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A Very Busy Spring

Sometimes People ask me if I travel a lot. I usually say that it goes in spurts. I may have a trip one month and then none for two or three months. March 2017 was different. The way things worked out I had three conferences back to back, one week after the other. For three weeks I was on the road with a few days between trips at home. March

9-11 was the Southeast Psychological Association conference in Atlanta, GA. The first picture shows a poster session where many students presented their research. I offered a free webinar on biofeedback to all who showed an interest. After a long day in the exhibit hall I got out to do some walking in Atlanta to get some exercise. The next week was the

AAPB. The staff at AAPB did an excellent job planning and running the conference. The attendance was better than other recent conferences that I had attended. Presenters included Bessel van der Kolk, MD and Daniel Amen, MD.

I flew home for a couple of days then drove down to Washington, DC to attend the Psychotherapy Networker Symposium for my first time. Over 4,000 therapists attended this conference. I saw a few of my clients there and met many new people.

I got home from DC March 26. May 20-21 I attended the Mid-Atlantic Biofeedback Society Conference where Erik Peper and I did workshops.

My next stop will be the New York Psychological Association's 80th Annual Convention in Saratoga Springs, NY June 2-3.

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Erik Peper



Jessica Eure, President Elect Mid Atlantic Biofeedback Society



Fred Shaffer

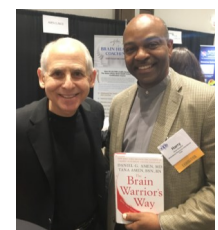


Gabriel Sella



Richard Soutar

Daniel Amen



Jose Salas, AAPB staff



Jay Gunkelman



Featured Product:

pip



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.



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Relaxed & Safe Driving

There are some sources of stress we can avoid and there are some that are much more difficult to avoid. If you drive then you face what can be very stressful on a regular basis.

Most of us believe that we are excellent drivers. It's those other "idiots" (or worse) who don't know how to drive.

Either they drive too fast, too slow or something else. It is fortunate for me that the drive to my office is only 5 minutes from my home, unless it is rush hour, yes we have a rush hour in tiny Ossining, NY. I should probably walk more often since that would only take 20 minutes. The excuse I usually make is that I have too much stuff to carry if I walk. That could be worked around with a little planning. Since the weather is nice now I will make a commitment to walk to work more often until winter. Many people have a commute of one hour or more one way. Multiply that by 5 days and you get at least ten hours of driving just to get to and from work.

Besides our work commute there is driving to the store, running errands, going to dinner and other entertainment, vacations, business trips and more. Those of you who are drivers may spend a lot of time in the car. Many of your clients spend a lot of time in the car.

The last time that I took a defensive driving course I decided that I should comment on stress related to driving. Even though I have been driving since I was sixteen years old I always learn something at

these sessions. Here are some road rage statistics from the American Safety Council

- 66% of traffic fatalities are caused by aggressive driving.



- 37% of aggressive driving incidents involve a firearm.
- Males under the age of 19 are the most likely to exhibit road rage. Half of drivers who are on the receiving end of an aggressive behavior, such as horn honking, a rude gesture, or tailgating admit to responding with aggressive behavior themselves.
- Over a seven year period, 218 murders and 12,610 injuries were attributed to road rage. One scary statistic worth noting is:

2% of drivers admit to trying to run an aggressor off the road!

We are never the problem right?

Take this quiz that the American Safety Council offers:

Do you regularly drive over the speed limit, or try to "beat" red lights because you are in a hurry?

Do you tailgate or flash your headlights at a driver in front of you that you believe is driving too slowly?

Do you honk the horn often?

Do you ever use obscene gestures or otherwise communicate angrily at another driver?

Any yes answer is an indication that you are capable of road rage. Often road rage happens because the person was under stress unrelated to driving.

Traffic and the actions of other drivers can add to stress, which then blows up when a driver thinks that someone else on the road has offended them whether intentional or not.

I do a lot of driving and I also find that it can be stressful. I have learned several things to help make the experience more relaxed and safe. I would like to share some of them with you. I hope they are helpful for you and maybe you can share them with your clients.

- Leave Early Allow extra time to get to your destination. If you get there early you can use the extra time to relax, read, or listen to music before you get started with work, your meeting, or your appointment. You won't have the extra pressure of the possibility of being late.
- Let the person who cut you off go. You don't really gain anything by "getting them back" You don't lose anything by "letting them get away with it".
- Have plenty of audio recordings of material that you want to learn, audio books, and music you love in your car. It helps pass the time when you're stuck in traffic and can have a positive effect on your mood.
- Check the muscle tension in your hands, shoulders, and neck. Release extra tension.
- Practice diaphragmatic breathing at red lights and in traffic.
- Remember the goal is get there safely.



