

Intensive ILF Neurofeedback Course for Medical Doctors

Neurofeedback: Scientific Basis and Clinical Practice

Course Description / Purpose

A comprehensive introduction to the clinical application of neurofeedback, including demonstration, discussion and hands-on practical experience. You will acquire the knowledge and experience to begin working with this exciting technique for improving self-regulation and enhancing brain function. Earn 22.5 CME's* by attending this course.

An intensive hands-on introduction to the clinical practice of neurofeedback where you will:

- » Learn mechanisms of neurophysiological self-regulation and how specific patterns of dysregulation lead to physical, emotional and behavioral symptoms
- » Gain experience with neurofeedback instrumentation that exercises the brain's mechanisms of self-regulation and improves brain function
- » Learn about assessment tools that allow new insight into your client's symptoms and guide neurofeedback training
- » Begin empowering your patients to function better and increase their ability to benefit from other therapies

Presented by

Siegfried Othmer, PhD, BCN

Chief Scientist, EEG Institute

Siegfried Othmer continues to be involved in the development of new clinical modalities to promote self-regulation, as well as to evolve a framework for the understanding of our methods. He also works to promote the field in general, and to enhance professional training in neurofeedback.

Susan Othmer, BCN

Clinical Director, EEG Institute

Susan Othmer is a leader in the clinical application of neurofeedback. She has introduced thousands of professionals to the field of neurofeedback and continues her clinical work and development of new assessment and training approaches as Clinical Director of the EEG Institute in California.

Kurt Othmer, BA

Owner/President, EEG Info

Kurt Othmer founded EEG Info in 2002 soon after graduating with honors from the University of Montana with degrees in Psychology and Economics. As the son of Sue and Siegfried Othmer, he brings the same passion, knowledge and commitment to the neurofeedback field. Since opening its doors, EEG Info has grown into the leading organization for education and clinical development.

Roxana Sasu, RN

Neurofeedback Practitioner, EEG Institute

Roxana received her MD from Carol Davila Faculty for General Medicine and Pharmacy, Bucharest, Romania and worked as a General Practitioner in one of the biggest Clinical Hospitals there. She entered the neurofeedback field in May 2008 and has successfully trained clients using the Othmer Method at the EEG Institute since then.

Who Should Attend?

- » Psychiatrists
- » Neurologists
- » General Medical practitioners

Prerequisites

- » Medical degree
- » Familiarity with the content of *A Symphony in the Brain* by Jim Robbins will be assumed

Continuing Education

Medical Doctors - In support of improving patient care, this activity has been planned and implemented by Amedco LLC and EEG, Info. Amedco LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Amedco LLC designates this live activity for a maximum of 22.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Satisfactory Completion: Participants must have paid tuition fee, signed in and out each day, attended the entire seminar, and completed an evaluation, in order to receive a certificate of completion/attendance. Certificates will be sent after the seminar.

Cancellation/Refund Policy

Cancellations must be received 10 days prior to the workshop. Cancellations made within the 10-day period will be subject to a \$200.00 course materials and processing fee. If you cannot attend, a qualified substitute may attend in your place or you can choose to attend one of the other scheduled workshops. EEG Info reserves the right to cancel any event with due cause; a full refund will be issued for any registration fees or deposits paid. Attendees are also allowed to transfer to a future course.

Contact Information

To cancel your registration or sign up for a different workshop, call EEG Info at 866.334.7878.

Information for special needs participants

This program will be accessible to individuals with disabilities, according to requirements of the Americans with Disabilities Act. Please contact EEG Info if you need further information or if you have requests for special needs participants.

Two 15 min. breaks are incorporated into each 4-hour morning/afternoon block

FRIDAY

7:30 – 8:30am

Registration and breakfast (meal included in course)

8:30 – 9:30am

Cygnets basics

9:30 – 11:00am

ILF demonstration

11:00 – 12:30pm

History of Othmer method

12:30 – 1:30pm

Lunch break (meal included in course)

1:30 – 2:30pm

Published research on ILF neurofeedback

2:30 – 3:30pm

Starting sites and frequency, arousal and excitability

3:30 – 4:00pm

Practicum group discussion

4:00 – 5:30pm

Practicum ILF session #1

SATURDAY

7:30 – 8:30am

Breakfast (meal included in course)

8:30 – 9:30am

Expectations and misperceptions

9:30 – 10:30

Patterns of dysregulation: arousal, instabilities, disinhibition

10:30 – 11:00

Practicum group discussion

11:00 – 12:30

Practicum ILF session #2

12:30 – 1:30pm

Lunch break (meal included in course)

1:30 – 2:30pm

Neurofeedback in larger context

2:30 – 3:30pm

Targeting localized dysfunctions, symptom profiles

3:30 – 4:00pm

Practicum group discussion

4:00 – 5:30pm

Practicum ILF session 3

SUNDAY

7:30 – 8:30am

Breakfast (meal included in course)

8:30 – 9:30am

History of synchrony and alpha-theta neurofeedback

9:30 – 10:30

Synchrony demonstration

10:30 – 11:00

Practicum group discussion

11:00 – 12:30

Practicum session #4: synchrony or ILF

12:30 – 1:30pm

Lunch break (meal included in course)

1:30 – 2:30pm

Next steps

2:30 – 3:30pm

Treatment plan

3:30 – 4:00pm

Practicum group discussion

4:00 – 5:30pm

Practicum session #5: synchrony or ILF

Learning Objectives

2019

Upon completion of this course participants should be able to:

Day 1

1. Use neurofeedback instrumentation in simulation and live mode , and record session notes and EEG data.
2. Describe the International 10-20 system of electrode placement and locate sites indicated for EEG training.
3. Describe how to find an effective starting site and training frequency based on clinical symptoms and response to training.
4. Describe training and inhibit frequency bands and how they impact feedback during a session.
5. Discuss physiological arousal and its relationship to selected training frequency

Day 2

1. Describe symptoms indicating hyper-excitability and appropriate training placement.
2. Describe how inhibitory control in the central nervous system relates to problems of instability and disinhibition.
3. Discuss the role of the pre-frontal cortex in inhibiting primitive sub-cortical behaviors and symptoms indicating need for pre-frontal training.
4. Explain the role of developmental trauma in disrupting right brain development and the need for right brain ILF neurofeedback and attachment disorders.
5. Discuss the importance of multimodal association areas of cortex throughout life and rationale for these areas as our basic training sites.

Day 3

1. List three considerations in judging whether a client is ready to start Alpha-Theta or Synchrony training.
2. Use information on client symptoms and history to characterize patterns of dysregulation and devise an overall neurofeedback treatment plan.
3. Explain how the efficacy of specific medications relates to modes of dysregulation.
4. Discuss need for good communication with neurofeedback clients, promoting feedback to the clinician and discussion of on-going training options.
5. Describe rationale for communicating with a client's prescribing physician and other treating professionals.