

QuickQ & BrainDryvr

by Paul G. Swingle, Ph.D.

QuickQ Assessment Report

NAME: Sample Data QuickQ & BrainDryvr
Session Date: 09/02/2009

CZ	Values	%Change	Ref Values Indicate Out-of-Range
EO Alpha	9.06		
EC Alpha	10.58	16.82%	If = 30% or negative, probe for visual processing (memory) problem; poor retention of information and/or short term memory; also refer to O1 Alpha EO to EO description
Percent change EO to EC Alpha > 30%			
EO Alpha Recovery	9.022		
% difference EO Alpha from initial EO after EC		-0.39%	If = 25%, probe for foggy thinking
Theta Amplitude EO	7.86		
Beta Amplitude EO	8.90		
EO Theta/Beta = 2.2	0.88		If = 2.2, probe for CADD; also refer to UT/TB description
Theta Amplitude Uncon. Task (UT)	6.51		
Beta Amplitude UT	6.77		
UT Theta/Beta	1.26		If = 2.2, probe for CADD (should drop UT); If = 3.0, probe for AD(H)D; If EO TB = 2.2 and UT TB = 2.2, probe for ADD and/or problems with poor reading, comprehension/retention
Percent change TB EO to TB EO UT		-12.33%	If positive and = 15%, probe for CADD
% UT Beta Increase = 15%		-23.59%	If = 60, probe for getting overly tired when reading or problem solving
Total Amplitude <EO	29.37		If = 60, probe for developmental delay, autistic spectrum behavior, marked cognitive deficits
Theta Amplitude with Omni	8.31		
Percent change in Theta with Omni		5.91%	If % is negative and = 5, prescribe for home use (positive % indicates Theta increase)

O1	Values	%Change	Ref Values Indicate Out-of-Range
Alpha EO	8.87		
Alpha EC	11.38	104.42%	If EC increase is = 50% or negative, and also seen at CZ, probe for traumatic stress; if = 150% probe for artistic interests or skills (visual arts, dance, poetry, carpentry, etc.)
% Change in Alpha EO to EC > 50%			
EO Alpha Recovery	7.05	36.68%	If = 25%, probe for foggy thinking
change EO Alpha to EO Alpha after EC = 25%			
Theta Amplitude EO	6.94		
Beta Amplitude EO	6.15		
Theta/Beta EO 1.8 - 2.2	1.13		If = 1.5, probe for poor stress tolerance, "racing" thoughts, anxiety, inefficient self-quieting; predisposition self-medicating behaviors, worn-out form of depression; if = 1.5, probe for ADHD behavior, GAD, & stress precipitated depression; if = 3.0, probe for cognitive deficit or Asperger's pattern; also see F4/F3 Beta for symptoms; Also applies to TB EC
Theta Amplitude EC	6.90		
Beta Amplitude EC	5.99		
Theta/Beta EC 1.8 - 2.2	1.22		If both EC and EO are about = and = 1.5, probe for sleep disturbance; Also see TB EO for description of probes
% change EO to EC TB ratio		7.53%	If % is negative and > 25, question sleep onset difficulties (positive % indicates increase from EO to EC)

F3 and F4	F4 Values	F3 Values	% Difference F4-F3
Theta Amplitude EC	8.92	9.04	
Beta Amplitude EC	10.42	10.27	
Theta (Beta) EC = 2.2	0.86	0.88	-2.56%
% change EO to EC TB ratio			

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About The Author

Paul G. Swingle, Ph.D., is a Fellow of the Canadian Psychological Association and was Lecturer in Psychiatry at Harvard Medical School from 1991 to 1998. 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.

