

Biofeedback Matters®



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Polyvagal-Informed Therapy

Much of what we are trying to do in biofeedback therapy is to get clients to be more aware of the state of their physiology.

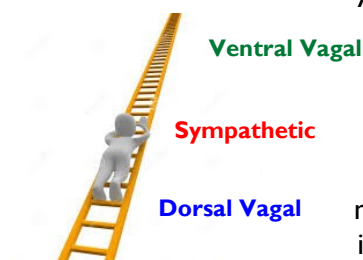
Once awareness is achieved then we help them learn a greater level of control over it.

I read an interesting article in the Psychotherapy Networker magazine by Deb Dana, LCSW, a clinician, coordinator of the Traumatic Stress Research Consortium in the Kinsey Institute.

In the article she referred to a term called Polyvagal-informed therapy and the three elements of the autonomic nervous system—ventral, sympathetic, and dorsal.

This is based on the work of Stephen Porges and his Polyvagal Theory. We often

talk about the sympathetic and parasympathetic branches of the autonomic nervous system. This goes into further detail especially as related to the Parasympathetic system. The parasympathetic branch branches further into a ventral vagal that is affected by signs of safety and is associated with a sense of



being centered and ready for interacting with others. The other dorsal vagal branch responds to threatening signs and the reaction is to shut down and become disconnected from others and numb. It is related to dissociation. The term

that Porges came up with to describe the way our autonomic nervous system looks for cues related to safety and danger is neuroception. This happens at a subconscious level even when we are not thinking about it.

The author talks about how it is important for the therapist to also scan and regulate their own ANS during a session because of the negative or positive effect it can have on the client and their physiology.

She uses this information to integrate touch into her therapy to affect clients ANS in positive ways. What the article made me think about was the way that we use Heart Rate Variability and some of the things that may be making HRV levels change besides how we breathe. There is a lot to learn from HRV biofeedback.



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Product Highlights

Featured

Product:

Zukor Sports



Zukor's Sports I is a feedback game for biofeedback and neurofeedback training which includes 10 popular mainstream sports games. It uses simple gameplay action with an "accuracy" gameplay dynamic and a central visual focus.

Zukor's Sports I includes optional point-based unlocking so that accumulated points unlock the next game. The points required to unlock the next game can be easily changed, or turned off entirely.

Vince Lombardi said "It's not whether you get knocked down; it's whether you get up." Help your patients train to "get back up" using a feedback game focused on an activity they love.

Try it for only \$495



MuscleBan

Wearable Wireless Surface EMG System that works with a smartphone or tablet (Apple or Android).

The MuscleBan gives you the freedom of not needing a laptop or desktop computer while still giving the kind of visual feedback and reporting that a computer gives.

The MuscleBan can be placed on just about any muscle area and can be used for relaxation or rehabilitation applications.

For use in clinic or for sending home with clients. It combines the best of stand alone and computer based systems.

Order for only \$435



Biograph Infiniti 360 Suite

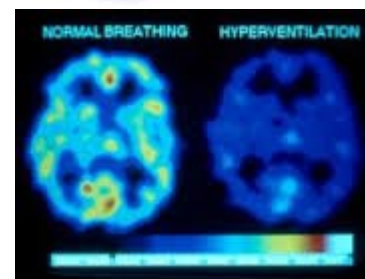
Software

One Powerful New Software Suite for both Peripheral Biofeedback and Neurofeedback for Biograph Systems **Add this to your system for only \$395**

Note the 360 Suite uses the

MyoScan EMG sensor (\$295) instead of the MyoScan-Pro. Please let us know if you also need a

MyoScan sensor when you place your order



The CapnoTrainer is the best way to monitor and feedback End Tidal CO2 which shows effects of modifying breathing on gas exchange.

Order for only \$3,700

TT pIR HEG Headgear add on for Thought Technology Pro-comp Biograph Systems

Add to your Procomp Infinity 8 or 5 channel, or Pro-comp-2 for only \$995

Product Highlights



Alive Clinical Version software with GP-8 Amplifier and EMG, Temperature, Skin Conductance, and HRV sensors.

Order for Only \$1,099



TPS eVu wireless HRV, Temperature, and Skin Conductance. **Order for Android app for tablet for \$395 or with Biograph Infiniti Suite for \$1,350**



SC-911 Digital Temperature instrument. **Order for only \$24.95**

Biofeedback/Neurofeedback

Seminar Schedule

BCIA Certification

Biofeedback

June 22-24, 2019 – Houston, TX

July 19-21, 2019 Hawthorne, NY

November 12-14, 2019 –Boston, MA

February 6-8, 2020 – Miami, FL

Fees: \$1,195

Neurofeedback

July 26-28, 2019 – Hawthorne, NY

October 18-20 , Hawthorne, NY

Feb 10-12, 2020, Miami, FL

- Fees: \$995

Health Training Seminars is approved by the American Psychological Association to offer continuing education for psychologists and maintains responsibility for the program.

Conference Schedule:

ABPsi Association of Black Psychologists

July 24-28, 2019, Orlando, FL

Northeast Region Biofeedback Society

November 15, 2019 - November 17, 2019

Boston, MA



Brainmaster Discovery 24 Channel Brain mapping and Neurofeedback system Emerald Package including amplifier, Avatar Software, 4 EEG Caps, QEEG Pro Brain mapping service, and supplies

Order for \$15,945



Delight



David Delight Plus

Audio Visual Entrainment system

Order for \$349



CES Ultra

Cranial Electrostimulation and micro current therapy system

Order on sale for for a limited time for only \$324



PIP wireless Skin Conductance Biofeedback for smartphone or tablet with free apps

Order for only \$179



Heart Rate Variability sensor with Alive Home Software ear or finger

Order for \$295



FINALLY MY
WINTER FAT
IS GONE.
NOW I HAVE
SPRING ROLLS.

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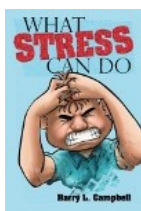
FRIDAYS

Linked in

You Tube



It's a shame how long it's been since we talked



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OFFICE FOR QUANTITY
ORDERS.

Harry L. Campbell



As I was making calls to follow up on the mailing of the last issue of our Biofeedback Matters newsletter I found out that one of our clients had passed away since the last time I spoke to him. I had been meaning to call him for a while and when I finally did make the call his wife answered the phone and gave me the news. This was sad because over the years we had become friendly and I always enjoyed talking to



him.
Even
when he
wasn't

feeling well he would say something to make me laugh and smile.

There are many reasons for us to stay in contact. You may have questions about material related to training you attended with us or products that you purchased from us. We may want to tell you about new products or workshops that

we are offering. We might have a new tip for you on how you can be more successful.

It isn't always about business though. Sometimes we just want to say hello and ask how you are doing because we haven't spoken in a while. It was during one of those casual conversations that my friend who passed encouraged me to start this newsletter.

I'm looking forward to speaking with you all soon.

