

Name _____

Date _____

FORM 5A

Othmer Method Neurofeedback Certification

Summary of *Protocol Guide, 5th Edition* by Othmer

List below three key ideas for each topic:

Assessment

A. The Clinical Model

1.

2.

3.

B. Physiological Arousal

1.

2.

3.

Name _____

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Summary of ***Protocol Guide, 5th Edition*** by Othmer

Assessment, cont.

C. Instabilities

1.

2.

3.

D. Disinhibition

1.

2.

3.

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Summary of *Protocol Guide, 5th Edition* by Othmer

Assessment, cont.

E. Localized Dysfunctions

1.

2.

3.

F. Learned Fears and Habits

1.

2.

3.

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Summary of **Protocol Guide, 5th Edition** by Othmer

Symptom Profiles

A. Patterns of Dysregulation

1.

2.

3.

B. Anxiety

1.

2.

3.

Name _____

Date _____

Summary of **Protocol Guide, 5th Edition** by Othmer

Symptom Profiles, cont.

C. Depression

1.

2.

3.

D. Attention

1.

2.

3.

Name _____

Date _____

Summary of **Protocol Guide, 5th Edition** by Othmer

Symptom Profiles, cont.

E. Sleep

1.

2.

3.

F. Sensory and Cognitive

1.

2.

3.

Name _____

Date _____

Summary of **Protocol Guide, 5th Edition** by Othmer

Symptom Profiles, cont.

G. Physical and Behavioral

1.

2.

3.

H. Immune, Endocrine and Autonomic Nervous System

1.

2.

3.

Name _____

Date _____

Summary of ***Protocol Guide, 5th Edition*** by Othmer

Symptom Profiles, cont.

I. Pain

1.

2.

3.

J. Appetite and Eating Disorders

1.

2.

3.

Name _____

Date _____

Summary of ***Protocol Guide, 5th Edition*** by Othmer

Symptom Profiles, cont.

K. Attachment and Personality Disorders

1.

2.

3.

L. Developmental Disorders

1.

2.

3.

Name _____

Date _____

Summary of **Protocol Guide, 5th Edition** by Othmer

Symptom Profiles, cont.

M. Brain Injury and Seizures

1.

2.

3.

N. Peak Performance

1.

2.

3.

Name _____

Date _____

Summary of ***Protocol Guide, 5th Edition*** by Othmer

Symptom Profiles, cont.

O. Medication Efficacy

1.

2.

3.

P. Summary: Basic Functions

1.

2.

3.

Name _____

Date _____

Summary of ***Protocol Guide, 5th Edition*** by Othmer

1 Channel Training

A. 1 Channel Infra-Low Frequency HD

1.

2.

3.

B. Neurofeedback Process - Reward and Inhibits

1.

2.

3.

Name _____

Date _____

Summary of ***Protocol Guide, 5th Edition*** by Othmer

1 Channel Training, cont.

C. Starting Placement and Reward Frequency

1.

2.

3.

D. Adding Basic Sites

1.

2.

3.

Name _____

Date _____

Summary of **Protocol Guide, 5th Edition** by Othmer

1 Channel Training, cont.

E. Reward Frequencies for Basic Sites

1.

2.

3.

F. Basic Site Sequences

1.

2.

3.

Name _____

Date _____

Summary of **Protocol Guide, 5th Edition** by Othmer

1 Channel Training, cont.

G. Adding Other Sites

1.

2.

3.

H. Reward Frequencies for Other Sites

1.

2.

3.

Name _____

Date _____

Summary of **Protocol Guide, 5th Edition** by Othmer

1 Channel Training, cont.

I. Reward Frequencies for Inter-Hemispheric Sites

1.

2.

3.

J. Adding Alpha-Theta

1.

2.

3.

Name _____

Date _____

Summary of **Protocol Guide, 5th Edition** by Othmer

2 Channel Training

A. 2 Channel Infra-Low Frequency HD

1.

2.

3.

B. 2 Channel Alpha-Theta

1.

2.

3.

Name _____

Date _____

Summary of **Protocol Guide, 5th Edition** by Othmer

2 Channel Training, cont.

C. 2 Channel Synchrony

1.

2.

3.