

# Biofeedback Matters®



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## Inside this issue:

- Keeping The Office Experience Going **1**
- Stress Inoculation **2**
- Training Schedule **3**
- What Are You Up To? **4**



## Keeping The Office Experience Going

Biofeedback Sessions are usually only once per week. Neurofeedback Sessions may be more often, maybe two to three times per week. The average session lasts be-



tween 20 and 50 minutes. The symptoms that

clients are coming to you for tend to be chronic and involve habits that have been learned over a long period of time, usually years. Clients may be doing things every day, maybe even all day that are not helping them get better. What else are they doing that is helping them get better or make progress? There are many tools that you can share with

your clients to help them make progress outside of the sessions with you. Home bio-



feedback devices are available from \$1 - \$500. There is a

home version of all of the common biofeedback mo-



dalities including hand temperature, skin conductance, heart rate variability, respiration, surface EMG, and even EEG. There are pros and cons to consider when choosing a device. What is the best modality? Will it work



on computer, smart phone, or tablet? Apple or Android? Can it work without any other device? Some of the other tools are not biofeedback. They work in other ways. With non-biofeedback tools there are other questions. Does the client have to do anything or does the device do it for them? Is it "invasive"? Biofeedback is non-invasive. Some



of the other tools can be considered invasive at least relative to biofeedback. I will describe some of the devices pictured on the cover of the

## Stress Inoculation

### Featured

### Product:

### David Delight Plus



The sessions on the Delight Plus are supported by research studies which include Seasonal Affective Disorder, stress reduction, insomnia, improved mood, mental sharpness and balance (reduced risk of falling) in seniors, and reduced worry plus improvements in concentration and memory in college students. The Delight Plus sessions also include our proprietary randomization process, which helps encourage dissociation and brain frequency tracking to the stimulus.

The Delight Plus features five distinct categories of sessions: Energize, Meditate, Brain Brightener, Sleep and Mood Booster, with five selections for each category. It also includes five auto playing Sound Sync Sessions and five locations for you to store sessions you design with the DAVID session editor.

**Try one for only \$349**

**Better yet, mention this newsletter and get a \$30 discount good through April 25, 2018**

As therapists you often are seeing a person because they have a problem after the fact. They usually have been suffering for some time before they contact you and show up at your office. Many more people are walking around with sub-clinical symptoms that they just don't deem serious enough to seek professional help for.

I am a big fan of doing psychophysiological stress profiles on clients before starting biofeedback training. I do this to get a baseline and to see the individual's pattern of reactivity to stress. It helps to show which modalities are above or below "normal" at baseline, which ones react to stress and how much they react, and whether or not they recover to baseline. I often say that if I grabbed 50 people off the street who were not under medical care for any conditions I would find a considerable percentage of them who are showing signs of physiological stress with levels that are not within "normal" range.

It can easily be said that all of us are under stress from many sources. If we have the tools to manage our stress then we should be OK and will be less likely to develop stress related disorders or make other conditions worse due to stress reaction.

I use a concept of the level of stress that we walk around with. That level may be very low, mid-range, or very high. People who walk around with a very high stress level may develop symptoms related to chronic stress. They may also

have a very limited capacity to deal with additional stress. Many people who experience panic attacks regularly may fit this description. It doesn't take much for them to get to the point where they can't take any more. At times they may even pass out. I think of that as their body's way of removing

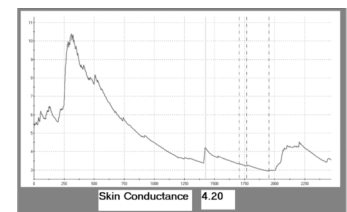
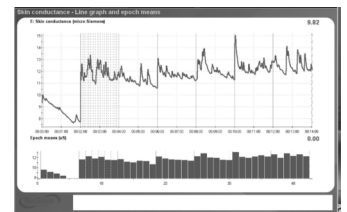
them from having to deal with the stressful situation.

People who walk around with a mid-range level of stress have more capacity to deal with more stress. It takes them longer to reach their limit. Those with an even lower level of baseline stress have the greatest capacity to deal with more stress. We can through practicing techniques like biofeedback and relaxation exercises like diaphragmatic breathing and progressive muscle relaxation decrease our baseline level of stress. We can use biofeedback instruments to measure where a person's physiology is at and help them to improve it so that even if they don't currently have symptoms we can help them to be in better shape to deal with the stress that will surely come their way. The average person could benefit from this type of training. It's kind of like getting a flu shot so that you don't get sick from the flu later.

The military uses techniques to



expose their people to simulated pressure situations to see how they react and to prepare them for dealing with these kinds of situations when they really happen. Some may also be using what we would call stress management or reduction techniques to help them to be able to continue to function under pressure. This type of training can also be used with firemen, law enforcement, and EMS workers. These workers are constantly in high stress situations. It only makes sense to give them training to be able to reduce their baseline stress level and to help them



be able to bring their stress level back down to baseline after they have dealt with a stressful situation so that they are more ready for the next one than if their physiology was continuing to react long after the event was over. Notice the difference in the two above graphs. In the first one the skin conductance level rises higher and higher with each stress response. Notice that in the second graph there are recovery periods after each stressor so that the overall trend is down. With training a person can become less affected by stress with quicker recovery.



