

Workshop schedule - overview

F= Fundamental Workshop (basic) U = Universal (fits all needs) A = Advanced Workshop (basic knowledge required)
 Click on the name to view the bio Click on the title to view the abstract

Tuesday Feb.19	Wednesday Feb. 20	Thursday Feb.21	Friday Feb.22	Saturday Feb.23
Reg. code 19-01 Thompson F Neurofeedback / Biofeedback Assessment and Effective Training	Reg. code 20-01 Thompson F Neurofeedback & biofeedback A successful combination	S C I E N T I F I C P R O G R A M	Reg. code 22-01 Serman A Quantitative EEG Analysis for the 21 st Century	Reg. code 23-01 Serman A Quantitative EEG Analysis for the 21 st Century
Reg. code 19-02 Korenman A Hemo Encephalo Graphy (HEG) Biofeedback	Reg. code 20-02 Vogt A Methoden der Neurofeedback- Praxis: kritische Betrachtung <i>German language</i>		Reg. code 22-02 Baskin F Biofeedback Strategies in Headache	Reg. code 23-02 Saab F Introduction to EEG Fundamentals and Signal Processing Method
Reg. code 19-03 Moss F Fundamentals of Biofeedback	Reg. code 20-03 Moss F Pathways to Illness and to Health		Reg. code 22-03 Peper F Borrowing from Everyone to Increase Clinical Success with Biofeedback	Reg. code 23-03 Wise U Post traumatic Stress Disorder and Innovative Therapy with Biofeedback
Reg. code 19-04 Porges & Carter U Polyvagal Stress Theory – the Heart Face Connection	Reg. code 20-04 Porges & Carter U Assessment and Treatment of Mental Health and Behavioral Disorders		Reg. code 22-04 Gevirtz U Heart Rate variability (HRV) Principles and Practice	Reg. code 23-04 Gevirtz U Heart Rate Variability (HRV) Principles and Practice
Reg. code 19-05 Fuhs F Burn Out Prophylaxis with BF for Children and Adults	Reg. code 20-05 Fisher U Trauma and Recovery: The Integration of Neurofeedback and Psychotherapy		Reg. code 22-05 Norris & Fahrion A Mind Body Approach for Addiction and Substance Abuse	Reg. code 23-05 Norris & Fahrion U Psychoneuroimmuno- logy: Techniques and Applications in Cancer and Immune Disorders
Reg. code 19-06 Jantos A Pelvic Floor Pain and Vulvodynia	Reg. code 20-06 Jantos A Pelvic Floor Pain and Vulvodynia		Reg. code 22-06 Timmer F Biofeedback bei psychosomatischen Beschwerden <i>German language</i>	Reg. code 23-06 Martin F Biofeedback bei Inkontinenz <i>German language</i>
Reg. code 19-07 Diamantidis F Fundamentals of Biofeedback and Stress Profiling	Reg. code 20-07 Gorter U Alternative Cancer Treatment		Reg. code 22-07 Brucker A Biofeedback & Neurofeedback in Rehab and physical medicine	Reg. code 23-07 Brucker A Biofeedback & Neurofeedback in Rehab and physical medicine

Short Courses

Short courses will take place if there are at least 6 participants registered – please register as soon as possible to guarantee your selected workshop won't be cancelled.

Click on the name to view the bio Click on the title to view the abstract

	Friday, Feb. 22	Saturday, Feb. 23
Morning 9.00 – 12.30	<i>Reg. code 22-M1</i> Schmid <i>Biofeedback Therapie und Verhaltensmedizin bei Tinnitus und Hörsturz</i> <i>German language</i>	<i>Reg. code 23-M1</i> Friedrich <i>The virtual Telemedicine Lab as an Innovative Approach for individual Therapeutic Assistance Systems</i>
Morning 9.00 – 12.30	<i>Reg. code 22-M2</i> Berndorfer <i>Alpha Theta Training and Intuition</i>	<i>Reg. code 23-M2</i> Niepoth <i>Schlafstörungen und Neurofeedback</i> <i>German language</i>
	Lunch Break 12.30 -13.30	Lunch Break 12.30 -13.30
Afternoon 13.30 -17.00	<i>Reg. code 22-A1</i> Adleff & Schindler <i>Cut-surface Dentistry and Applied Psychology</i>	<i>Reg. code 23-A1</i> Mussgay & Reineke <i>Biofeedback and Heart Rate Variability in Hypertension</i>
Afternoon 13.30 -17.00		<i>Reg. code 23-A2</i> Dupont <i>Introduction in Simple EEG Training with Infinity Suite for TLC Training</i>

