

Biofeedback Matters



109 Croton Ave.
2nd Floor, Suite #240
Ossining, NY 10562
Web:
www.biofeedbackinternational.com

Phone: 877-669-6463/914-762-4646

Fax: 914-762-2281

E-mail: info@biofeedbackinternational.com

Special points of interest:

- New Training Faculty
- Master of Science Degree In Applied Breathing Sciences
- What to Read
- Adding EMG to Respiration Biofeedback
- Local Biofeedback Conferences

Inside this issue:

- | | |
|--|---|
| New Addition to our Training Faculty | 1 |
| Master of Science Degree In Applied Breathing Sciences | 2 |
| Adding EMG to Respiration Biofeedback | 2 |
| What to Read | 3 |
| NRBS Fall Conference | 3 |
| Mid-Atlantic Conference | 4 |



Winter Feb. 2015

Volume 2, Issue 4

New Addition To Our Training Faculty

I am very happy to announce that we have a great new addition to our training faculty, Dr. Robert H. Reiner, Ph.D., BCN, BCB. Executive Director and founder of Behavioral Associates in New York City. Practicing since 1981, he has helped thousands of patients learn practical strategies to handle the many obstacles encountered throughout life. He is highly experienced in biofeedback, neurofeedback, and QEEG assessment. He is also known for his specialization in combining Virtual Reality and biofeedback technology to help clients conquer Fear of Flying as well as many other phobias.

Dr. Reiner will be teaching portions of our neurofeedback seminars as well as a new seminar on adding Virtual Reality/Biofeedback services to your practice. This is an exciting new area for many. Dr. Reiner has been using it in his practice for a long time. He has invested heavily in expensive VR tech-

nology and has also found new inexpensive ways to do a great job of VR/biofeedback therapy. He will be teaching us how to do the work as well as what equipment to buy to save lots of money. Another exciting point about providing VR/biofeedback therapy is that although some insurances will reimburse for it, you can charge a higher fee than you



would for biofeedback alone. Also you can charge clients directly, avoiding insurance altogether since many phobias are such an inconvenience to normal life and sometimes work that many people will be willing to pay out of pocket for a way to be able to live a more normal life. I can also see performance applications that might be possible for non-licensed providers. This is an area that I am very excited about so I will be taking the

first seat in this training. Contact us as soon as possible to register to reserve your seat. Space is limited so don't delay. This is the first time we are offering this class so I expect it to fill up. You can visit our YouTube channel to watch the interview that I conducted with Dr. Reiner about Virtual Reality/Biofeedback therapy if you need to learn a little more before

registering. There is a link to the YouTube channel on our web page

biofeedbackinternational.com

Seminar information:

Date: May 3, 2015

Hours: 10:00 - 4:00

Location: Comfort Inn & Suites Hawthorne, NY

Tuition: \$495

Call 877-669-6463 to register



New Products:

CapnoTrainer Plus -
Add on For

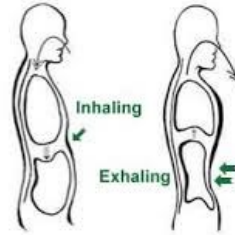
CapnoTrainer for HRV
plus other peripherals.
Call 877-669-6463 for
details

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

Master of Science Degree In Applied Breathing Sciences

We have recently become an affiliate of the GRADUATE SCHOOL OF BREATHING SCIENCES. I'm announcing their webinar-based Master of Science degree in Applied Breathing Sciences. The Graduate School offers free lectures, professional education (CE) offerings, certificate programs, and a Master of Science in Applied Breathing Sciences. At present they have a faculty of 17 who teach from around the USA and Europe. Their students are experienced practitioners of diverse professions and attend from their offices from around the world, from Thailand to Norway to Australia. The program is an interdisciplinary synthesis of the bio-

logical and behavioral sciences including physiology, biochemistry, neuroscience, psychology,



behavioral science, counseling, and instrumentation technology. It is estimated that 10 to 25 percent of the US population have unwittingly learned breathing habits that compromise physiology and psychology in ways that trigger, perpetuate, and cause serious symptoms and deficits of all kinds. This enormous problem, only

superficially addressed by the treatment-oriented professional community, requires a solution that is interdisciplinary, client-centered, and learning-oriented. The new MS program offered by the Graduate School of Breathing Sciences addresses this solution by training practitioners, consultants, and educators from diverse disciplines to offer breathing learning services to their clients and patients. Student-colleagues are taught the science, the practice, and the business of providing these services. Click on the link on our website to learn more

Biofeedbackinternational.com



Essential Terms Review

*Sometimes we get
so busy doing the
work that we forget
some of the
technical details.*



While I was reviewing some of the technical biofeedback terms that we must learn when starting out in biofeedback and studying for the BCIA exam, I thought that it might be good to review a few of them with you. Sometimes we get so busy doing the work that we forget some of the technical details. Some of them are important at least to understand conceptually.

Ions are atoms charged by the gain or loss of electrons.

The biological potentials produced by cortical neurons (EEG), eccrine sweat glands (EDA), and skeletal muscles (EMG) are actually currents of ions.

The ions most responsible for these signals are chloride (Cl⁻), potassium (K⁺), and sodium (Na⁺).

Electric current

Electrons in the outermost energy level are responsible for electricity.

