

Biofeedback Matters



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February 2016



Volume 3, Issue 4

Special points of interest:

- **A Time Of Year For Recommitment and New Goals**
- **Sleep problems related to ADHD Medications**
- **Positive Effects of Surviving Trauma**
- **Harry is Officially BCIA Certified in Neurofeedback**
- **Man's Best Friend**

A Time Of Year For Recommitment and New Goals

Welcome to 2016. Another year has past. As I get older and busier the days, weeks, months, and years seem to go by much faster. The start of a new year is a normal time for reflection on what we have accomplished in the year that just ended. Although many times we may wrongly focus on the list of goals that we have not yet reached we can and should list and congratulate ourselves for the many goals that we have accomplished. There are also usually a bunch of positive things that we did that were not necessarily goals but we did them and are happy that we did. We might also look at some of the goals we had and as we re-evaluate decide that they are not really important for us anymore. That's OK too.

By the end of the year we may not even be the same person anymore. Things

change, people change, and circumstances change. Our goals can change too. We should also be adding new goals. This can keep us stretching and motivate us to get up in the morning to go at it again and again. If you have no goals you might just be

tempted to hit the snooze button.

Pull out your list of goals (assuming that you have one, if you don't take out a sheet of paper and start one.)

Decide what existing goals you want to keep, which ones you don't want anymore, and add to the list any new ones. Make an action plan for each goal. List all of the things you can do to reach the goal. Commit yourself to achieving those goals. Make a summary list of your goals that you can carry around with you and look at regularly. Set regular times to review your goals and your progress towards them. An end of day quick check in to ask "what have I done today towards meeting my goals" is not too often. Once a week is great. At least monthly is good. Don't wait until the end of the year to see how you are doing. Make sure that some of the goals are big enough to scare you but don't let being scared stop you from getting to work on your dreams. I must admit that I have been doing that with one of my big goals. I have started the process of getting unstuck and it feels good. I mentioned it in my last newsletter. I will keep you posted on the progress. Most of my updates will be on the Biofeedback Resources Facebook fan page since that is a faster way to get information out. Please visit the page and like it.



Inside this issue:

- A Time for recommitment and New Goals* **1**
- Attention or Sleep **2**
- The Blessing In Bad Times It's Official ... **3**
- Saying Goodbye To An Old Friend **4**



Attention Or Sleep?

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You wouldn't want to have to make that choice for your children. Many children diagnosed with ADHD are prescribed medications to help with the symptoms. Some popular medications in use are Ritalin, Concerta and Adderall. These medications are helping some people. The drug companies themselves are listing sleep problems as a possible side effect.

According to a November 23, 2015 online article in Pediatrics, research analysis led by Katherine Kidwell of the University of Nebraska-



Lincoln found that children given stimulants tended to have sleep problems more often. One of the studies compared the sleep of children given methylphenidate (generic Ritalin) with children given a placebo. The children who took the generic Ritalin slept an average of 20 minutes less per night. They also found that taking a stimulant medication more often during the day caused a child to take longer to fall asleep at night.



Dr. Trevor Resnick, who is chief of pediatric neurology at Nicklaus Children's Hospital in Miami says that it is extremely important that all children get a good night's sleep for healthy brain development. It is his belief that only a small percentage of children will develop problems related to ADHD medications though.

I believe based on experience and reading that many attention problems may be due to

poor sleep. If the brain is tired it is not going to work as efficiently. It is harder to

learn, focus, and pay attention when you are sleep deprived. Some problems are due to children not getting enough sleep. This can be caused by going to bed too late. As Dr. Michael Thompson of the ADD Centre in Toronto Canada says, another problem is that before many kids go to bed they are watching stimulating TV programs and playing stimulating video games. When they finally do go to bed their brains are still too stimulated for quality sleep for some time. Most children also have to wake up very early to get to school on time. That doesn't help things either. Now this research review is showing that the medications intended to improve attention and hyperactivity symptoms may cause sleep problems in some of the children they are intended to help.

It is important to ask questions about how clients that you are

working with are sleeping. You should also be working on improving sleep hygiene with them. You may also help educate the parents of potential clients about the possible negative effects of medications on the amount and quality of the sleep of their children. This may help to convince them to consider alternatives to medications like neurofeedback.



