

Biofeedback Matters®



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Special points of interest:

- Nature and Stress Management
- Pain and Pain Medications
- Using Biofeedback in Relationship Work
- What Stress Can Do Update

Spending Time Outdoors

This is my favorite time of year, SUMMER! I waited all winter and then through a chilly spring and now it's here. This is a time to get outside after being stuck indoors more time than many of us would choose to be. I was curious to find out about how SAD (Seasonal Affective Disorder) is diagnosed. Here is what Web-MD has to say about it: "How is SAD diagnosed?"



often occur with SAD, such as being very hungry (especially craving carbohydrates), gaining weight, and sleeping more than usual.

A close relative - a parent, brother, or sister-has had

don't really need to have it to know that I love to spend time outdoors. I find it very therapeutic. Many other people tell me the same thing. There is just something about being outside around the trees, grass, flowers, and water that makes most people feel more relaxed.

It is also much more interesting and engaging to walk, jog, or run outside in the fresh air to get your cardio exercise than using the treadmill or stair machine even if it has the fancy new Google map feature that allows you to be

anywhere in the world getting your exercise on (virtually). The real thing is SOOO MUCH BETTER! Get outdoors and enjoy the rest of the summer with me.

This year I'm staying closer to home during the summer to enjoy how great New York and the surrounding area can be. It will be more useful for me to escape to a warmer climate during the winter when it is cold here. Hmmm maybe I'll offer a seminar in Puerto Rico in February 2017. Stay tuned.

SAD.

You may need to have blood tests to rule out other conditions that can cause similar symptoms, such as low thyroid (hypothyroidism).

Your doctor may also do a mental health assessment to get a better idea of how you feel and how well you are able to think, reason, and remember."

I don't think I have SAD and I

It can sometimes be hard to tell the difference between SAD and other types of depression because many of the symptoms are the same. To diagnose SAD, your doctor will ask if:

You have been depressed during the same season and have gotten better when the seasons changed for at least 2 years in a row.

You have symptoms that

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Featured Product:

The PIP is a wireless biofeedback device which detects electrodermal activity (EDA). It works together with apps on your smartphone or tablet to help you measure, understand and with regular use learn to manage stress.

PIP communicates these variations via Bluetooth with our companion apps (iOS & Android), which use audio and visual feedback to externalize your body's changing stress levels.

By visualizing your changing stress levels, you can try different techniques to control it.

Your data will be securely stored and encrypted on your mobile device and on our HIPAA compliant cloud server

We currently have three companion apps. Relax & Race, The Loom, and Stress Tracker. With many more to come.



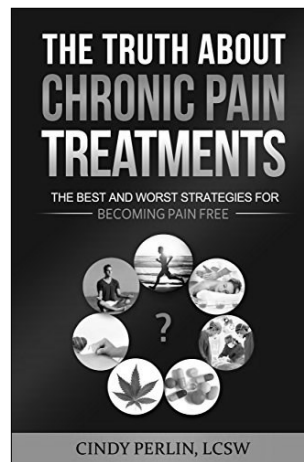
The Problem of Pain and Pain Medications

The Problem of the abuse of pain medications is getting more attention now that more celebrities have had problems that have become public. First Michael Jackson. Who would have believed that now fellow entertainer Prince would suffer a similar medication related death?

Besides stress, pain is one of the biggest applications of biofeedback and neurofeedback. Many of our clients work in pain management helping people with headaches, fibromyalgia, neck pain, back pain, and chronic pain of various types. Over the past few years at least three of our clients have written books related to the problem of pain treatment.



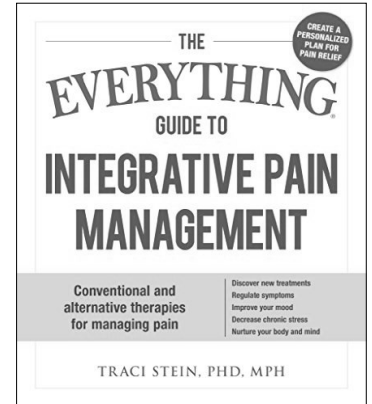
This book provides quotes from people with Lyme disease, lupus, migraines, fibromyalgia, RSD, as well as, philosophers, sociologists, doctors, physical therapists, nurses and psychologists. This book provides insights, solace, information, inspiration, and knowledge on chronic pain.



The Truth About Chronic Pain Treatments reviews the evidence for the safety and effectiveness of a wide variety of treatments, and reveals how organized medicine may be keeping you from getting the care you need and deserve. This

comprehensive guide will help you avoid the treatments that don't work or are likely to cause harm and select the therapies that are most likely to promote healing.

Living with pain is a daily struggle.



gle. If you are suffering from chronic pain, sometimes even small tasks can be difficult to accomplish. But there is hope. With The Everything Guide to Integrative Pain Management, you'll learn about the different options for managing pain with an integrative plan, incorporating traditional medications with natural pain relief solutions.

I hope that you will take a look at these books. As a fellow author I ask you to support my clients who have put great effort into sharing information about better ways to deal with pain that give people options besides highly addictive and side-effect filled medications.

We all can learn from each other and then share what we learn with our clients to help them get the best results possible with the symptoms they are facing.

