

# Biofeedback Matters



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August 2015

Volume 3, Issue 2

## Special points of interest:

- International Stress Management Summit
- Stressed Out Students
- Unusual ambassador for Mental Health
- Biofeedback in the Dentist Office

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## OMICS International Stress Management Summit

It has been a busy summer. It started with our 9-day cruise I spoke about in the last issue and ended with a trip to Las Vegas. The day after I returned to New York I drove to Philadelphia, PA to present at the OMICS International Stress Management Summit.

I delivered a morning keynote address entitled "Does Breathing Really Help You Relax?" In this presentation I talked about how although breathing has been used for thousands of years as a way to relax, people nowadays tend to be skeptical. People tend not to believe it unless they see it. I

biofeedback can measure and quickly show the changes that occur when a person changes their breathing pattern. The audience was quite impressed by the power of biofeedback to quantify the effects of dia-



phragmatic and other breathing exercises on heart rate, heart rate variability, and end tidal CO2.

ed Disorders. In this workshop I identified some of the more common stress related disorders that biofeedback is used for including neck pain, back pain, headaches, hypertension, asthma, diabetes, immune disorders, anxiety, and insomnia.

One of the resources that I shared with the group was *Evidenced Based Practice in Biofeedback and Neurofeedback* by Yucha and Gilbert.

A few people from the audience volunteered for live demonstrations of EMG, Temperature, Skin Conductance, Respiration, and Heart Rate Variability. It was an enjoyable experience and the time went by very quickly. Here I am in a picture with some of the other present-



then explained and demonstrated how Heart Rate Variability and CO2/Capnometry

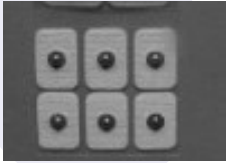
In the afternoon I presented a workshop titled "Biofeedback as a Therapy for Stress Relat-

ers who I met from India, Greece, and Denmark.



## Back to School for Stressed Out Students

### Featured Products:



3SG3N Disposable EMG Sensors Qty 150 \$40



Inner Balance HRV device for I-Phone or I-Pad \$120

Receive a \$100 referral check for anyone you recommend that registers for and attends a live training program or buys a clinical biofeedback system.

Before young people join us in the adult work and family responsibility world they are already experiencing the effects of stress from the academic world.

College life is not a full time party for all students. There is a lot of pressure to learn, study, hand in assignments on time, and perform well on exams. Students and or their parents usually have a huge financial investment which is at risk if they don't do well. Most also have the stress of looking forward to graduating with a large amount of student loan debt. They also are looking forward to the challenge of competing with the masses to find a job after graduation.

According to a May 27, 2015 New York Times article anxiety is the most common mental health problem of college students. A study by the Center for Collegiate Mental Health at Penn State revealed that more than half of 100,000 students indicate that anxiety is a health concern for them. A survey by the American College Health Association showed that more than 16 percent of college students have been diagnosed with or treated for anxiety within the last year. These are numbers of people who actually seek help. Usually with mental health issues including anxiety many people do not seek help. Considering this, the problem is even greater.



Many colleges and universities have counseling centers to help students with problems like anxiety and depression. Some of them are beginning to reach or surpass their capacity.



Counseling centers offer individual and group therapy, mindfulness training, stress kits including things like stress balls that you squeeze as a way to relieve stress, and pet therapy. Some also offer biofeedback which uses technology to measure things like muscle tension, heart rate, breathing, sweat, and brainwave activity. Biofeedback shows a person the levels of these signals so that they can become more aware of the changes and learn how to regulate them by the power of their own mind. This gives them a sense of control which is key in reducing anxiety. If you feel that you have no control in a situation you feel more anxious. When you feel like you have some control in a situation it helps to reduce anxiety. Students need to have stress management assis-

tance made available to them to help them to maintain or regain their mental health as well as perform at their best in their studies.

I am offering a free stress card for students and college/university faculty and other free

information on stress management if they text STRESS to 55469. This is a small thing I can offer to help students help themselves. I am also doing presentations at colleges and universities on how biofeedback can be used as a tool to help manage stress.

Who do you know who would like to receive a free stress card or who might want to invite me to speak at their institution?