Workshop Schedule

Tuesday Feb. 19, 2008 - Full day workshops

Reg. code	Type	Duration	Presenter	Title	Click to view
19-01	Fundamental English language	9:00-17:00	L. & M. Thompson	Neurofeedback / Biofeedback Assessment and Effective Training	Abstract Bio
19-02	Advanced English language	9:00-17:00	E. Korenman	Hemo Encephalo Graphy (HEG) Biofeedback	Abstract Bio
19-03	Fundamental English language	9:00-17:00	D. Moss	Fundamentals of Biofeedback	Abstract Bio
19-04	Universal English language	9:00-17:00	S. Porges & S. Carter	Polyvagal Stress Theory – the Heart Face Connection	Abstract Bio
19-05	Fundamental English language	9:00-17:00	M. Fuhs	Burn Out Prophylaxis with BF for Children and Adults	Abstract Bio
19-06	Advanced English language	9:00-17:00	M. Jantos	Pelvic Floor Pain and Vulvodynia	Abstract Bio
19-07	Fundamental English language	9:00-17:00	S. Diamantidis	Fundamentals of Biofeedback and Stress Profiling	Abstract Bio

Wednesday Feb. 20, 2008 - Full day workshops

Reg. code	Type	Duration	Presenter	Title	Click to view
20-01	Fundamental English language	9:00-17:00	L. & M. Thompson	Neurofeedback & biofeedback A successful combination	Abstract Bio
20-02	Advanced German language	9:00-17:00	F. Vogt	Methoden der Neurofeedback Praxis – kritische Betrachtung	Abstract Bio
20-03	Fundamental English language	9:00-17:00	D. Moss	Pathways to Illness, pathways to Health	Abstract Bio
20-04	Universal English language	9:00-17:00	S. Porges & S. Carter	Assessment and Treatment of Mental Health and Behavioral Disorders	Abstract Bio
20-05	Universal English language	9:00-17:00	S. Fisher	Trauma and Recovery: The Integration of Neurofeedback and Psychotherapy	Abstract Bio
20-06	Advanced English language	9:00-17:00	M. Jantos	Pelvic Floor Pain and Vulvodynia	Abstract Bio
20-07	Universal English language	9:00-17:00	R. Gorter	Alternative Cancer Treatment	Abstract Bio

Wednesday Feb. 20 evening & Thursday Feb. 21 - Scientific program

Reg. code	Type	Program
SP	Scientific program	Keynote lectures, symposia on various topics. Program will be announced a.s.a.p.

Friday Feb. 22, 2008 - Full day workshops

Reg. code	Type	Duration	Presenter	Title	Click to view
22-01	Advanced English language	9:00-17:00	B. Serman	Quantitative EEG Analysis for the 21 st Century	Abstract Bio
22-02	Fundamental English language	9:00-17:00	S. Baskin	Biofeedback Strategies in Headache	Abstract Bio
22-03	Fundamental English language	9:00-17:00	E. Peper	Borrowing from Everyone to Increase Clinical Success with Biofeedback	Abstract Bio
22-04	Universal English language	9:00-17:00	R. Gevirtz	Heart Rate variability (HRV) Principles and Practice	Abstract Bio
22-05	Advanced English language	9:00-17:00	P. Norris & S. Fahrion	Mind Body Approach for Addiction and Substance Abuse	Abstract Bio
22-06	Fundamental German language	9:00-17:00	B. Timmer	Biofeedback bei psychosomatischen Beschwerden	Abstract Bio
22-07	Advanced English language	9:00-17:00	B. Brucker	Biofeedback & Neurofeedback in Rehab and physical medicine	Abstract Bio

Workshop Schedule

Friday Feb. 22, 2008 - Short courses

Reg. code	Type	Duration	Presenter	Title	Click to view
22-M1	Short course German language	9:00-12:30	N. Schmid	Biofeedback Therapie und Verhaltensmedizin bei Tinnitus und Hörsturz	Abstract Bio
22-M2	Short course English language	9:00-12:30	K. Berndorfer	Alpha Theta Training and Intuition	Abstract Bio
22-A1	Short course	13:30-17:00	E. Adleff & T. Schindler	Cut-surface Dentistry and Applied Psychology	Abstract Bio

