

# Biofeedback Matters®



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

[www.biofeedbackinternational.com](http://www.biofeedbackinternational.com)

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

Fax: 914-762-2281

E-mail: [info@biofeedbackinternational.com](mailto:info@biofeedbackinternational.com)

Summer 2022

## Biofeedback In Educational Settings

Volume 10, Issue 2



### Inside this issue:

- Biofeedback in Educational Settings 1
- Mini Product Catalog 2
- Unique Training Opportunities for APA Credit 3
- Fight or Flight update 4

Arian, almost  
3 years old

Amir, almost 1  
year old



I had the opportunity to participate in the school neurofeedback program known as the *Yonkers Project*. This program ran from 1995 - 2001. The project was the grass-roots production of Linda Vergara, vice-principal of a school in Yonkers and Mary Jo Sabo, Ph.D. owner of Biofeedback Consultants in Suffern, NY. There is not enough space in this newsletter to tell the story of the *Yonkers Project*. I recorded a video interview with Mary Jo Sabo in her office a few years ago. I would suggest watching the interview to hear the story. Here is the YouTube link:

<https://youtu.be/5MXEZEhHy5k>

You might also want to read the *Psychology Today*, *Parade Magazine*, and *Newsweek* articles on the subject.

Since then, there have been some attempts to run similar programs.

I haven't heard of many sustained programs in the US. There is a program I know of in Thailand.

Here we seem to run into lots of red tape and people in administration who are afraid of people putting electrodes on students heads and doing anything to their brains.

There are concerns about practicing medicine in the schools and the problems that it could expose the school to. Most of the people who make the decisions don't really understand what neurofeedback is or what we are really doing.

I have seen several situations where peripheral biofeedback has been accepted and used when introduced

to schools. I think that it is much easier to get the decision makers to accept putting a sensor on a student's finger or hand or a belt around their waist rather than putting sensors on their head and talking about affecting their brain. It can be very effective to teach things like Heart Rate Variability, Skin Temperature, Skin Conductance, or even Surface EMG. This can help the people involved better understand the concept of biofeedback. After this introduction, they may be more receptive to expanding to neurofeedback.

Dr. Sabo and I are scheduled to present on Neurofeedback in schools at the Northeast Region Biofeedback Society (NRBS) Conference later this year. Visit our website [biofeedbackinternational.com](http://biofeedbackinternational.com) or [NRBS.org](http://NRBS.org) for more information on the conference.

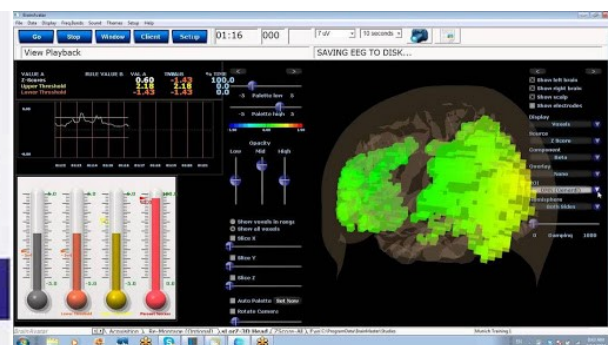


## Clinical power at your fingertip



**eVu TPS** Finger Sensor with brand new improved App for HRV, Temperature and Skin Conductance is only \$395 Call 877-669-6463 to order.

## Mini Product Catalog



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 \$16,105



**DeStress Solution System —  
T4509  
\$1,350.00**

### Biofeedback & Neurofeedback Equip- ment Rental Program

We offer instruments for rent to practitioners or directly to your clients to make the process easier for you. Items available for rent include:

Thought Technology Procomp-2,  
Procomp Infiniti

J&J GP-8, J&J GP-12

Heartmath EmWave Desktop

BioSignals HS and HS+ with Alive  
Software

BrainMaster 2E

**Call us for details**

877-669-6463/ 914-762-4646



The **DAVID Delight Plus** is an innovative portable handheld device that offers a non-pharmaceutical approach to wellness using Audio-Visual Entrainment (AVE) technology. By using flashing lights and

Our top of the line physiological biofeedback system combines the versatile 8 channel ProComp Infiniti device with a full array of sensors, BioGraph Infiniti and the 360 suite. This complete system, which combines classic physiological biofeedback, HRV training, neurofeedback and passive infrared biofeedback into one set of tools is the wise choice for universities, hospitals and private clinics who want to have the widest selection of psychophysiological options. Including EMG, Temperature, Skin Conductance, HRV, Respiration, and EEG sensors.

**Thought Technology T7500M – ProComp  
Infiniti Encoder – 8 Channel \$7,260**

pulsing tones, the Delight Plus provides a non-invasive way to achieve peak mental and physical well-being

The Delight Plus features 28 sessions (five sessions in each of the following categories plus 3 gamma sessions in the user-designed category – see description below):

Energize

Meditate

Brain Booster

Sleep

Feeling Better

**\$ 420.00**



**emWave-Pro** Using a pulse sensor plugged into your USB port, emWavePro collects pulse data and translates coherence information into user-friendly graphics displayed on your computer screen. emWave Pro helps you create a coherent state through coherence techniques, interactive exercises and games, building resilience, increasing energy, and promoting focus, mental clarity and emotional balance.  
**\$299**

## Unique Training Options for APA Continuing Education Credit

*Our new style of seminar is designed to teach clinicians biofeedback fundamentals and cutting-edge applications. For better use of your time, the seminar will be a combination of 3-day classroom and web-based training.*



Most psychologists in the United States need to attend training to keep up with new developments in the field and to remind them of things that they may have learned a long time ago.