Harry L. Campbell



### Unusual ambassador for Mental Health Issues

I'm watching an episode of the NFL Network TV show *A Football Life*. This episode is about Brandon Marshall who had been getting in trouble for some of his bad behavior on and off of the football field. He would often get mad and throw the football into the stands instead of giving it to the referee after a play or yell at other players or coaches if he didn't get the ball, etc., as well as run-ins with the law. He finally was diagnosed as having borderline personality disorder that explained much of his

## Unusual ambassador for Mental Health Issues

behavior. He learned all he could about it and sought treatment and has been improving. He took the bold step of announcing to the NFL and the world that he was suffering from borderline personality disorder, a mental health illness. Even his mother advised him not to tell everyone because they would label him as "coo-coo". He did it anyway. Since then he has taken the situation and turned it into an opportunity and mission to spread the word about mental health. He speaks to groups about his struggles with mental health problems and how it not only affects himself but also his family, teammates, and others. He helps to make other ordinary people feel better about their problems. If he as a NFL athlete can have mental health challenges and still do all that he does then there is hope for them if they seek treatment. He and his wife started The Brandon Marshall Foundation to help people tackle their mental health issues. Now other NFL coaches and players are approaching his foundation to find out if mental health issues may be contributing to their problems. He even pledged one million dollars to the mental health community.



He is by no means perfect but it is helpful to see someone use their celebrity to help others.



## Biofeedback in the Dentist Office

Yesterday I had a dentist appointment for a teeth cleaning. As I always do, I use my time in the dental chair as a chance to practice muscle relaxation. The way that I do this is just to quietly be aware of my muscles, noticing when I start to tense up any muscles and then releasing the tension. Even after years of EMG biofeedback and progressive muscle relaxation it is amazing how often I catch myself tensing muscles in



my hand, leg, foot, or arm. I notice it and then relax that muscle. A short while later I notice another area tensing and release the tension from that area. This usually goes on throughout the whole visit. Sometimes I get a little upset with myself for not being able to stay totally relaxed the whole time. Then I remember that the fact that I am noticing and releasing the tension is keeping my muscles much more relaxed than if I was not aware of the elevated tension. If I wasn't aware of the tension I would probably tense up several areas and hold that tension throughout the whole time in the chair and maybe even hold on to some of it after the visit. This is the kind of thing that can cause symptoms, tensing muscles without awareness and holding that tension chronically.

We have had a few clients who

are dentists that use EMG biofeedback in their practices. One that I can think of was using it as a therapeutic intervention. The other was using it to monitor muscle tension related to TMJ issues. They had a device that they used to help people with TMJ so they used the EMG to measure the tension levels before and after their intervention. Another related application is with teeth grinding both during the day and at night. You can place EMG sensors on the masseter muscles of a person and train them to relax the muscles while they are awake. You can also send them home with a portable EMG biofeedback device that they can practice at home with. For someone who grinds their teeth at night you can have them sleep with the EMG biofeedback unit connected to their masseter muscle. Set the threshold or goal at a level that would indicate a strong muscle contraction. You need to have a sound that turns on when the muscle tension goes above that level. The sound will probably wake them up. They need to learn to keep the muscles more relaxed in order to keep the sound off so that their sleep is not disturbed.

Susan Antelis, who is one of our seminar faculty, has a daughter who plans to use biofeedback in her dental practice. I am looking forward to seeing how she will be using biofeedback with her patients. If she is anything like her mother I'm sure that her patients will enjoy a very different experience in her dental office.



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Order 3 copies of  
*What Stress Can Do for*  
only \$25  
(*\$15 for one copy*)





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Harry L. Campbell



**Where Else Has *What Stress Can Do* Travelled To?**

Since the last issue of our Biofeedback Matters newsletter my book *What Stress Can Do* has continued to travel. In May I did go on the 9-Day cruise, that I mentioned in the winter issue, during which we visited Puerto Rico, Saint Marten, Haiti, and Bermuda. I gave away a copy of my book in each country as well as one to



the man who took care of our

cabin during the trip. We went to a business networking conference in Dallas, TX in June where I met more people from around the country and the world. I had



given a copy of my book to a business man from South Africa at the last conference. This year I met someone from Nigeria.



In July we went to Las Vegas,

NV. Of course we went to the casinos but I also have clients in Las Vegas so I visited with them while I was there.

I visited Dr. Ingrid Sanchez and Steven Brotman at Dr. Ingrid's office. She gave me a tour of



her space. It includes several therapy rooms outfitted with neurofeedback

equipment. On another day I met with Dr. Alajandro Leon at

his Las Vegas office. He also gave me a tour of his office space and told me about how he works with neurofeedback clients including at home visits.

I look forward to working with all of them again.

I love getting out of the office and meeting many of the people who I may have only worked with on the phone or over the internet.

Please let me know if you would like for me to meet with you if I am travelling to your area.

At the OMICS International Stress Management Summit in July, I also gave copies to presenters and attendees from Greece, India, and the United Emirates.