Call 877-669-6463 to order for only \$179



As I was reading an article in the Winter 2015 edition of the AAPB's Biofeedback magazine titled "Interpersonal Biofeedback: Biofeedback in a Relationship Context" I was reminded of a case that I was involved with some years ago. Working with a newly married couple that was having some difficulties in their relationship I was able to use biofeedback to get a message across where words just were not doing the trick. The husband just did not seem to get that many of the things that he said to his new wife, even if they may have been true, were nonetheless hurtful. I connected biofeedback sensors to both husband and wife. When he said something hurtful her Skin Conductance readings increased drastically. In an instant he got it. He was able to see the measureable reaction that his wife was having to his words. This seemed to be much more effective than the logical explanation that I had gone through prior to this biofeedback demonstration.

I wish that I had access to this article those many years ago. I would have had a much more structured protocol to work with instead of just doing what seemed intuitively to be the right thing to do.

In the article Steven Kassel and John LeMay describe how they use biofeedback technology to work with couples and parents and children. The term "Interpersonal biofeedback" is defined as the process by which patients learn to manage their physiology, such as heart rate, hand temperature, skin conductance, respiration, and muscle tension, in a relational context. Biofeedback signals are displayed and recorded during the session along with video and audio. Some biofeedback systems like the Biograph Infiniti made by Thought Technology, Ltd of Montreal Canada can record video of the clients while it is also recording and displaying their physiologi-

cal data. This is a feature that seems to be seldom used either because therapists are not aware of it, don't know how to technically use it, or have not thought of a useful application. This is a perfect application.

It can be very mind opening for clients to see how much their nervous system is being activated when they get upset and to understand how this can negatively affect their ability to think and reason clearly.

A quote from the article makes this point, "Sympathetic arousal confounds the ability to listen and thwarts creative problem solving (El-Sheikh et al., 2009 Lapidis, 2011)".

Another point that I found useful is when they suggested having a parent watch the physiological reactions of their child as they communicate with them. I think that most parents would be amazed to see how their words and tones affect the nervous systems of their children.

There is a specific type of stress profile that is described in the article, somewhat different than the standard psychophysiological stress profile that we do for traditional stress management biofeedback.

It is comprised of the following segments:

- Sitting still to measure baseline
- Neutral talk
- Recovery
- Problem discussion (stress trial)
- Another recovery

The results of this profile are then used to plan the follow up therapy sessions.

This is yet another way that you can put your biofeedback equipment and skills to use in combination with your other therapy skills in a way to offer a service that can set you apart from other providers.



EMG Biofeedback Protocols Seminar

Participants will learn:
How to perform common EMG Biofeedback protocols.

Instruction will include sensor placement, screen selection and setup, instructions to clients and interpretation of data to indicate progress

EMG Protocols to be covered are:

- Headache
- Neck Pain
- Upper Back Pain
- Low Back Pain
- TMD

Prerequisites for participation:

Participants should have basic knowledge of biofeedback and basic understanding of how to use their biofeedback instrument.

Date: September 17, 2016

Fees: \$225

Credit Hours: 7 Total

Location: Hawthorne, NY

This workshop is approved by the BCIA for continuing education credit for recertification.

Mention Coupon Code

NL42 and save \$25

off any purchase of at

least \$100 at regular

price. Through August

31 2016

**Receive 25
Free Stress
Dots with any
order placed
by August 31,
2016 Coupon
Code BMS16**



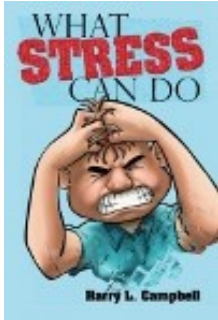
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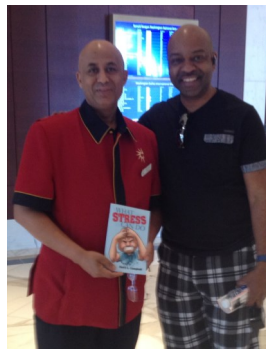
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Harry L. Campbell

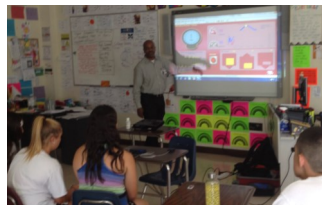


What Stress Can Do in Prince Georges, County, MD

The picture shows me giving a copy of my book to Moses, the bellman who helped us with our luggage at the Gaylord National Resort and Convention Center at the Power-networking Conference May 27-29, 2016.



The classroom picture is of me demonstrating HRV biofeedback to Valarie Nierman's College Health



Class at Mahopac High school while talking about biofeed-

back as a possible career.

Whenever possible I like to speak with students about biofeedback. I was introduced to biofeedback as a student when Adam Crane came

to Ossining High School in 1984 and demonstrated the technology to my class using the old wooden box analog instruments that were the modern technology of the day. I continue to work to pay it forward hoping to keep the chain going.

Through a corporate contact I

made at a Westchester Business Council networking event I was asked to do a TEDx presentation at Scotch Plains High School in New Jersey. Most of you are aware of the famous TED presentations on various interesting topics. They have licensed the TED name so that people can organize local events based on the TED concept. My topic was The Relationship Between Stress, Health, Perform-



mance, and Technology. The technology of course being biofeedback. I will post a video link on Facebook ASAP.

