

Biofeedback Matters®



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An Adjunctive Therapy for Biofeedback and Neurofeedback

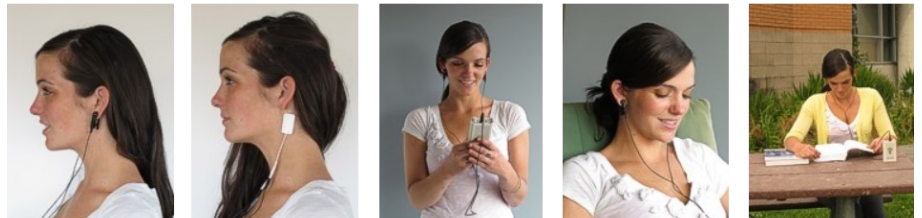
For over twenty years we have used and promoted the use of micro current therapy. Initially the devices we used were large, heavy, and expensive. We used them because they were very effective.

also take time to begin to feel the results of decreased symptoms. Micro-current therapy can provide needed relief until the long term results of biofeedback appear. Since our main focus is bio-

myself and have found it to be as effective as the device we were previously using. It also happens to cost much less. If you have been using micro-current therapy you should try one of these new units. You can rent them out to clients for home use or

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They got smaller and continued to be effective and in some ways became more effective. We encouraged many of our clients to add micro current therapy to their practices as a way to help their clients more immediately with some of their symptoms like pain, anxiety, insomnia, and depression while they used biofeedback and neurofeedback to provide a longer term solution. This is helpful because the skills required in biofeedback can sometimes take a number of sessions to learn. It can

feedback and neurofeedback we don't focus the majority of our time promoting micro-current therapy. Because of this our sales of micro-current devices did not meet the requirement of our previous vendor who we had worked with for so many years. They prefer to work with resellers who are focused more on micro-current. Rather than change our focus we have found another quality micro-current therapy device company who is willing to work with us. I have tried this new device

use them in the office. If you have never tried micro-current you should try one to experience the benefits for yourself and your clients. The devices we were previously using were from about \$800 to \$1,200. The new device we are using, the CES-Ultra is only \$349. This makes it so easy and painless for you to try that it is as they say, a "no brainer". How about if I make the decision even easier? Call 877-669-6463 or 914-762-4646 to place your order today with a 30-day money back, no risk guarantee and mention coupon code CU916A for a \$20 discount.





Biofeedback

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Can We Talk?

I didn't plan to use space in the Biofeedback Matters newsletter to deal with this topic but I must say that this continues to be a source of stress to me and many others so in that way it is relevant. Stress is at the heart of our work and we cannot ignore the effect that stress may be having on us, how that can affect our wellbeing, and how that can affect our effectiveness in working with our clients. This issue can also create or increase an ongoing level of tension between law enforcement and the citizens they are charged with serving. I turned 50 this year and still feel threatened in the presence of the police even when I know that I am not doing anything wrong. Of course there are situations when criminals, no matter what color they are should be dealt with by the necessary level of force. That's the point, the color of the person should not matter. All citizens deserve equal treatment and justice. This causes a chronic source and state of stress for people of color, especially men and even more so, young men. Why is this happening? There surely are some police officers who are racist, just as there are bankers, construction workers, and chefs who are racists. A job title doesn't insure that a person could not be a racist. There must also be other causes of this problem. Some of it can be due to policies and training or lack of training related to cultural and racial sensitivity. There is also something to the idea of prejudice – conscious

or unconscious – meaning prejudging – making assumptions that a person because they are black is more likely to be bad, criminal, or dangerous. This is not only a problem among police officers, it also runs



through the general population. At times some black people also make these assumptions. I believe that this has become unconscious due to the conditioning that has taken place over generations. Another source of the problem is fear and poor handling of the real stress of being a police officer. Of course police officers want to get home safely to their families. They don't want to be assaulted or killed. The problem is that the job that they chose to take is inherently more dangerous than most. I went to high school with at least three people who are currently police officers. They have families and are well respected in the community. I am currently looking into what more can be done to get more stress management training to be made available to law enforcement professionals. From the conversations I have had so far, there is definitely some resistance, partly due to fear of officers being identified as not



being fit to do their jobs if they are considered in need of stress management training. I would like to talk to therapists who are already working with law enforcement as well as current and former police officers about what more can be done. On the other side this is another reason that I want to get my youth program going. This is not only to keep at risk youth out of trouble but also to help all kids to be better equipped to deal with the stress of growing up and living in our society as it is until the changes we are hoping and



working for in these areas become a reality.

For the record, I don't agree with the way that Colin Kaepernick of the San Francisco 49ers football team chose to protest and I think that some of the comments he made when questioned about it were somewhat confusing. He has brought a lot of negative attention to himself and has possibly severely harmed his professional career and made himself a target for already hateful people. Some other athletes have contacted mayors and district attorneys in their cities to begin a dialog about the problem. I think more positive can come from these actions without unnecessarily offending as many people.



