

Biofeedback Matters®



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

www.biofeedbackinternational.com

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

Fax: 914-762-2281

E-mail: info@biofeedbackinternational.com

Summer 2023

Volume 11, Issue 1

Self-Regulation: It's a Mind-Body Thing



Inside this issue:

- Self Regulation 1
- Mini Product Catalog 2
- Training Opportunities 3
- PhotoBioModulation 4

From left to right: Amir, Arian, and Nova



Self-regulation is an important skill that allows people to manage their thoughts, emotions, and behaviors effectively. What is self-regulation? It is the ability to exert control over oneself, to resist impulsive actions, and to make decisions that align with long-term goals and values. This valuable skill is a foundation of personal success and well-being, affecting various areas of life, including relationships, academics, career, and overall happiness.

As we become more overwhelmed with information and the speed of life increases, self-regulation is becoming increasingly important. The ability to delay gratification, stay focused, and persevere through challenges is crucial for meeting your goals. Those who have good

self-regulation skills are better able to handle stress, overcome obstacles, and adapt to new situations.

One of the fundamental components of self-regulation is emotional regulation. It involves recognizing and managing emotions in a positive way. People who are emotionally regulated have more empathy, compassion, and are capable of solving conflicts effectively.

Self-regulation also includes cognitive regulation. It involves monitoring and controlling one's thoughts, attention, and mental processes. By working on building cognitive regulation skills, people can improve their ability to concentrate, think clearly, and solve problems. This skill allows people to set realistic goals, plan, and effectively manage their time and re-

sources.

In addition, self-regulation plays an important role in behavioral regulation. It promotes self-discipline, perseverance, and responsible decision-making.

Also, self-regulation is a skill that can be developed and improved with practice. Strategies such as mindfulness meditation, goal setting, self-reflection, and self-monitoring can improve self-regulation abilities.

Biofeedback is a tool that allows a person to learn how to regulate how their mind and body interact.

The interaction goes both ways. What you think affects your body and what your body is doing can affect your mind and how you feel.

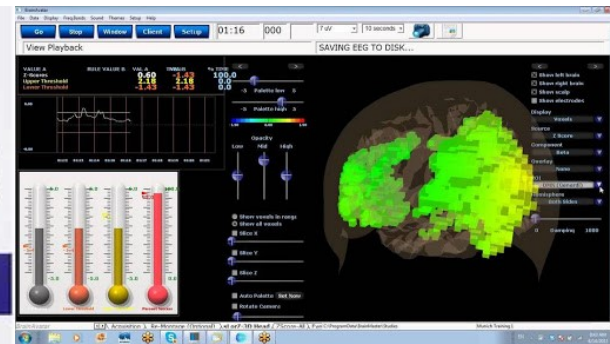
Through using biofeedback, you can measure and learn to control

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**

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**



The CES Ultra is a medical device for the treatment of stress and stress-related disorders including anxiety, insomnia, and depression. It employs gentle electrical stimulation to the head (cranial electrical stimulation) to help normalize brain functioning. **\$299**



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

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

\$ 450.00



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**

your muscle activity, skin temperature in your hands and feet, sweat activity on your hands and feet, heart rate, heart rate variability, breathing, and brainwave activity. Biofeedback is like a workout for your mind-body system. I can think of no better way to build self-regulation skills than to practice biofeedback. You can learn to raise your hand temperature by 12 degrees in 20 minutes or less. That's self-regulation. You can shift your breathing and increase your heart rate variability and slow your average heart rate and blood pressure. That's another example of self-regulation. You can learn to notice excess muscle tension in your face, neck, and shoulders and release it within seconds. These are all examples of things you can learn through biofeedback training.

This type of biofeedback training can be an effective part of a self-regulation program that can be applied to academic performance, anger management, stress management, violence reduction, and social interactions.

When using biofeedback for self regulation, we are not always just teaching a person to achieve a totally relaxed state. We are teaching

them to be able to notice changes in their state and to shift their physiological state to match the needs of the current task, whether it be relaxing, driving, talking, playing a sport, having a conversation, or anything else.



Training

Opportunities

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.

The didactic educational requirement for BCIA peripheral biofeedback certification is 42 hours. The requirement for neurofeedback 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

July 14-16 2023

Elmsford, NY

October 20-22, 2023,

Tarrytown, NY

Fees: \$1,295

Neurofeedback

July 28-30, 2023, Elmsford, NY

November 3-5, 2023,

Tarrytown, NY

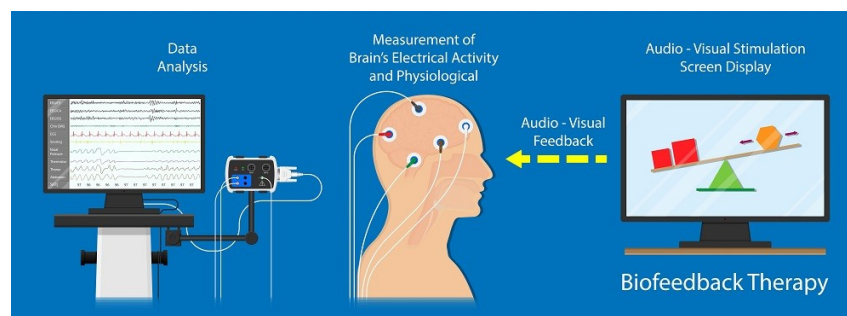
September 14-17, 2023, Saint Petersburg, FL

Fees: \$1,095

Please visit

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

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

Fax: 914-762-2281

E-mail:

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

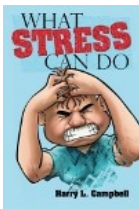


FRIDAYS

LinkedIn



What is PhotoBiomodulation?



ORDER AT:

AMAZON.COM OR
CALL MY OFFICE FOR
QUANTITY ORDERS.

Harry L. Campbell



Photobiomodulation, also known as low-level light therapy, is a non-invasive technique that uses light to stimulate cellular function. Recent studies have shown its promising effects on the brain. When specific wavelengths of light are applied to the scalp, they penetrate the skull and reach the brain. This activates cellular processes and may promote healing. Photobiomodulation has been found to enhance brain function, improve cognitive performance, and some believe that it may aid in the treatment of neurodegenerative disorders like Alzheimer's and Parkinson's disease. It also has shown potential in decreasing inflammation, increasing blood flow, and stimulating the production of neurotrophic fac-



tors. While further research is needed, photobiomodulation has great potential for brain health and neurological therapies. I was first introduced to this technology at the iSNR conference in Connecticut at the Mohegan Sun resort several years ago. The device that I tried at that conference was the VieLight. They were talking about monitoring EEG and then administering the lights based on what the EEG looked like. More recently I have been checking out

the Neuronic system which we are now offering to our clients.

Here is one of the research projects related to Long COVID-19, *Use of either transcranial or whole-body photobiomodulation treatments improves COVID-19 brain fog, Journal of BioPhotonics, 05 April 2023*

I have been using it personally for a couple of weeks with a basic protocol. I will be providing a recent brain map to the person who I am consulting with to create a more specific custom protocol for myself. I look forward to sharing more information with you about it with you.

