinical trial in myocardial infarction patients in collaboration with Rotterdam University (Dr HJ Duivenvoorden). This was the basis for a PhD thesis (1991) and for the inclusion of relaxation therapy as an independent treatment modality in the Dutch Guidelines for Cardiac Rehabilitation (1996). He has been involved in a number of studies to assess the effects of his method. Three past projects concern its application to patients with hyperventilation complaints, one of them was a three-year follow-up of outcome in cooperation with the Institute of Family Medicine of Rotterdam University. A pilot study was done to compare breath relaxation with applied relaxation in panic patients, at St Joris Hospital, Delft. Recent projects include a study of the effect in rehabilitation patients and in patients with chronic pain, both at Rehabilitation Centre 'Kastanjehof', Apeldoorn. He has been involved in a large multi-center trial, led by Prof A Appels, Maastricht University, to assess the effects in PTCA patients who are vitally exhausted. It has resulted in numerous publications. He developed the concept of dysfunctional breathing to replace the term hyperventilation syndrome. The term HVS relates complaints to hypocapnia, whereas hypocapnia is only a part of the functional disturbance of breathing. He introduced this concept at the conference of the International Society for the Advancement of Respiratory Psychophysiology (ISARP) in 1996. Chairman of the Dutch group of ISARP. He teaches a course on the treatment of complaints of hyperventilation and dysfunctional breathing, organized by the National Paramedic Institute.

[Back to workshop schedule](#)

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Petra Friedrich was born in Bonn, Germany in 1965. She received a degree in electrical engineering with a major in communicating engineering from the RWTH Aachen University, Aachen Germany in 1991. From 1992 on, she worked in a variety of positions in the fields of telecommunications and information technology at Siemens AG. Since the end of 2004, she is working at the Heinz Nixdorf Chair for Medical Electronics at the Technische Universität München. In May 2010 she has finished her doctor's degree with the dissertation on "Establishing a telemedicine-based bio-acoustic hypertension therapy by the use of Virtual Lab". She is assistant professor, group leader of the telemedicine group and associate lecturer for electroacoustics and audio technology at the Munich University for Applied Sciences. Her current fields of research are Ambient Medicine®, E-health, Telemedicine and telemedical personalized assistance systems as well as the development of an acoustic biofeedback therapy to lower blood pressure. Ms Friedrich is president of the VDE Bavaria (the Association of Electrical, Electronic & Information Technologies) and member of ITG (the Information Technology Society) and DGBMT (the German Association of Biomedical Engineering), serving on various committees.

[Back to workshop schedule](#)

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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 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. 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.

[Back to workshop schedule](#)

Gevirtz Richard, Ph.D., BCIAC

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Richard N. Gevirtz, is a Professor of Psychology at the California School of Professional Psychology at Alliant International University in San Diego. His research and practice in recent years has focused on psychophysiological mechanisms and treatment of disorders affected by the autonomic nervous system, such as IBS, Non-Cardiac Chest Pain, TMD, Headache, and other muscle pain syndromes. He is the author of numerous articles and chapters.

[Back to workshop schedule](#)

Gunkelman, Jay, QEEGD

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Jay Gunkelman entered the field of applied psychophysiology by co-authoring a grant and starting the first State Hospital lab in the USA in 1972. In the mid 1970s he entered the traditional medical EEG world, eventually as the head technologist of the busiest EEG lab in the USA, which performed over 100 studies a day. Jay is the President of Q-Pro Worldwide, an EEG and ERP service company. Jay has been president of ISNR, Treasurer of AAPB, and is an honorary member of both the Australian and European professional groups. He lectures on EEG related topics internationally as sits on numerous advisory boards including BFE's Advisory Board.

[Back to workshop schedule](#)

Hamiel, Daniel, Ph.D.

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Daniel Hamiel, Ph.D., is head of the Cognitive-Behavioral unit, Tel-Aviv Community Mental Health Center- Tel-Aviv University Medical School and the director of the school intervention unit of the Donald J. Cohen and Irving B. Harris Center for Trauma and Disaster Intervention. This center was chosen by the Israeli government to disseminate a model of Disaster Preparedness and Civic Resilience in cities at risk for mass disaster by coordinating multi-systemic networks (e.g., Health, Education, Social Services) and developing programs to prepare children to cope with trauma.

He is a supervisor clinical and medical psychologist, certified in biofeedback and in hypnosis. He is past president of the Israeli Association for Applied Psychophysiology and Biofeedback. Dr. Hamiel is faculty member of the European Association of Biofeedback and the Israeli CBT association. He teaches CBT workshops in the USA, Europe and South America. Currently, Dr. Hamiel is involved in developing and performing resilience programs in the community: In the primary care and in schools, for the regular students and for schools that have suffered terror attacks. He is a pioneer in developing internet protocols for treating variety of psychological disorders

[Back to workshop schedule](#)

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[Back to workshop schedule](#)

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Seit 1997 wissenschaftliche und psychotherapeutische Tätigkeit in der Schön Klinik Roseneck (Psychosomatik) als Diplom-Psychologe; Promotion zum Thema „Somatoforme Störungen“; seit 1999 in der Biofeedback-Abteilung der Klinik tätig.

