

Biofeedback Matters®



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Volume 4, Issue 1

Special points of interest:

- **Positive Press for Biofeedback**
- **Conference News**
- **Biograph Software, Hands on Peripheral Biofeedback, and sEMG Protocols workshops with BCIA Continuing Education Credits**
- **What Stress Can Do Update**

We Made Front Page News!

Look at the front cover of the March issue of the Monitor on Psychology! There it is in bright red letters BIOFEEDBACK! The issue includes a feature article on the use of biofeedback. Among those interviewed for the article included Dr. Paul Lehrer, of Rutgers, Robert Wood Johnson Medical School and Lynda Thompson, Ph.D. of the ADD Centre and Biofeedback Institute in Toronto, Canada both of whom I have had the chance to know for many years.

The article discusses everything from the early relatively crude biofeedback devices of 50 years ago, the low cost devices that work on smart phones, the Fitbit type watch devices, Smart Shirts that measure heart rate and sweat, and the fMRI systems that are measuring brain activity in ways that were not possible in the past.

Carrol Austad, Ph.D. of Central Connecticut State University said about biofeedback - "... this is a tool that should be in most psychologists' tool boxes'."



As a psychologist biofeedback is only a small part of what Dr. Lehrer does but about biofeedback he said "for some patients, it's the most important thing I do". He also said "too few psychology training programs teach biofeedback today.

Dr. Carol Austad said "The patient feels as though they have control over their own bodily functions. When they

have that feeling of mastery you can accomplish more in psychotherapy.

She also shares my feeling that biofeedback should be much more common that it is. If you are reading this then you are probably helping to make biofeedback more popular. We are sometimes quietly doing the work of helping people learn self regulation through biofeedback and neurofeedback. It is a big plug for us when biofeedback gets positive press coverage. Psychologists are one of our main client groups. Even with psychologists though many are not using biofeedback yet.

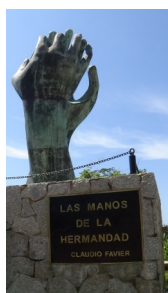
Robert Reiner, Ph.D. of Behavioral Associates in New York City says that all clinical psychologists should be using biofeedback. He believes that biofeedback is to a psychologist as a prescription pad is to a medical doctor.

Use this article to help promote biofeedback in your circles.



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Conference Notes

Featured Product: CES Ultra



The CES Ultra is a medical device for the treatment of stress and stress-related disorders. It employs gentle electrical stimulation to the head (cranial electrical stimulation) to help normalize brain functioning.

This is what we are offering instead of Alph-Stim now.

Regularly \$349

Only \$325 with order placed by 5/31/16



As I am writing this I am in Albany at the New York Mental Health Counselors Association Conference. The theme of the conference is "Expanding Our Professional Horizons: A Dialogue of Possibilities!"

The conference is taking place at the Marriott Hotel in Albany, NY. The weather is great. It finally feels like spring again.

Biofeedback is well represented here. I have an exhibit table for Biofeedback Resources International. Susan Antelis who is a friend and faculty member is presenting a workshop titled "Creating Attunement in our Relationships through Awareness and Feedback Modalities". The description reads: Biofeedback and Neurofeedback modalities empower an individual to accomplish self-regulation through developing a mind-body connection. Non-invasive, fun and complementary, they can be utilized with clients of all ages in a variety of therapeutic settings. This workshop will guide you through adding simple versions of these techniques to your practice. Her session is tomorrow. I am already getting students and practicing therapists who are coming to ask me about adding biofeedback to their skill set. I'm sure that after Susan's workshop even more interest will be stimulated. It is good to see so many students already interested in biofeedback. Dr. Robert Eschenauer, president of the NYMHCA and a psychologist and department head at St. John's University in New York is also suggesting to his stu-

dents to come and find out more about biofeedback. He had used biofeedback successfully since the 1970s while he was in private practice.

I am sorry that I was not able to attend the Mid-Atlantic Biofeedback Society's spring conference this year. The dates conflicted with the New York Mental Health conference which only takes place every other year. I hope to attend the next Mid-Atlantic conference.

The New York Psychological Association conference will be held in White Plains, NY this year. This is the closest it has been to home for me. I will be there with an exhibit table. The cover story on biofeedback in the Monitor on Psychology magazine should help stimulate interest with the attendees.

The ABPsi (The Association of Black Psychologists) will hold its 48th Annual International Convention August 10-13, 2016 at the Crystal Gateway Marriott in Arlington, VA.

I will be attending and exhibiting there. The ABPsi has also accepted my proposal to present a workshop titled "An Ironie Use of Technology – Bridging The Gap Back to Mind – Body – Spirit Connection"

The proposal abstract reads:

"Many African Americans avoid seeking mental health services. This session will show how biofeedback technology quickly shows clients what usually takes a long time. Technology can promote self-learning and physiological regulation which

is the essence of mind-body connectedness. Once the mind and body are working more closely spiritual work can take place."

