

# Biofeedback Matters



Summer 2013

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## Special points of interest:

- **Chronic Pain article highlights**
- **Biofeedback & Neurofeedback in Sports**
- **Are you using all of your biofeedback equipment?**
- **Essential Oils and biofeedback applications**
- **Practicing Relaxation outside of the doctor's office**

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## Chronic Pain - Neuro & Biofeedback Protocols

Dr. Jorge J. Palacios Venegas recently wrote an article on the problem of chronic pain and neuro & biofeedback protocols that can be effectively used to treat the problem.

According to the article chronic pain is a maladaptive response; it's persistent commonly defined within 3-6 months of duration. It is difficult to treat or improve.

Chronic pain interferes with work, school, social events, and more. Some of the common types of chronic pain include various types of headaches, arthritis, fibromyalgia, irritable bowel syndrome, chronic interstitial cystitis, trauma and post-surgical pain,

low back pain, cancer, stroke, and diabetes.

Chronic pain is a huge problem. About 6 million women suffer from fibromyalgia. In the U.S.A.

over 26% of the people report having low back pain that lasts at least one day during a 3 month period. About 116 million adults have chronic pain problems.

The yearly cost to federal and state governments in medical expenses is \$99 billion..

Biofeedback and Neurofeedback have been used successfully for the treatment of

different chronic pain syndromes. Applied research has demonstrated how, if chronic pain is treated by diminishing its psychophysiological components, most of them in the self-regulation spectrum, the physical, cognitive and emotional integration is reduced, as well as the physiological and



physical response to the pain itself... Dr. Palacios will be teaching his protocols at seminars in Miami, FL

The full article is available at [www.biofeedbackresources.podbean.com](http://www.biofeedbackresources.podbean.com)

## Bio & Neurofeedback in Sports

Bio & Neurofeedback are becoming more prevalent in sports. The Biograph Infinity/Procomp systems are being used by professional, Olympic, and other armature athletes. Some of the stories that have been talked about include the AC Milan soccer

team's mind room, the Indian shooter who one the gold medal in the Olympics, the Canadian speed skaters and skiers and others. Biofeedback & Neurofeedback Applications in Sport Psychology is a book that was published by the AAPB on the subject.

This is an area that biofeedback practitioners may wish to expand into. It can give you a break from working with people with clinical symptoms. Some people find this work more enjoyable and less mentally taxing. It is also an area where you don't need

## Adding Essential Oils to Biofeedback Therapy

I have been learning about and experimenting with using essential oils with biofeedback therapy. Most practitioners who use biofeedback are interested in alternatives to drugs when appropriate. Most of the drugs that are used for the symptoms that biofeedback are used for carry with them some negative side effects. With the essential oils I am finding that instead of negative side effects there are often side benefits. The substances in the oils have various functions for the plants that they come from like protecting the plants from insects

and infections. In humans they have these as well as many other effects. There are two oils that can be useful for almost anyone. These are Lavender and Peppermint.

•Lavender – Calms the mind and body, reduces nervous tension, encourages inner peace

•1998 study showed changes in brainwave patterns of people who inhaled lavender essential oil.

•Another study concluded “The lavender oil aroma signifi-

cantly decreased mean scores for anxiety.”

•Peppermint - High content of menthol. It has a strong cooling effect on pain and inflammation and can be useful on local pain caused by bruises, scrapes, other wounds. It is

Consistently effective for headache pain when 1-3 drops are rubbed on the temples and nape of the neck. It reduces the perception of pain while simultaneously increasing mental sharpness. Call Sunday 8:00 -9:00 PM for more information 559-726-1300 code 819383

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## Bio & Neurofeedback in Sports continued

to rely on insurance reimbursement. With sports applications the clients are billed directly—fee for service.

Special add-on software and hardware is available for Thought Technology systems for sports applications including Reaction Time which is used to assess and improve reaction time for runners, skiers, skaters, and swimmers. The soft-

ware records the time it takes the athlete respond to a visual or auditory cue given by the computer. The athlete responds with either a



**Bio and Neurofeedback can help athletes in various sports improve their performance.**

push button or a foot pedal. This helps them to get off the starting blocks faster at the sound of the starter’s gun. The software also allows for monitoring and training EMG, Temperature, Respiration,

## New Webinars

Biofeedback Resources International launched a new series of webinars on various topics. So far we have produced Using Low Cost Biofeedback Tools, Introduction to Biofeedback, Neuro and Biofeedback Protocols for Chronic Pain, and Post Traumatic Stress Disorder and Traumatic Brain Injury Bio and Neurofeedback Protocols.

