

Biofeedback Matters



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Special points of interest:

- Domestic Violence
- Taking Training on the Road
- What to Read
- Adding EMG to Respiration Biofeedback
- Local Biofeedback Conferences

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Domestic Violence Awareness Month

Summer, my favorite time of year is over. The temperature is dropping. The baseball playoffs are in progress. Football season has started but the excitement of the

think that there should have been a more severe reaction and others believe that there has been an overreaction. Since all of the attention the NFL has strengthened their



policy against players who are guilty of domestic violence. It has also come out that there have been many cases over the years that have been kept quiet and not much has been done to the guilty parties. My

activity, and PTSD symptoms they suffer from. I also think that we should think about what we might be able to do to help the abusers better themselves and stop the pattern of abuse. Do they have anger management problems? Do they have disregulated brains? Do they have unmanaged stress? Perhaps we can use biofeedback and neurofeedback to help some of them that want to be helped. As we know some of the abused are not ready to leave or may never leave their abuser. Helping the abuser to change their behavior may in some cases allow the relationship to be repaired. In situations where the relationship cannot be repaired perhaps the abuser may be able to start over after resolving their problem that caused them to abuse. Abusers are not usually given life sentences so they are among us and will probably repeat the behavior without help.

game is being overshadowed by the problem of domestic violence that exists among some of the players. The biggest news story related to this that began deeper investigation was the one that involved Ray Rice who was caught on tape spitting on and then knocking his fiancé out cold with a punch to the face in a casino elevator during an argument. There has been lots of media coverage, discussion on social media, at workplaces, at school, at home, in the barbershop, and anywhere else. Some people

problem with the coverage is not that the guilty NFL players should not be dealt with but that the media and others should also be dealing with those guilty of domestic violence who work in other industries. What about bankers, plumbers, wall street traders, construction workers, police officers, and other athletes? They also need to be talked about and dealt with.

I think we can play a part in helping abuse victims deal with the anxiety, hypersensi-

Visit : <http://www.nrcdv.org/dvam/home> for more information on domestic violence awareness month.



Training on the Road coming soon

New Products:

Have you upgraded to Biograph 6.0 yet?

Mention this newsletter for \$100 discount on Blood Pressure Add-On for Biograph

Order 3 of our relaxing Marth Healing Music Audio CD's from Hawaii and get \$10 discount

Most of our training takes place in New York but we are getting ready to take our training on the road. We have a biofeedback seminar December 12-14 and a neurofeedback



seminar December 18-20 in Miami, Florida this year. Next year we will be scheduling training in Puerto Rico, Boston,



MA, Washington, DC, Raleigh, NC, and Hawaii. Please let us know if there are any other



locations you are interested in

attending training. We can also offer onsite custom training for



groups. For example, I will be providing onsite custom training for Veterans Medical Centers in Boston, MA and Oklahoma before the end of this year.

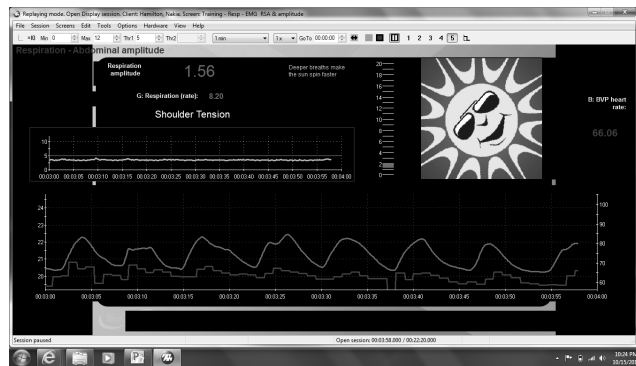
Adding EMG to Respiration Feedback



Using a respiration biofeedback sensor is an excellent way to teach diaphragmatic breathing to clients. A client tends to learn the correct mechanics of diaphragmatic breathing much faster with the aid of respiration biofeedback than with only verbal instructions. The respiration sensor wraps around the client's abdomen and stretches as they inhale and returns to normal as they exhale only if they are breathing diaphragmatically. If they are breathing by overusing their upper body then the sensor does not stretch or only stretches a small amount. The amount that the sensor stretches is reflected on the feedback screen. The deeper the breath, the more move-

ment on the graph. The frequency of the movements of the respiration graph indicates the frequency of the breathing. You also usually get a number for breaths per minute. Some respiration screens are set up to use a second respiration sensor that goes around the chest to measure thoracic or chest breathing. This can work well. In many cases I prefer not to use a chest respiration sensor to measure thoracic breathing. Instead I have modified the screen by adding an EMG graph to measure thorac-

ic breathing. EMG sensors are placed on either left and right trapezius muscles using a wide placement or a trapezius/scalene placement which I learned from Adam Crane and Erik Peper. This gives feedback when the client raises their shoulders and or tightens up the muscles around their neck as in wheezing. Either of these EMG placements is less constricting than a thoracic respiration sensor placement. It also avoids the sometimes awkward situation of placing a respiration around the chest of a female client. Notice the graph at the upper left of the picture is the EMG graph. The lower graph is respiration. Notice the EMG remains flat as the client breaths diaphragmatically.