Biofeedback-Therapeut, Lehrtherapeut und Supervisor der Deutschen Gesellschaft für Biofeedback e.V.; seit 2005 Generalsekretär der Deutschen Gesellschaft für Biofeedback e.V.

Seit 2002 Dozententätigkeit im Bereich Biofeedback u.a. für die Deutsche Gesellschaft für Biofeedback e.V. und verschiedene Psychotherapie-Ausbildungsinstitute (z.B. in Fürth, Marburg und Zürich).

Verschiedene Veröffentlichungen im Bereich Biofeedback u.a. zu den Themenbereichen „Schlafstörungen“ und „Temporomandibuläre Störungen und Bruxismus“.

[Back to workshop schedule](#)

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Dr. Litchfield has served as a consultant, educator, researcher, lecturer, and entrepreneur in the fields of healthcare and human performance for more than 30 years, including the design, planning, development, production, management, and delivery of academic and professional education curriculum in psychology, behavioral medicine, and health education: workshops, seminars, short-courses, certification programs, competency programs, specialty programs, MS degrees and Ph.D. programs. He is currently President of Better Physiology Ltd., a Santa Fe (New Mexico) based company that designs, develops, and markets self-management instrumentation, education, and services (2000 – present). He is also founder and a Director of Behavioral Physiology Institute also located in Santa Fe, New Mexico USA.

Dr. Litchfield has lectured extensively since 1970 throughout North America, Latin America, Europe, and Asia to diverse audiences, ranging from medical schools to corporate groups, on a wide range of subjects including psychology, behavioral medicine, behavioral physiology, self-regulation science, biofeedback, professional education, and business planning. Coincident with his entrepreneurial enterprise in education, he has for 20 years been involved in the design and development of self-regulation physiological monitoring instrumentation systems for use by healthcare practitioners, human service professionals, educators, and researchers.

Dr. Litchfield served as Executive Director (President) and Chairman of the Executive Board (1997 - 2000) of Behavioral Physiology Institutes in Bainbridge Island, Washington, a private graduate school offering Ph.D. and MS degrees in behavioral medicine. During 1981 - 1996 he served as Executive Director of the Applied Psychophysiology Institutes, a well-recognized school of continuing education in San Francisco and in Bainbridge Island, which during his tenure provided hundreds of workshops and certification programs worldwide in the fields of behavioral medicine and biofeedback for healthcare professionals. During 1976 - 1982 he served as Director of Proseminar Institute (nonprofit) in San Francisco, at the time the largest and best-known provider of continuing education in psychology in the nation that offered more than a 3000 programs during his tenure.

He was Assistant Professor of Psychology (1970 - 1974) and Associate Professor of Psychology with tenure (1974 - 1981) at California Polytechnic State University in San Luis Obispo, California. Dr. Litchfield also served as Chairman of the Board of Neurodata Systems Inc., 1994-1997, which developed physiological monitoring software applications for both patient and practitioner education. Other positions included Coordinator (and faculty member) of the Behavioral Medicine Specialty of the Ph.D. program in clinical psychology at the Rosebridge Graduate School (1982-1986) in Walnut Creek (CA), Acting Director of Conferences and Institutes at the University of Alaska, Fairbanks (1984), and Principal in Physiodata, Inc. and in Inspiration Technologies both of which developed software-management physiological monitoring instrumentation systems.

Dr. Litchfield earned his Ph.D. in experimental psychology from the University of Portland (1971), his M.A. degree in psychology from San Diego State University (1969), and his B.A. degree in psychology from the University of Michigan (1963). His specialty areas lie within the fields of behavioral medicine, behavioral physiology, behavioral health, applied psychophysiology, behavioral pharmacology, and research design. Specific areas of expertise include placebo effects, conditioning theory, drug addiction, biofeedback, and respiratory behavioral physiology. Other areas of expertise include business planning/development for healthcare professionals, and software design/development of educational, clinical, and research protocols for physiological monitoring and recording.

Dr. Litchfield is a behavioral physiologist, currently specializing in respiratory physiology and psychology. He and Sandra Reamer together developed CapnoLearning™, a learning program for helping people to restore optimal respiration through the application of the principles of behavioral analysis, behavior modification, cognitive learning, biofeedback, awareness training, and phenomenological exploration to breathing behavior.

