Introductory Course in Neurofeedback

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 40 CE'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 disregulation lead to physical, emotional and behavioral symptoms
- » Gain experience with neurofeedback instrumentation that exercises the brains 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, BCIAC

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 labors to promote the fieldingeneral,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 fieldofneurofeedbackandcontinuesherclinicalworkanddevelopmentofnewassessmentandtraining 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 Universtiy 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.SinceopeningitsdoorsEEGInfohasgrownintotheleadingorganizationfor 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 fieldin May 2008 and has successfully trained clients using the Othmer Method at the EEG Institute since then.

Registration Fee - $1595 *(Registration fee covers course, materials/manuals and daily breakfast)*

Who Should Attend?

- » Psychologists
- » Social workers
- » Family therapists
- » Psychiatrists
- » Educators
- » Nurses
- » PTs and OTs
- » Neurologists
- » MFTs
- » LCSWs
- » LPCs
- » LMHCs

Prerequisites

Health and mental health practitioners with a Masters or above

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

Continuing Education

MFT and LCSW - The course meets the qualifications for 40 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences; provider #3628.

Psychologists - This course is co-sponsored by Amedco and the EEG Institute. Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and its content. 40 credit hours.

Nurses - Provider approved by the California Board of Registered Nursing, Provider Number 15652 for 30 contact hours.

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.

Course Schedule

2016

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

MONDAY

7:30 - 8:30am
Registration and Breakfast

8:30 - 9:30am
Welcome and Introductions

9:00am - 12:30pm
Cygnet Basics, 10-20 electrode placements

12:30 - 2:00pm
Lunch break *(meal not included in course)*

2:00 - 6:00pm
Symptom tracking setup, QIK test #1, Outcome measures and QIK norms

TUESDAY

7:30 - 8:30am
Breakfast

8:30am - 12:30pm
Starting sites and reward frequency, ILF session demonstration, Discussion and ILF session #1

12:30 - 2:00pm
Lunch break *(meal not included in course)*

2:00 - 6:00pm
CNS building blocks, Patterns of dysregulation, Arousal, activation and reward, Discussion and ILF session #2, Symptom tracking #2

WEDNESDAY

7:30 - 8:30am
Breakfast

8:30am - 12:30pm
Instabilities and disinhibition, Discussion and ILF session #3

12:30 - 2:00pm
Lunch break *(meal not included in course)*

2:00 - 6:00pm
Localized dysfunctions, Basic sites and reward frequencies, Discussion and ILF session #4, Symptom tracking #3

THURSDAY

7:30 - 8:30am
Breakfast

8:30am - 12:30pm
Learned fears and habits, Symptom categories, Discussion and ILF session #5

12:30 - 2:00pm
Lunch break *(meal not included in course)*

2:00 - 6:00pm
Symptom profiles, Discussion and ILF session #6, Symptom tracking #4

FRIDAY

7:30 - 8:30am
Breakfast

8:30am - 12:30pm
Assessment - interview, Discussion and ILF session #7

12:30 - 2:00pm
Lunch break *(meal not included in course)*

2:00 - 6:00pm
Assessment – testing and discussion of results, Reassessment and completion, QIK test #2, Symptom tracking #5, Review training results

6:00pm
Course Ends - Evaluation forms and certificates of completion

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Learning Objectives

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. Set up symptom tracking for a client on EEG Expert, and enter data over neurofeedback sessions to produce graphs showing progress with training.

4. Explain how to administer the QIK CPT and create a report on EEG Expert to be used as a pre-post neurofeedback training measure.

5. Discuss the use of Continuous Performance Test data with neurofeedback and results across diagnostic categories.

Day 2

1. Describe how to find an effective starting site and reward frequency based on clinical symptoms and response to training.

2. List three common symptoms indicating the need for a higher reward frequency, and three different symptoms indicating the need for a lower reward frequency.

3. Describe reward and inhibit frequency bands and how they impact feedback during a session.

4. Discuss physiological arousal and its relationship to selected reward frequency.

5. Discuss physiological self-regulation as the goal of neurofeedback, and how that promotes well-being.

Day 3

1. Describe how inhibitory control in the central nervous system relates to problems of instability and disinhibition.

2. Discuss the role of the pre-frontal cortex in inhibiting primitive sub-cortical behaviors and symptoms indicating need or pre-frontal training.

3. Explain the role of developmental trauma in disrupting right brain development and the need for right brain ILF neurofeedback with developmental and attachment disorders.

4. Discuss the importance of multimodal association areas of cortex throughout life and rationale for these areas as our basic training sites.

5. Discuss considerations in adding basic training sites – when to add, and when to keep or drop a new site.

Day 4

1. List three considerations in judging whether a client is ready to start Alpha-Theta training.

2. Describe symptoms indicating unstable arousal and appropriate training placement.

3. Describe expected neurofeedback training effects with placements targeting right-back, right-front, left-front and left back quadrants of the cortex.

4. Discuss ADHD neurofeedback subtypes and implications for starting site and basic training sites.

5. Explain how the efficacy of specific medications relates to modes of dysregulation.

Day 5

1. Use information on client symptoms and history to characterize patterns of dysregulation and devise an overall neurofeedback treatment plan.

2. Discuss need for good communication with neurofeedback clients, promoting feedback to the clinician and discussion of on-going training options.

3. Describe rationale for communicating with a client's prescribing physician and other treating professionals.

4. Explain how QIK CPT results can help understand a client's ability to attend and respond in boring and stressful situations, and how those measures might change with neurofeedback.