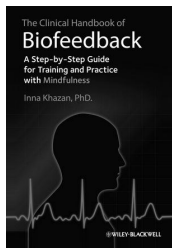
Notice the graph at the upper left of the picture is the EMG graph.



What To Read

I announced my book *What Stress Can Do* in the last issue of the Biofeedback Matters newsletter. This time I want to mention four other books related to biofeedback and neurofeedback that I recommend you read if you haven't already.

1) *The Clinical Handbook of Biofeedback: A Step-by-Step Guide for Training and Practice*



with Mindfulness

Inna Z. Khazan

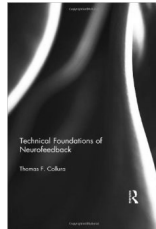
A practical guide to the clinical use of

biofeedback, integrating powerful mindfulness techniques.

2) *Technical Foundations of Neurofeedback* Thomas F. Collura

Technical Foundations of Neurofeedback provides, for the first time, an authoritative and complete account of the scientific and technical basis of EEG

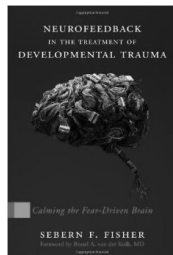
biofeedback. Beginning with the physiological origins of EEG rhythms, Collura describes the basis of measuring brain activity from the scalp and how brain rhythms reflect key brain regulatory processes. He then develops the theory as well as the practice of measuring, processing, and feeding back brain activity information for biofeedback training.



3) *Neurofeedback in the Treatment of Developmental Trauma: Calming the Fear-Driven Brain* Sebern F. Fisher

In this cutting-edge book, experienced clinician Sebern Fisher

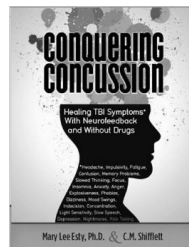
keenly demonstrates neurofeedback's profound ability to help treat one of the



most intractable mental health concerns of our time: severe childhood abuse, neglect, or abandonment, otherwise known as developmental trauma.

4) *Conquering Concussion* by Mary Lee Esty, C. M. Shifflett

"This lively, well-researched, and hopeful book is an excellent primer for anyone dealing with TBI and its aftermath,



from victims to caretakers. It is clearly written and illustrated for the average reader, but contains information that may be new to many healthcare professionals puzzled by odd and unresponsive symptoms and the realization that time alone does not heal the brain.



Buy 3 SC-911

Digital Temperature

Devices get 1 free

if you order by

Thanksgiving 2014

Northeast Regional Biofeedback Society Fall Conference

NRBS The Northeast Regional Biofeedback Society (NRBS) will hold its fall conference November 7-9, 2014 in Philadelphia, PA

Keynote Speakers:
Andreas Mueller, Ph.D., HBI Switzerland
Lynda Thompson, Ph.D., The ADD Centre, Calgary
Michael Thompson, M.D., The

ADD Centre, Calgary
Tom Collura, Ph.D., Brainmaster, Ohio
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 regis-

ter visit www.nrbs.org

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.





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Mid-Atlantic Society for Biofeedback and Behavioral Medicine

I will be exhibiting at the Fall 2014 Conference of the Mid-Atlantic Society for Biofeedback and Behavioral Medicine Saturday October 25, 2014 from 8:30—5:00 at Loyola University Graduate Center.

Program includes:

MASBBM's Role in the Evolution of Self-Regulation, Biofeedback, & Neurofeedback

Lilian Rosenbaum, LCSW-C, PhD, MASBBM President-elect

Keynote Presentation: Relevance of Nutrition, Foods, Additives

and Toxins on Brain Health and Behavior

Dana Laake, RDH, MS, LDNA
Demonstration of the "Balance

From Within" Program

Anna van Mourik-Maddox, RN, BCB

Four Channel Z-score Neurofeedback Training

Elsie Ferguson, PhD

When Your Knife Won't Cut the Leftovers, You May Need to Switch to a Spoon

Michael A. Sitar, PhD

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By the time you read this newsletter this event may have already taken place but I wanted to make sure that you know about the organization and the type of conferences that they

run. This is an organization that several Biofeedback Resources International clients belong to. They cover the area of Maryland, Washington DC, Virginia, and surrounding areas. I encourage you to support your local biofeedback society. Lately I have noticed that some people are even traveling from non local areas to attend the conferences of other local biofeedback societies. This is great and is also encouraged by the AAPB (Association for Applied Psychophysiology and Biofeedback) which is the national biofeedback membership organization. The AAPB is co-sponsoring this event. If you missed this one look out for the spring conference

Harry L. Campbell