## Keeping the Office Experience Going cont.

newsletter. The TPS is a very small wireless biofeedback device that works on Android phones and tablets. It measures and gives feedback on Heart Rate Variability, Skin Temperature, and Skin Conductance. The PIP is also a small wireless device that connects to Apple or Android devices. It measures Skin Conductance and has several apps with different biofeedback interfaces including games.

The Inner Balance is a wireless Heart Rate Variability biofeedback device that now works with Android or Apple devices.

Now for the items that are not biofeedback. The CES Ultra is a cranial electrical stimulation, microcurrent device that introduces a low power electrical signal into the brain via earclip electrodes to stimulate a relaxed state. It is useful for anxiety, depression, insomnia, and it can also be used for pain when used with adhesive pads.

This device is considered invasive because it is introducing something (an electrical signal) into the body. It is also not considered biofeedback because there is no information presented to the person about their physiology and there is

no learning that takes place.

The David Delight is an AVE or Audio-Visual Entrainment device that uses glasses that flash lights and headphones that deliver sounds that pulse at a predetermined rate to stimulate a desired brain frequency and state. It includes programs for producing a meditative state, relaxed state, attentive state, and to encourage sleep. This could also be considered to be relatively invasive although nothing is really being sent into the body except the flashing lights and pulsing sounds. It is also not biofeedback because there is no physiology being measured and fed back to the person and there is no learning that happens.

The last item pictured on the front page is a bottle of Lavender oil. This is an essential oil that can be used by clients in or outside of the office to produce a relaxed state. It can be used with a diffuser that sends small particles into the air through a mist that is breathed in the room where the diffuser is located. You can also put a couple of drops of Lavender oil in your hands, rub them together, then cup your hands over your nose and in-

hale several times. Another way to use lavender is to put a drop on your finger and then rub it on the back of your neck, temples, throat, and wrists. You can have clients get their own bottle to keep at home or carry with them so that they can use it as needed. I can help you get set up as a Young Living distributor so that you can have an easy source for high quality lavender and other essential oils which I will talk about at another time. This can also be a source of additional income if that works for you or you can at least end up getting your own supply at little or no cost. You can just refer clients to me if you are not comfortable with being directly involved.

It is very important to make sure that your clients continue to work on their physical and mental health between sessions with you and after they are finished with treatment with you.

Having something to keep them going and feeling good, whether it be a home biofeedback device, audio visual stimulation, cranial electrical stimulation, or essential oils will help your clients get better and longer lasting results. Call me to talk about best options for you.



### **Biofeedback/ Neurofeedback**

#### **Seminar Schedule**

BCIA Certification

#### **Biofeedback**

April 27-29, 2018, Hawthorne, NY

July 27-29, 2018, Hawthorne, NY

October 26-28, Hawthorne, NY

Fees: \$1,195

BCIA Certification

#### **Neurofeedback**

May 4-6, 2018, Hawthorne, NY

June 22-24, 2018, Philadelphia, PA

Aug. 17-19, 2018, Hawthorne, NY

Nov. 16-18, 2018 Hawthorne, NY

Fees: \$995

#### **1-Day Workshops**

##### **Biograph Basics & Beyond**

June 3, 2018, Hawthorne, NY

Fee: \$225

##### **Biofeedback Practical Skills**

July 22, 2018, Hawthorne, NY

Fee: \$195

##### **EMG Application Protocols**

August 26, 2018, Hawthorne, NY

Fee: \$225

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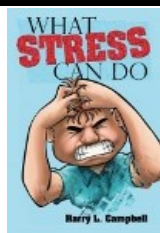
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## What are you up to?



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**Harry L. Campbell**



I have been very blessed over the years to meet so many interesting people. We may have met at a national or regional conference, at one of our biofeedback or neurofeedback seminars that you attended, at your office where I installed equipment or provided onsite training, or maybe we have never met in person. You may have placed an order over the phone or on our website [www.biofeedbackinternational.com](http://www.biofeedbackinternational.com) after finding us through a Google internet search. In any case it is amazing to me how quickly the time passes between meeting or talking to our clients. In some cases years go by without us talking. I have been surprised to realize that some of the people

that I have known for many years are retiring. I am doing more to stay in contact with as many of you as possible. We have a Biofeedback Resources Facebook page, YouTube channel, and of course this Biofeedback Matters newsletter. Last newsletter I announced that I wanted to schedule time to have coffee with as many of you as possible and that I would be offering a free Biofeedback Resources coffee mug as a thank you gift. I have had some meetings already and given some mugs away. I am looking forward to giving you one. Please give me a call or send me an email if I haven't called you yet. I would love to catch up with you



and find out what you are up to. So many of you are doing great work with your clients using some of the biofeedback or neurofeedback tools that we provided for you. We often don't get to hear about your successes. Please share your stories with us. If you have a topic that you would like to talk about and you are not camera shy I would love to do a Skype interview with you for our YouTube channel.

Let's keep in touch. I'll continue to work on reaching out to you. I don't mind at all if you beat me to it. Keep up the good work you are doing in the world.