There are many options for training including face to face programs, online programs, and material that psychologists can read. There are a multitude of different topics that can be studied. Since psychologists have to take training, it makes sense to make it something interesting, enjoyable, and useful. Biofeedback and neurofeedback are subjects that check all of those boxes. Psychologists tend to do a lot of talking and paperwork as a part of their routine. Some of this can become monotonous. Biofeedback and neurofeedback use technology that helps the clients of psychologists learn about themselves. It helps them to learn how to make real, physiological, measurable changes. They can learn to change how their body reacts to stress using biofeedback. They can train their brain to become more regulated through neurofeedback. I have spoken to many practicing psychologists who have only had minimal exposure to biofeedback or neurofeedback during their initial education in psychology. Most have not had extensive training in these either area. Many professionals that get trained in an area want to become certified if certification is available. The most recognized body offering certification in biofeedback and neurofeedback is the Biofeedback Certification International Alliance (BCIA). The didactic educational requirement for BCIA peripheral biofeedback certification is 42 hours. The requirement for neurofeed-

back is 36 hours. With a course approved for APA continuing education credits for biofeedback or neurofeedback, a psychologist can receive a large number of required hours in a short amount of time while learning an exciting and effective skill.

This can be a great opportunity for psychologists to gain required hours while learning an evidenced based therapy tool that can also bring some variety to their work and help their clients as well.

More information is available on the American Psychological Association (APA) continuing education program on the APA website: <https://www.apa.org/education/ce/index>

Information on an approved biofeedback training that offers 42 credits is at: <https://biofeedbackinternational.com/biocert/>

Information on an approved neurofeedback training offering 36 credits is at: <https://biofeedbackinternational.com/neurocert/>

Teaching relaxation exercises to clients is helpful. Being able to use biofeedback and neurofeedback to show clients the changes that are going on with their muscle tension, heart rate, breathing, brain and other activity amplifies the learning by helping them understand what is happening in ways that cannot easily be put into words. They are able to learn from themselves through the instruments. Some of what they learn is at a subconscious level. It can also help to speed up the learning process because the information that is fed back to the client is faster than you could explain it to them.

### Seminar Schedule

#### BCIA Certification

##### Biofeedback

October 14-16, 2022

Hawthorne, NY

Online sessions

Fall

September 1, 6, 8, 12, 15, 19, 22, 2022

Fees: \$1,295

##### Neurofeedback

November 4-6, 2022

Hawthorne, NY

Online sessions

Fall

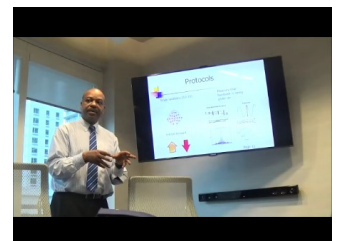
October 13, 17, 20, 24, 27, 2022

Fees: \$1,095

Please visit

[www.biofeedbackinternational.com](http://www.biofeedbackinternational.com) for our most current information

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







**Biofeedback Resources  
International**

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

[www.biofeedbackinternational.com](http://www.biofeedbackinternational.com)

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

Fax: 914-762-2281

E-mail:

[info@biofeedbackinternational.com](mailto:info@biofeedbackinternational.com)

**Connect with us on Social Media: @biofeedbackman on Twitter, and  
Biofeedback Resources International on Facebook and YouTube  
channel for more updates and information**

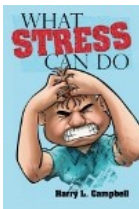


**FRIDAYS**

**LinkedIn**



## Fight or Flight Concept Updated



ORDER AT:

AMAZON.COM OR  
CALL MY OFFICE FOR  
QUANTITY ORDERS.

**Harry L. Campbell**



The old concept of Fight or Flight was helpful in helping to explain the stress response. It's just not good enough anymore.

Our nervous system is much more complex than that. Hans Selye gave us his theory on stress and Walter Cannon gave us his concept of fight or flight.

They also talked about the autonomic nervous system with its sympathetic and parasympathetic branches. The sympathetic speeding things up and the parasympathetic slowing things down. Sounds simple enough. It was relatively easy to explain the concept to people. But, it didn't explain everything. It also led to some flawed thinking. Many people came to think that sympathetic activation

was bad and would lead to negative health outcomes and parasympathetic activation was good and would always lead to positive health outcomes.

This is not a quote from a well know scientist but instead what old people I know used to say "Too much of one thing, is good for nothing".

*Too much sympathetic activation can lead to problems like anxiety and hypertension. Too much parasympathetic activation can lead to problems like low energy, depression, and hypotension (low blood pressure).*

*Another update has to do with additional Fs being added to the original Fight or Flight. Our reactions are not binary. Freezing is a third response. This is the deer in the headlights response or playing dead like an opossum. Sometimes not moving can be helpful. At other times it could be the worst thing for survival.*

Fawn is a new one for me. This involves reacting in a way to try to please, to avoid further conflict.

Flow is a more positive F reaction. It was described by Mihaly Csikszentmihalyi, in his book *Flow: The Psychology of Optimal Experience*. This is what people like athletes describe when they are able to perform at their best under challenging situations during which others might fold and perform poorly. People describe time slowing down and focus expanding rather than narrowing.

*Maybe we should be working on regulating our responses instead of turning them off. People don't want to become relaxed zombies. They want to live effectively.*