Energetic free electron movement produces an **electric current (I)**.

Electrons are also affected by the materials in their path.

Conductors allow electron movement, while **insulators** oppose movement.

Conduction and insulation

While all metals are good conductors, the best conductors

are silver (Ag), copper (Cu), and gold (Au), which have only one electron that can be effortlessly jolted free.

Biological signals like the EMG travel through fluid, instead of metal, conductors.

The **interstitial fluid** surrounding body cells is also an excellent conductor. Signals like the EMG bump their way through body fluids as a current of colliding ions (not electrons) until they reach the skin.

I hope some of this sounds familiar. I'll share more later.



All Play and No Work Makes Jack a Poor Boy

It is true that all work and no play is not good for us. A big part of stress management is taking time away from the pressures of work. A change of scenery is good. Spending time in and around nature is helpful and relaxing. We work hard and we must make time to relax. We need to invest in vacations. The payoff may be better health and improved performance during the time that we are working.



Of course we do need the money to pay for vacations. For years I have been fitting a bit of work into some of my vacations for financial reasons. 1) Being in a location away from home can allow me to meet people who I might not otherwise meet and visit locations I might not otherwise visit. There is a real opportunity to do profitable business away from home. I have on some trips made a profit from

the business that I did there. I have met new healthcare providers while on vacation and done business with them. I have run seminars at a location and then spent additional time there vacationing.

2) Combining business with travel if done properly can create a situation where you can save on taxes through legitimate business expenses that occur during the trip.

I will be going on a long overdue cruise with my wife this spring. During the trip we will be making stops in Cape Liberty, NJ, USA, Kings Wharf Bermuda, Philipsburg, St Maarten,

San Juan, Puerto Rico, and Labade, Haiti. I plan to give away a free copy of my book at each port and maybe a few aboard the ship. I will take pictures and some video clips and post them to Facebook and YouTube to promote the book and my work in general.

This shouldn't take much time. The rest of the time I will be relaxing and having a good time, recharging myself so that I can return better able to provide excellent service to all of my clients.

Please like Biofeedback Resources International on Facebook and subscribe to our YouTube channel so that you will be able to follow my activity on this trip and in general.

I am posting more information each week on both Facebook and YouTube that I hope will be helpful to you.



Buy 3 Audio CDs

get 1 free if you

order by March 10

Mid-Atlantic Society for Biofeedback & Behavioral Medicine

MASBBM

April 25, 2015 8:30 a.m. – 5:00 p.m. Join the MidAtlantic

Society for Biofeedback and Behavioral Medicine for an all day presentation from Martin Wuttke, as he discusses using meditation, neurofeedback and complementary protocols to resolve dependencies, addictions and other unhealthy hab-

its. Martin Wuttke is the president and founder of the Wuttke Institute of Neurotherapy. He is an internationally recognized expert on the brain and application of yoga meditation science to health and wellness. For the last 30 years, he has been a pioneer advancing scientific understanding of the changes that occur in the brain and body as the practitioner progresses into stages of higher states of consciousness and

enhanced functionality.

I remember many, many years ago when Martin attended neurofeedback training with Adam Crane here in Ossining, NY

Details will be available soon on their website:
www.masbbm.org

For now, save the date.





**Biofeedback Resources
International**

109 Croton Ave.
2nd Floor, Suite #240
Ossining, NY 10562
Web:

www.biofeedbackinternational.com

Phone: 877-669-6463/914-762-4646

Fax: 914-762-2281

E-mail:

info@biofeedbackinternational.com

**Like us on Facebook, follow Harry @biofeedbackman on Twitter,
and subscribe to our Biofeedback Resources**

International

twitter YouTube

LinkedIn

facebook



YouTube

TEXT
BIOFEEDBACK
TO 55469
FOR FREE
OFFERS AND
DISCOUNTS

AAPB Annual Conference in Austin, TX

MEET ME IN AUSTIN

The title of this year's conference is "The Many Faces of Biofeedback".

The Association for Applied Psychophysiology & Biofeedback (AAPB), the pioneering professional society devoted to education

and research in this field, will be hosting its 46th Annual Scientific Meeting in Austin, Texas on March 11-14, 2015 at the Renaissance Austin Hotel. 2015 Annual Scientific Meeting highlights include:

4 Keynote Sessions featuring renowned scientists:

Ruppert Issacson, Founder and Director, The Horse Boy

Foundation

Healing Effects of Horses to Autism Families

Bob Schulz, PhD, Professor, Strategy and Global Management and Business and Environment, University of Calgary

Presidential Lecture: Business Strategy and Marketing

Michael Roizen, MD, Chief Wellness Officer, Cleveland Clinic

Wellness

Julian Thayer, PhD, The Ohio Eminent Scholar Professor in Health Psychology, The Ohio State University

Prefrontal Regulation of the Stress Response: A Neurovisceral Integration Perspective

18 Pre-Conference Workshops on Wednesday, March 11 - Thursday, March 12, 2015

Over 30 Breakout Sessions that include a variety of panels, symposia and lectures

Poster Abstract Viewing - A wealth of research will be exhibited onsite

Section Meetings to connect you with colleagues in your specialized area of interest

Exhibit Hall and Networking Receptions and a special event benefitting the Foundation for Education and Research in Biofeedback and Related Sciences (FERB)

Harry L. Campbell