Conferences, Presentations, and Seminars

I attended and exhibited at The New York Psychological Association conference in White Plains, NY on June 4. I saw a current client, Lori Wagner, and a past client, Mark Herceg, who is now the Commissioner of Mental Health in Westchester County, NY. I also met Dr. Roy Aranda, the current President of NYSPPA (See the pictures on the back page).

At the ABPsi (The Association of Black Psychologists) 48th Annual International Convention in August in Arlington, VA

I presented my workshop titled "An Ironic Use of Technology – Bridging The Gap Back to Mind – Body – Spirit Connection" and I also provided a demonstration of Heart Rate Variability biofeedback using the Thought Technology Biograph system for Drs. Denise Hatter –Fisher and Dennis Alexander. The title of their presentation was The Intersection of African Psychology & Heart rate Variability (HRV) Biofeedback; Implications for Enhanced Talk Therapy Outcomes. They did most of the talking. I assisted by hooking up a volunteer and demonstrating what HRV biofeedback looks like live.

I will be exhibiting at the Mid Atlantic Biofeedback Society Conference The theme will be Interpersonal Biofeedback & Integrating Biofeedback into the Schools, Steven Kassel, MFT, Presenting October 15, 2016 for more information visit: www.masbbm.org

The Northeast Regional Biofeedback Society will be putting on a great conference once

again October 20-23 in Clarks-town, MA. For more information visit www.nrbs.org.

November 4-6 I will be attending and exhibiting for my first time at the Southeast Biofeedback and Neuroscience Association conference. I am submitting a presentation on my youth biofeedback and stress management program. I'll let you know how it goes.

Fall/Winter Biofeedback/Neurofeedback Seminar Schedule

BCIA Certification
Biofeedback
October 22-24, 2016
Hawthorne, NY
January 12-14, 2017
Miami, FL

Fees: \$1,195
BCIA Certification
Neurofeedback
November 12-14, 2016
Hawthorne, NY
January 16-18, 2017
Miami, FL
Fees: \$995

Integrating Virtual Reality And Biofeedback Into Your Clinical Practice
December 2, 2016
Hawthorne, NY
\$297



One Of Our Clients In The News

Thanks to Diane from my office for handing me an article from the September 10, 2016 issue of The Journal News titled Legend of The Flying Fireman. I had the same question, Who is the Flying Fireman? That is the nickname given to Fire Marshal Ronald Bucca after surviving a fall of 5 stories from a building fire back in the 1980s. Unfortunately he was a casualty of the 9/11 attacks. He was in one of the towers that went down. As a fire marshal he didn't have to be on the scene but he went anyway. Long before that, he was involved in investigating the 1993 World Trade Center bombing. As author Peter Lance states in his book *1,000*



Years For Revenge: International Terrorism and the FBI, he believed that the terrorists would try again. This proved to be correct. His widow Eve Bucca, who is a client of ours, works through the Stand Fast Alliance to help first responders, military service people and their families improve resilience. One of the tools that she uses is biofeedback. Visit our Facebook page for a link to the full story.

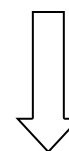


As we move into the Thanksgiving season I would like to express my appreciation for your business once again. It is because of customers like you I am able to continue to do the work that I love.



If you are looking to expand while managing cash flow call and talk to us. We have financing options!

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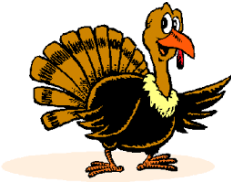
Take 60 seconds to breathe at 6 breaths per minute.



Your heart will thank you.



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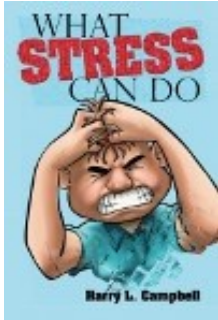
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For even more instant updates and content from us on Social Media:
Harry@biofeedbackman on Twitter, and Biofeedback Resources International on Facebook and YouTube channel



Where in the World has Harry Been?

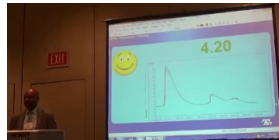


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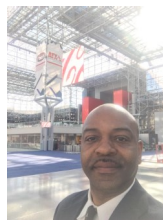
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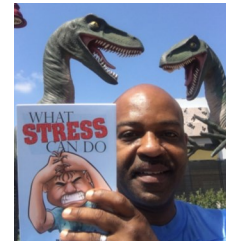
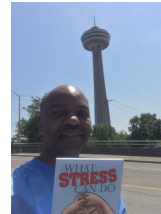
Association of Black Psychologists Conference in Arlington, VA



Business Expo at Jacob Javits Ctr. NY, NY



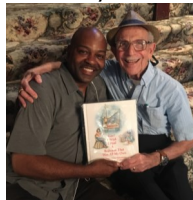
Dinosaur World, Niagara Falls, Canada



NY Psych Assoc. Conference, White Plains, NY



Victoria Nursing Home with Grandpa Mikey with his book, *Gee? I Wish I Had A Bedroom That Was All My Own*, Ossining, NY



With Mitch and Angelika Sadar, Phoenixville, PA



Harry L. Campbell



Senior Forum with NYS Assemblywoman Sandy Galef, Cortland Manor, NY