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The Blessing in Bad Times

Romans 8:28 King James Version (KJV) ²⁸ And we know that all things work together for good to them that love God, to them who are the called according to his purpose. **OR** I Corinthians 10:13 (ASV) There hath no temptation taken you but such as man can bear: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation make also the way of escape, that ye may be able to endure it.

OR "Look on the bright side" **OR** What doesn't kill you makes you stronger ... How many times have you heard one of these scriptures quoted or a statement like that? If you are going through a traumatic situation it might not sound very comforting at the time. When a person does survive such an ordeal there may in fact be some positive results.

Carolyn Gregoire Senior Health & Science Writer, The Huffington Post wrote an article entitled *The Surprising Benefit Of Going Through Hard Times*. In the article she discusses how psychologists are finding in research that many people are thriving after going through very difficult events. Psychologists Richard Tedeschi and Lawrence

Calhoun came up with the term post traumatic growth to describe the great transformation that many people experienced after coming through traumatic or otherwise challenging negative experiences. Researchers found that as much as 70 percent of people that came through these types of experiences have reported some positive psychological growth. One of the ways that people grow after traumatic experiences is that they may gain a greater appreciation for their own lives, the people in their lives, and the things around them. People often begin noticing flowers, sunsets, mountains, trees, and other beautiful things in nature. They also may decide to spend more time with the people they love and who love them. They might begin to exercise more and be more thoughtful about their diets.

Another thing that happens for some people is that they feel stronger emotionally. A person may feel that if I made it through this, I can make it through anything. Problems that might have previously seemed huge now seem relatively small.



It's Official

After many years of being an approved BCIA trainer and mentor I completed the paperwork and received my official BCIA certification for Neurofeedback.

Sometimes we get so busy doing what we do everyday that we don't take the relatively small amount of time that it takes to tie up some loose ends. It feels good to have the official BCIA certificate acknowledging the study and work that I have put in over



the years. It really adds up. There may be some people reading this who have completed the required neurofeedback training and possibly some of the other requirements. I encourage you to contact me to review your certification situation so that you can move forward with the process. I can help you with getting your equipment, training on your equipment, mentoring, and even in some cases getting your sessions done.

Getting your BCIA certification will help to increase your professionalism in the eyes of your potential clients, peers, and even your competition.



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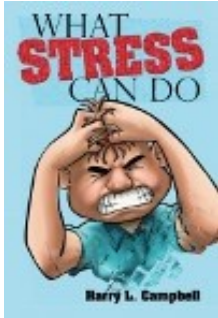
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Harry L. Campbell



Saying Goodbye To An Old Friend

We brought him home at twelve weeks old from an organization called S.O.S. Beagle Rescue. They help find beagles new homes. He was part of the last litter of a breeder. He had been placed with a family that had a little boy who may have had ADHD and behavioral problems. It turned out that having a puppy around him wasn't very safe for the puppy. My family had been looking for a dog for a while. I had wanted a beagle since I was a kid. A friend of my father had offered a mixed breed beagle - collie to me from a litter his dogs had when I was a boy. My father made it clear to me that I would be responsible for taking care of him. I decided to pass. I didn't feel

ready to take on the responsibility. As we were searching for a dog we visited pet stores and shelters. We saw some nice looking dogs but we didn't feel that the personalities were right for us. Some of them were too hyper, others showed signs of damaging furniture (One was biting my shoelaces). When we talked to the S.O.S. Beagle Rescue people we liked the idea of helping to place dogs who needed a home. We picked Dodger from his profile on the website.



When we went to meet him we knew that he was right for us. He became a part of our family and grew up with my daughter and son. He travelled with us,

sat next to us when we were feeling down, shared meals with us (even when we didn't plan on him sharing the meal—He was a very effective beggar). He served as an unofficial therapy dog at my wife's job at Victoria Home, nursing home by visiting residents and sitting with them and letting

them pet him.

Dodger gave us fifteen wonderful years. We had to say goodbye in October when he passed away during the night. He is greatly missed.