The theme of this conference is "Elevating Ubuntu: The Essence of Being Human". The physical, mental and spiritual well being of people of African ancestry. Ubuntu is a Nguni Bantu term that means human kindness and the belief in a universal bond of sharing that connects all humanity. This sounds somewhat like a lot of the stuff that The Heartmath Institute talks about.

I plan to show how biofeedback can help get to a place where this is more possible.



Biofeedback Resources International is a Brain-Master Distributor and provide the Atlantis 2 channel, 4 channel and the 24 Channel Discovery Brain mapping systems and Neuroguide Software

BCIA Continuing Education Credit Opportunities

Volume 4, Issue 1

Biograph Basics and Beyond

Participants will learn:

How to use Biograph Software for peripheral biofeedback psychophysiological stress assessments and biofeedback training for Surface EMG, Skin Temperature, Skin Conductance, Respiration, and Heart Rate Variability. Participants will also learn how to use Biograph Software for basic EEG assessments and neurofeedback training sessions.

How to:

run an Open Display Session
run a Script Session
use Quick Start/Favorites
adjust amplitude Scales
adjust time sweep
set Thresholds
change feedback sounds
change animations
resize Screens
use DVD feedback
review Data
create and Print Reports

You will also learn about the new Version 6.1 Software

Prerequisites for participation:

Participants should have already installed Biograph on their system, viewed the Biograph Tutorial, and reviewed the Physiology and or EEG Suite manuals.

It is strongly recommended that you bring your own system to get the most out of this interactive, hands-on workshop.

Date: June 18, 2016

Fees: \$225

Credit Hours: 7 Total

Location: Hawthorne, NY

Biofeedback Practical Skills and Mentoring Workshop

This workshop will help you with:

Hands on practice
Technical operation of equipment
Practice Hookups
Practice Personal Self Regulation Skills – being able to do it yourself so you can teach others more effectively.
Practice working with clients clinically.

This seminar/workshop is designed for those who have taken Online or Paper Home study didactic-only courses who have not had any hands on experience as well as those who have attended face-to-face courses with hands on but need more practice to become comfortable enough to start practicing. This workshop will also help you meet the BCIA personal training, client training, and mentoring requirements.

Review and practice:

- EMG
 - Skin Temperature
 - Skin Conductance
 - Heart Rate/Heart Rate Variability
- Respiration

Date: July 16, 2016

Fees: \$225

Credit Hours: 7 Total

Location: Hawthorne, NY

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

All three of these workshops are approved by the BCIA for continuing education credit for recertification.

Register for two of the workshops and receive \$25 credit per workshop. Register for all three and receive \$45 credit per workshop



Mention Coupon Code

V411 and save \$25 off

any purchase of at least

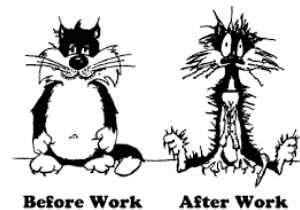
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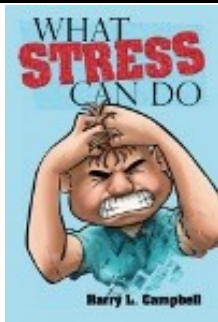
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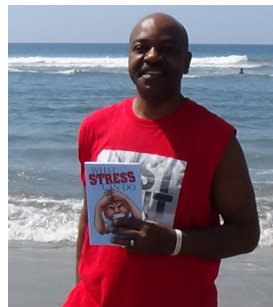


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What Stress Can Do in Acapulco, Mexico



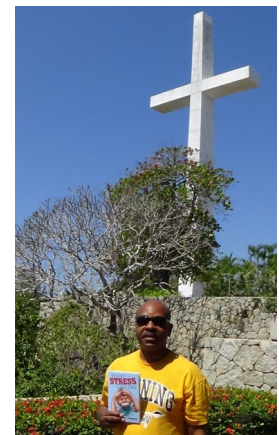
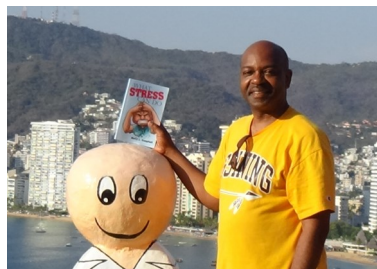
Harry at the beach above
and at the restaurant Si Señor
below.



Me giving a copy of my book to
Carlos Martinez our driver in
Acapulco. He toured us
around the city. We stopped
at the Chapel of Peace too.
That's me standing in front of
the giant cross at the chapel.



I also left a copy of my book in
the safe in our suite at the
Mayan Palace Resort where we
stayed. I hope that someone
who needs it finds it. Time to
spin the globe and see where
this book will end up next



Harry L. Campbell