Saturday Feb. 23, 2008 - Full day workshops

Reg. code	Type	Duration	Presenter	Title	Click to view
23-01	Advanced English language	9:00-17:00	B. Sterman	Quantitative EEG Analysis for the 21 st Century (continued)	Abstract Bio
23-02	Fundamental English language	9:00-17:00	M. Saab	An introduction to EEG Fundamentals and Signal Processing Methods	Abstract Bio
23-03	Universal English language	9:00-17:00	K. Wise	Post traumatic Stress Disorder and Innovative Therapy with Biofeedback	Abstract Bio
23-04	Universal English language	9:00-17:00	R. Gevirtz	Heart Rate variability (HRV) Principles and Practice (continued)	Abstract Bio
23-05	Universal English language	9:00-17:00	P. Norris & S. Fahrion	Psychoneuroimmunology: Techniques & Applications in Cancer/Immune Disorders	Abstract Bio
23-06	Fundamental German language	9:00-17:00	A. Martin	Biofeedback bei Inkontinenz	Abstract Bio
23-07	Advanced English language	9:00-17:00	B. Brucker	Biofeedback & Neurofeedback in Rehab and physical medicine (continued)	Abstract Bio

Saturday Feb. 23, 2008 - Short courses

Reg. code	Type	Duration	Presenter	Title	Click to view
23-M1	Short course English language	9:00-12:30	P. Friedrich	The virtual Telemedicine Lab as an Innovative Approach for individual Therapeutic Assistance Systems	Abstract Bio
23-M2	Short course German language	13:30-17:00	L. Niepoh	Schlafstörungen und Neurofeedback	Abstract Bio
23-A1	Short course English language	13:30-17:00	L. Mussgay & A. Reineke	Biofeedback and Heart Rate Variability in Hypertension	Abstract Bio
23-A2	Short course English language	13:30-17:00	F. Dupont	Introduction in Simple EEG Training with Infinity Suite for TLC Training	Abstract Bio

Workshops and short courses will only take place if there are enough registered participants. Please register as soon as possible to guarantee that your selected workshop will not be cancelled.

Workshop Abstracts

IMPORTANT NOTE:

The workshops are described in the language in which the workshop will be given.
All workshops are scheduled from 9 a.m. to 5 p.m.

TUESDAY, February 19th 2008

Neurofeedback Combined with Biofeedback: What you Need to Know for Assessment and Effective Training (day 1 of 2)

Lynda Thompson PhD, [BCIA-EEG](#) and Michael Thompson, MD

Reg. code 19-01 / Fundamental workshop / English language / [Back to workshop schedule](#)

The scientific basis of neurofeedback (NFB) and the key measurement concepts (EEG frequencies and their behavioural correlates, LORETA, 10-20 placement system, impedance, etc.) are covered in the context of teaching about EEG and autonomic nervous system profiles. These patterns differ according to symptoms, such as ADHD, learning disabilities, movement disorders (Tourette's, Parkinson's, Dystonia), Asperger's syndrome, seizure disorders, anxiety, dysphoria with ruminations and head injury. This workshop covers the fundamentals of assessment (EEG and stress profiles) plus how to set up training programs that combine neurofeedback and biofeedback to ameliorate the difficulties demonstrated during the assessment. The underlying learning theory principles used in NFB training sessions are reviewed in the context of the steps our staff take during every training session.

Course Objectives:

Participants gain the following: (1) *Knowledge*: learn the fundamentals which underlie EEG Biofeedback (learning theory and neurophysiology) and Biofeedback of other modalities (skin conduction [EDR], peripheral temperature, respiration, heart rate [RSA] and EMG); (2.) *Assessment*: be able to recognize characteristic EEG power patterns in the frequency range 2 to 61 Hz which may be observed in a number of disorders and interpret QEEG brain maps combined with LORETA analysis, and apply knowledge of proper EEG procedures (electrode placement, impedance, recognizing and handling artefacts), in addition to learning how to assess the psychophysiological patterns that reflect stress; (3.) *Intervention*: develop a rational intervention based on this assessment data, which combines elements of neurofeedback, biofeedback and cognitive strategies for an individualized mind-body training programme; and apply and discuss this knowledge during a demonstration of a one (or two) channel EEG assessment combined with a stress assessment and during a training demonstration using script programs for various disorders including ADHD, Asperger's, Anxiety and others as requested by participants.