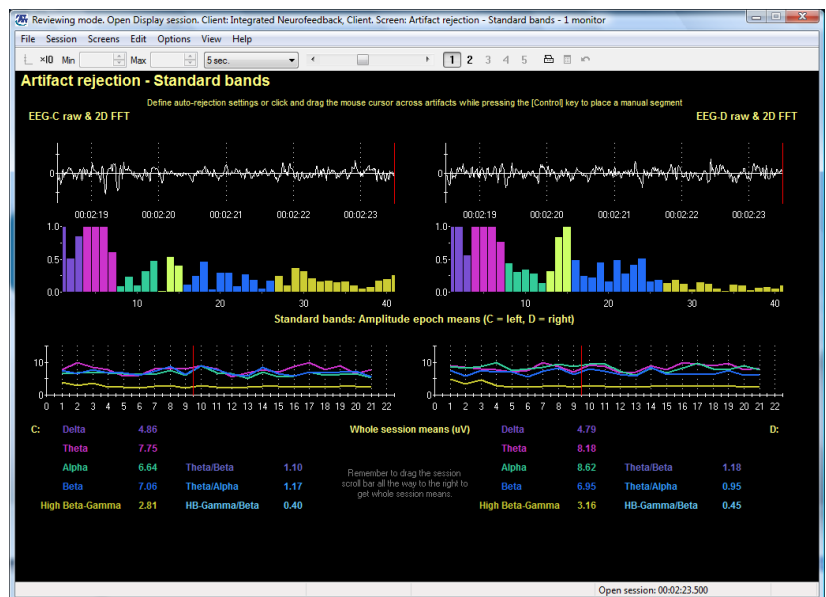


QuickQ & BrainDryvr Software Suite

The QuickQ & BrainDryvr software suite published by the BFE and designed by Dr. Swingle includes a comprehensive 90-page suite manual that covers every step from recording an initial QuickQ assessment to BrainDryvr training sessions. Dr. Swingle's QuickQ Assessment system is a simple method to look at brain activity as a basis for determining training plans quickly and effectively. The QuickQ sequentially measures EEG data from several different sites; total data recording duration is about 6 minutes. From the results of the assessment, BrainDryvr neurofeedback training can then begin. Clients assessed and treated by Dr. Swingle report many benefits of neurofeedback to their quality of life, including: reduced or eliminated need for medication, better focus, more emotional stability, better self control and self regulation, improved cognitive functioning, better ability to monitor mental and physiological states, a more rapid return to equilibrium after a stressful episode and acquisition of skills to manage emotional and behavioral challenges.

The Quick Q Assessment

The QuickQ assessment protocol (script) is based on Dr. Swingle's research and years of clinical experience. The sensor placement for the QuickQ assessment is 2-channel, beginning with CZ, moving to O1 then F3 and F4 and ending with FZ. Reference is set to A1 and ground is set to A2. Although the data collection is sequential and requires replacement of sensors during the protocol, the total data recording duration is just under 6 minutes. The activities during the assessment consist of alternations of eyes-open and eyes-closed recordings, along with a single cognitive challenge and a single harmonic sound listening task. The software also contains four harmonic testing protocols, which determine what harmonic has an effect on the frequency band of interest and, if so, what volume produces the most effect for the client. Each harmonic testing protocol plays the specified harmonic at different volumes, in sequence. The harmonic testing protocols are aptly named Mozart, Omni, Sweep and Serene, based on the harmonic being tested. The results of the QuickQ assessment and harmonic testing protocols are meant to be used in conjunction with the BrainDryvr neurofeedback retraining strategies, also described in the suite manual.



BrainDryvr Training

After recording a QuickQ assessment, the results are formulated using the QuickQ Excel report. A treatment plan is then prepared, and BrainDryvr neurofeedback training can begin. The BrainDryvr neurofeedback training display screens are preset to focus only on one or two standard EEG bandwidths. Training can consist of rewarding or inhibiting a band's amplitude. When the trainee successfully achieves a frequency bandwidth amplitude above or below an automatically-set threshold, feedback occurs in terms of a light activation, tones being heard or an animation moving. Epoch means are displayed on all screens, so that within-session progress can be tracked by clinician and client. Each open training session can be saved and reviewed, if necessary. Progress over multiple sessions can be graphed using the trend reports, excel reports, or recording another QuickQ assessment.



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Hardware & Software Configurations (Encoders & Channel Sets)

This Limited Edition suite offers channel sets for both the ProComp Infiniti and the ProComp2 encoders. The powerful ProComp Infiniti encoder gives professionals the power to monitor up to 8

client signals at the same time, ideal for monitoring neurofeedback and biofeedback.

Cautions

It is strongly recommended to refer to *Basic Neurotherapy: The Clinician's Guide* or other clinical books for more information on the clinical interpretation of the QuickQ assessment results and treatment planning. For more information on the effect of the harmonics on assessment and training, refer to *Subliminal Treatment Procedures: A Clinician's Guide* by Paul G. Swingle, Ph.D.

COMPATIBLE WITH:



ProComp Infiniti™



ProComp2™

To order a printed copy of Dr. Swingle's companion guide:
BASIC NEUROTHERAPY—A Clinician's Guide
please visit his website www.swingleandassociates.com

An electronic version of the Clinician's Guide is included when you purchase the Limited Edition Suite. The Clinician's Guide is copyrighted material owned by the author Paul G. Swingle, Ph.D. and is protected under Copyright Laws.

This guide contains step-by-step instructions on how to interpret the QuickQ and how to proceed with neurotherapeutic treatment of a wide range of disorders.

Enhance your practice with specialized software.

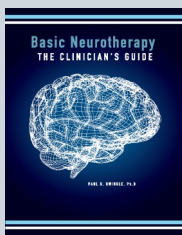
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Limited Edition Software Suites are sold at **HALF** of the commercial retail value with the understanding that the software and documents provided on the Limited Edition may contain errors. Customers are warned that the software and documents are provided in exchange for suggestions regarding any changes or improvements for the future commercial editions. Purchasers **MUST** understand and give permission for their names to be added to a unique group that will receive updates to the Limited Edition suite at **NO CHARGE** until a commercial edition is published by the Biofeedback Foundation of Europe. The Limited Edition suite may also contain warnings and recommendations from leading clinicians for the off-label use of biofeedback devices.

Purchasers agree not to copy or distribute the software without the written permission of the Biofeedback Foundation of Europe.



About the software:

"I love this assessment - it's so quick and gives such good information." - Elizabeth Tegan, M.S., R.N., C.S.

"If I had had a tool like this when I first started out, I would have been way ahead of the game." - Jane Arave, LPC

About "Basic Neurotherapy":

"Detailed and precise. The best how-to book on the market." - Jonathan E. Walker, MD, Board Certified Neurologist, Medical Director, Neurotherapy Center of Dallas



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