These webinars give you the ability to learn without having



to leave your home or office. You can also gain enough information to decide if you would like to expand your knowledge in the area further by attending

a face-to-face seminar on the subject for full training.

There will be more titles coming. The best way to keep track of the schedule is to watch our website [www.biofeedbackinternational.com](http://www.biofeedbackinternational.com) and to subscribe to our email list. Announcements are sent out each time a new webinar is added.

## Getting the most out of your equipment

I have noticed that some biofeedback practitioners that I speak with or visit are not using the equipment they have to its fullest capabilities. Some people seem to choose a favorite modality like Heart Rate Variability or Skin Temperature. They tend to use only that modality with most of their clients. The ease of use is often the reason. There may be a best modality or combination of modalities to use with each individual based on their symptoms and the research available. I also recommend performing a psychophysiological

stress profile or assessment. In this procedure we apply EMG, Temperature, Skin Conductance, Heart Rate, and Respiration sensors. We then take the client through a series of a baseline period followed by three sets of stressors and recovery periods. All of the signals are measured throughout the assessment. The idea is to see what the levels were during baseline, what the reaction to the stressors was and how much recovery there was. This also helps to determine which modalities the client needs to work on most. The

results also serve as a before picture that can be used for comparison throughout the biofeedback therapy series of sessions.

I suggest that you consult your biofeedback equipment manual to learn more about using each of the sensors that you have on your system. If you need more help contact our office or the equipment manufacturer for support. Consulting and training is available via Gotomeeting and Skype if appropriate.

## Practicing Relaxation Outside of the Doctor's Office

It is very important for biofeedback clients to be doing homework between sessions. Only so much can be accomplished in a session once or twice a week. Clients need to practice the skills that they learn with you during your sessions with them. We carry many tools that can assist in this process including inexpensive biofeedback tools, relaxa-

tion audio CDs, and books. Some of my favorites are the emWave Desktop and emWave2, GSR2, Stress Dots, Stress Cards, SC-911 Digital Temperature trainer, and Relaxing Rhythms. Some practitioners stock some of these tools and provide them directly to their own clients. Others refer their clients to order from our office by phone at

877-669-6463 or 914-762-4646 or through our consumer website :

[www.mindbodydevices.com](http://www.mindbodydevices.com)

If you mention this newsletter you can receive a 10% discount on any order placed by September 30, 2013.

*If you mention this newsletter you will*

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*discount on any order*

*placed by September*

*30, 2013.*

## Northeast Regional Biofeedback Society Fall Conference

### NRBS

The Northeast Regional Biofeedback Society (NRBS) will hold its fall conference October 4-6, 2013 in Albany, NY on Chronic Pain and will also have workshops on continuing our marketing and organizing efforts to realize the potential of biofeedback. Harry Campbell will be presenting on adding peripheral biofeedback to a practice.

The Northeast Regional Biofeedback Society, is a non-profit association representing the professional biofeedback practitioners of the northeast region of the United States, which includes New York, New Jersey, Pennsylvania, Massachusetts, Connecticut, Vermont, New Hampshire, Maine and Rhode Island. For more information or to register visit [www.nrbs.org](http://www.nrbs.org) or call or email:

518-439-6431

[cperlin@nycap.rr.com](mailto:cperlin@nycap.rr.com)

Secretary: [deoneleigh@gmail.com](mailto:deoneleigh@gmail.com)

When you contact NRBS tell them Harry Campbell of Biofeedback Resources International sent you. I strongly suggest that you attend the conference and become a member of NRBS.



## New Products:

**Biograph 6.0 Software**

**Inner Balance HRV for iPhone/iPad**

**Hawaii Marth Healing Music Audio CDs**

**ESense Temperature and Skin Conductance for Smartphone and Tablets**

**Call 877-669-6463 or 914-762-4646 for details for visit:**

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## EEG/Neurofeedback in the News

There have been two stories in the news related to EEG and neurofeedback that everybody has been talking about. The first is about the Neuropsychiatric EEG-Based Assessment Aid (NEBA) System getting FDA approval for diagnosing ADHD using Theta/Beta ratio information. This type of information has been used for a long time as an indicator of ADD/ADHD by neurofeedback practitioners but I believe that this information will help give more credence to neurofeedback for ADD/ADHD.

The second story is about the November 2012 report by American Academy of Pediatrics approving biofeedback and

neurofeedback as a Level I or "best support" treatment option for children suffering with ADHD.

This is more information that can be used to help support the use of neurofeedback for ADHD.