Keywords: Neurofeedback, EEG Assessment, Biofeedback

HEG (Hemo-Encephalo-Grahy) Biofeedback: Physiological Basis, Technology, Methodology and Clinical Applications

Ernesto Korenman, PhD

Reg. code 19-02 / Advanced workshop / English language / [Back to workshop schedule](#)

HEG (hemo-encephalo-graphy) biofeedback is an effective and drugless treatment for many conditions involving, (mainly), the brain's frontal lobe activation. HEG represents a simple and non-intrusive way of both monitoring and training cerebral function without the inconvenience of electrode preparation which other neurofeedback methods generally require. HEG is being used increasingly to treat and improve behavior,

mood and attention disorders related to frontal cortex functioning: attention and concentration difficulties, ADD/ADHD, poor memory, mood disorders, and anger issues, autistic disorders, Asperger's syndrome etc. HEG is also used in many clinics to treat and improve medical conditions associated with frontal cortex hypo-perfusion: migraine headache, epilepsy, schizophrenia, memory loss associated with ageing and senile dementia.

What is HEG?

When a specific area of the brain is activated to perform a task related to that particular region, the perfusion of blood to that area increases in order to bring oxygen, glucose and other basic nutrients needed to sustain such a change. This activation is always accompanied by a clear increase in cell metabolism required to take from those nutrients the energy needed by the cells involved. The above changes can be indirectly measured in various ways: for instance, by measuring the emission of a specific band of infrared that radiates into the environment from brain tissue below the skull as in passive infrared (pIR) HEG, or by measuring the color of the blood as reflected by the relative amount of oxy- and deoxy-hemoglobin in blood as in near infrared (nIR) HEG. The workshop covers the theoretical and practical aspects of this novel neurofeedback modality: the physiology underlying HEG measurements, the scientific background upon which this biofeedback application was conceived, the technology behind the instrumentation used to monitor brain activation in this way and the methodology and protocols applied to teach individuals to self-regulate this activity through biofeedback.

Who should take this 'HEG Biofeedback' Workshop?

Health care professionals, sychologists, clinicians, occupational therapists interested in enhancing their neurofeedback practice with this modality. Educators, school psychologists, special needs teachers interested in using HEG biofeedback to help children and adults suffering from inattentive conditions and impulse control disorders including ADHD/ADD.

Corporate & sport trainers, peak performance coaches, group facilitators and others interested in applying these methodologies in order to improve behavioral and mental performance.

Keywords: Brain-Blood-Flow, Frontal Lobe Self-Regulation, Electrode-less

Foundations of Biofeedback: Didactic Training

Donald Moss, PhD, BCIAC

Reg. code 19-03 / Fundamental workshop / English language / [Back to workshop schedule](#)

This workshop provides an introduction to the history, paradigm, and concepts of biofeedback. The workshop will introduce and demonstrate the most commonly used biofeedback instruments, including surface electromyography (SEMG), Temperature Training (TEMP), Electrodermal biofeedback (EDR), Respirator biofeedback (RESP), and Heart Rate Variability biofeedback (HRV). The workshop will provide an overview of treatment and training models using biofeedback training for common psychological and medical disorders. Current efficacy research on biofeedback will also be reviewed. The efficacy of many biofeedback applications compares well with that of widely accepted psychological and medical therapies.

Workshop Objectives:

1. Attendees will understand the basic paradigm of biofeedback and the history of biofeedback research and the clinical practice of biofeedback.
2. Attendees will understand the most commonly used modalities in biofeedback, including surface EMG, Temperature training, Electrodermal training, Respiratory biofeedback, and Heart Rate Variability biofeedback.
3. Attendees will learn common approaches to utilize biofeedback training in the treatment of common psychological and medical disorders.

- Attendees will learn the basic principles involved in respiratory biofeedback training and heart rate variability biofeedback.

Keywords: Basic Principles of Biofeedback, Common Treatments and Applications

The Polyvagal Theory: Neural Mechanisms Mediating the Interface between Social Engagement Behaviors and Heart Rate Variability

Stephen Porges, PhD & C. Sue Carter, Dr.

Reg. code 19-04 / Universal workshop / English language / [Back to workshop schedule](#)

The workshop will focus on the Polyvagal Theory, which links the evolution of the autonomic nervous system to affective experience, emotional expression, facial gestures, vocal communication and contingent social behavior. The theory provides a plausible explanation of several features that are compromised during stress and observed in several psychiatric disorders. The workshop has two objectives: First, to provide an explicit statement of the theory; and second, to introduce the features of a polyvagal perspective. The polyvagal perspective emphasizes how an understanding of neurophysiological mechanisms and phylogenetic shifts in neural regulation. This perspective explores different questions, paradigms, explanations, and conclusions regarding autonomic function in biobehavioral processes than peripheral models. Foremost, the polyvagal perspective emphasizes the importance of phylogenetic changes in the neural structures regulating the autonomic nervous system and how these phylogenetic shifts provide insights into the adaptive function and the neural regulation of the two vagal systems. The workshop will provide information on methods used to extract specific neural influences from the heart rate pattern and discuss clinical implications in terms of assessment and treatment. The workshop will emphasize:

- 1) The methodology necessary to evaluate the two vagal systems through assessment of heart rate variability,
- 2) The neurophysiological mechanisms mediating the two vagal systems, and
- 3) The emergent clinical and behavioral consequences of activation of each vagal system.