[Back to workshop schedule](#)

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[Back to workshop schedule](#)

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Lothar Niepoth, born 1959, Clinical Psychologist, Psychotherapist (BT, body-centered therapy, Biofeedback-Therapist (DGBFB- german society for biofeedback), Trainer of the German Society for biofeedback-education, since 2004 working in the board of DGBFB, since 2009 President DGBFB. After Education in NLP, body-centered therapy, behaviour therapy, education in BF working in several hospitals with somatoform disorders (e.g. Klinik Roseneck), as Clinical Psychologist and in research. Trainer for Behaviour Therapy. Since 1994 in my own practice in Munich and as a teacher in several Universities, with BF in the field of sleeping disorders, Hypertension, Bruxism. Several publications in the field of somatoform disorders (e.g. last: Biofeedback bei Schlafstörungen in: Rief/Birbaumer: Biofeedback).

[Back to workshop schedule](#)

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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.

[Back to workshop schedule](#)

Saab, Marc, BAsc, MEng

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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, and several theoretical articles discussing the basic EEG concepts. Professional work includes research and development, biosignal algorithm design and product development. He is currently the EEG product manager at Thought Technology Ltd in Montreal, Canada. Marc is also an instructor, having lectured on bioengineering concepts in a simple, easy to understand manner for non-technical audiences. His most recent workshop describes the theory and clinical applications of EEG for use in neurofeedback.

[Back to workshop schedule](#)

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Paul G. Swingle, Ph.D. was Professor of Psychology at the University of Ottawa from 1972 to 1997 prior to moving to Vancouver. A Fellow of the Canadian Psychological Association, Dr. Swingle was Lecturer in Psychiatry at Harvard Medical School from 1991 to 1998 and during the same time period was Associate Attending Psychologist at McLean Hospital (Boston) where he also was Coordinator of the Clinical Psychophysiology Service. Professor Swingle was Chairman of the Faculty of Child Psychology at the University of Ottawa from 1972 to 1977 and Clinical Supervisor from 1987 to 1997. He has also taught at McGill University, Dalhousie University and McMaster University. He is a Registered Psychologist in British Columbia and is (BCIA) Certified in Biofeedback and Neurotherapy. Since 1997 he has been in private practice in Vancouver, British Columbia. His most recent book "Biofeedback for the Brain" (2008) was published by Rutgers University Press.

Thompson, Lynda, Ph.D., BCIA-EEG

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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.

[Back to workshop schedule](#)

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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.

[Back to workshop schedule](#)

Timmer, Barbara, Dr. rer. nat.,

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Barbara Timmer is head of the largest biofeedback unit in Europe, the Biofeedback Department at the Roseneck Center for Behavioral Medicine. She is a clinical psychologist, a trained psychotherapist and supervisor in CBT and a certified biofeedback teacher and supervisor (German Society for Biofeedback, DGBfB). She teaches workshops on cognitive-behavioral therapy and biofeedback since 2000, her workshop program for the DGBfB and the BFE covers a variety of topics. In her clinical practice she has focused on treatment of chronic pain and stress disorders, somatoform disorders, migraine and headaches, anxiety, tinnitus, TMD, sleeping disorders, and others. In recent years she was involved in developing and performing a biofeedback group program for psychosomatic inpatients which covers psychoeducational training, self awareness and biofeedback training as well as a respiratory and heart variability training.

[Back to workshop schedule](#)

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Since October 1th: Head of the Department of Physical Medicine and Rehabilitation, Landeskrankenhaus Wien, Mistelbach – Gänserndorf

2004: Head of the Department of Physical Medicine and Rehabilitation, Landeskrankenhaus Horn, NÖ, Austria

1990 – 2000: Assistant Professor University Clinic of Physical Medicine and Rehabilitation, University Clinics Vienna (AKH), Austria

Qualifications: Diploma in Acupuncture (1997), Diploma in Geriatrics (1998), Diploma in Manual Medicine (1997), Diploma in Pain Management (2009), Certificate in Sexual Medicine (2010). European Diploma in Physical Medicine and Rehabilitation (1997),

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[Back to workshop schedule](#)

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With 20 years of international lecturing experience, Ralph Warnke currently holds more than 25 full-day training courses per year in Central Europe related to central (auditory) processing disorders (CAPD), attention deficit disorders and biofeedback /neurofeedback.

Ralph Warnke is the founder and president of MediTECH, a private enterprise holding more than 70 courses internationally per year and providing services in biofeedback and beyond. Warnke currently functions as project leader researching a worldwide first objective test system for ADD/ADHD. He is and is involved in intensive research and developments related to ADD/ADHD and neuronal processing. Warnke is experienced in biofeedback training and co-designer of HEG-biofeedback applications.

[Back to workshop schedule](#)