Presentations, and Seminars

I am happy to report that my trip to Puerto Rico was a great success. I arrived in Puerto Rico on



ing Seminars. We had participants from the local area as

February 11th. By the way, for those who live in areas where it is cold during the winter, I strongly recommend getting away to a warm place to escape for a while if you can unless you just love the cold. This definitely falls under stress management techniques for me. I took Sunday to recover from traveling, get settled, and prepare for my work day on Monday. On Monday morning I met with my client and friend Dr. Hector Crespo at his office to consult with him about his bio and neurofeedback equipment. Later in the day I went to EDP University where he teaches to do a presentation on biofeedback. While I was planning the trip to Puerto Rico I had been discussing the possibility of doing a presentation at the University. He went to work arranging it with the powers that be there. When he told me that it was a go I was expecting that there might be 15 or 20 people attending the session. What a surprise to see the room filled with about 60-70 people. I enjoyed introducing biofeedback and neurofeedback to this group of faculty, administrators, and students. The presentation was well received and I was invited back for a scientific congress that they will be having this November. I think I can be convinced to go back to Puerto Rico. It is a lovely place. I better get to work on my presentation proposal.

We have completed our Spring Biofeedback and Neurofeedback BCIA Certification Train-

well as other states in the USA plus Canada and South Africa. If you or anyone you know is in need of training please take a look at our schedule for the rest of the year and contact us to register.



Recent Reads

Why is it that some people who have a genetic disposition to develop certain illnesses never develop the illness and others do? Which is more important, Nature or Nurture? It seems that both are important. Environment is important. Attitude is important. Negative or Positive thoughts are important. It all matters. These are some of the things that I learned from reading the book *The Biology of Belief* last month. The author Bruce H. Lipton, Ph.D. did an excellent job of making this book interesting and informative. Some medical and scientific "experts" might disagree with some of what he has to say and I think that if you are reading this then you are probably used to people disagreeing with things that make perfect sense to you.

I was already a person who resists taking medications as much as reasonably possible. Some of the statistics referenced in this book have convinced me of this even more. For instance, "According to conservative estimates published in the Journal of the American Medical Association, iatrogenic (caused by medical treatment) illness is the third-leading cause of death in this

country. More than 120,000 people die from adverse effects of prescribed medications each year. (Starfield 2000).

A newer study (Null, et al, 2003) shows that iatrogenic illness is the leading cause of death in the US and negative effects of prescription drugs caused more than 300,000 deaths per year. I have heard about the problem of negative side effects but reading about such high numbers of actual deaths is shocking. Dr. Lipton's explanation of the complex quantum perspective model as opposed to the traditional reductionist model makes sense of why there can be so many potential effects from a drug besides the intended effect of "fixing" the original problem. "The same signals or protein molecules may

be simultaneously used in different organs and tissues where they provide for completely different behavioral functions." A drug that is intended to act on the heart is also distributed to the rest of the body through the blood and therefore can also act on the brain and nervous system, etc. in ways that are not intended and possibly harmful.

Biofeedback was mentioned in the book as a way to possibly override and regulate some of the body's physiological mechanisms. Dr. Lipton also mentioned Dr. Rima Laibow (a past client of ours) describing in the book *Quantitative EEG and Neurofeedback*, the progression of the developmental stages in brain activity.

Overall the book showed that there are things we can do to possibly effect positively even when genetics may not be in our favor.



Biofeedback/ Neurofeedback

Seminar Schedule

BCIA Certification

Biofeedback

June 23-25, 2017

Hawthorne, NY

July 23-25, 2017

Houston, TX

October 20-22, 2017

Hawthorne, NY

January 19-21, 2018

Miami, FL

Fees: \$1,195

BCIA Certification

Neurofeedback

August 19-21, 2017

Dec 2-4, 2017

Hawthorne, NY

January 23-25, 2018

Fees: \$995

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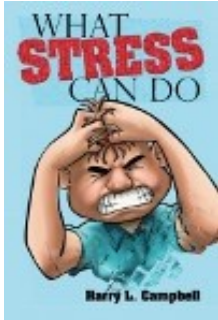
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For even more instant updates and content from us on Social Media: @biofeedbackman on Twitter, and Biofeedback Resources International on Facebook and YouTube channel



New Addition to Product Line



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The Inner Balance for Android is finally here. People have been asking for this for a long time. The original Inner Balance devices were great even though they only worked on Apple I-Phones and I-Pads. This left all of the Android users out of luck. Now you can have the same Inner Balance Software Ap on the Android platform. Oh, and it connects by Bluetooth so you don't have to connect a cable to your headphone connector. You can still get the original Inner Balance that connects with a



cable to the headphone connector if you prefer that. Call us to order one today for only \$159. Download the free Ap from the Google Play Store or the Ap Store. Mention this newsletter when you place your order and get a \$10 discount.

International on YouTube.



Harry L. Campbell



Have you seen me on Facebook Live yet? I have started going Live So far I have gone Live while I was running in a 5K Fundraiser for the YMCA Camp Combe and from the Mid Atlantic Biofeedback Conference. If you are not already connected with me look me up on Facebook and please subscribe to Biofeedback Resources



Spring won't let me stay in this house any longer! I must get out and breathe the air deeply again.
—Gustav Mahler