Keywords: Heart Rate Variability, Polyvagal Theory, Social Engagement System

Burn Out Prophylaxis and Gender Differences to Stress from Child to Adult

Monika Fuhs, Mag.rer.nat BCIA

Reg. code 19-05 / Fundamental workshop / English language / [Back to workshop schedule](#)

Burn out is an underestimated health risk that affects many people: children in schools, adults with excessive workplace stress, and elderly people with reduced social networks. Burn Out is a major factor in workplace stress and costs more than \$300 billion each year in health care and work absences in the USA. The symptoms of burn out may differ in gender and range from exhaustion, depression, lacking social contact, sleep disorders, cynicism, ineffectiveness, and many physical complaints such as headache, stomach-ache, irritable bowel syndrome. Burnout is partially the conflict between what people would like to do and what they have to do. It represents erosion in values, dignity, spirit, and will—the erosion of the human soul. It is a malady that spreads gradually and continuously over time, putting people into a downward spiral from which it is difficult to recover. Burnout is a destruction of motivation caused by feelings of powerlessness, helplessness, and hopelessness. A sense of uncontrollability or helplessness is the final stage of burnout and is accompanied by depression and feelings of futility.

The workshop teaches strategies and buffers to avoid and reverse burnout. It includes teaching the following skills and concepts:

- Learn psychophysiological indicators to identify people at risk for burn out.
- Understand individual's vicious circle stress which contributes to burnout.

- Understand gender specific responses and treatment strategies. Teaching strategies to increase control and choice.
- Teach how to achieve a sense of self control.
- Integrate body and soul as a pathway to creativity and health through control over the individual physiology.
- Practice biofeedback interventions to reverse the downward stress spiral for children and adults.
- Overview detailed clinical training procedures.

Keywords: Stress models, Biofeedback, Self Control, Psychophysiological Patterns, Helplessness,

A Psychophysiological Approach to the Management of Pelvic Floor Pain and Vulvodynia (day 1 of 2)

Marek Jantos, MA

Reg. code 19-06 / Advanced workshop / English language / [Back to workshop schedule](#)

The workshop is for practitioners interested in the management of pelvic floor pain and vulvodynia, common causes of dyspareunia. Based on recent research participants will be introduced to a psychosexual profile of vulvodynia patients, focusing on the prevalence of the disorder, age of onset, age distribution of affected populations and a review of the impact of vulvodynia on the emotional, social and sexual well-being of this patient population. Utilizing data from psychophysiological profiles derived from electromyographic assessments, attention will be directed to the mechanisms by which psychological and physiological processes interact in the etiology of the condition. Management strategies will focus on the use of biofeedback protocols incorporating multiple modalities in normalization of pelvic muscle function and general management of pain and anxiety enabling patients to resume regular sexual function.

Keywords: Psychosocial Profile, Vulvodynia, Pelvic pain, EMG Assessment and Treatment

Fundamentals of Biofeedback for Identification of Main Stressors and Mastering Cognitive Stress

Spiro Diamantidis, MD

Reg. code 19-07 / Fundamental workshop / English language / [Back to workshop schedule](#)

This workshop will discover the important variables needed by practitioners to be understood in order to have more effective outcomes from their biofeedback procedures and applications. The main goal of the workshop is to teach participants essential biofeedback mechanisms and how they will be able to carry out assessments. Strategies and techniques will be analyzed and synthesized through participant's self-analysis through their personal cognitive stress assessment. The phenomenon of distraction of one's ability to adapt in every day's psycho-mental demands thus producing rigidity and elimination of survival possibilities is common among the members of modern communities. The vicious circle of common stress exaggerated by cognitive structures and mechanisms leading to lack of self-confidence, low self-esteem and mostly anxiety and depression is also a daily phenomenon.

A neurophysiologic model expressed by man's intellectual normalities and abnormalities, trying to show how mind, brain, consciousness, awareness, perception, sensory differentiation, memory, etc. actually work, will be tested and evaluated with combined biofeedback techniques aiming to lead to self regulation and self confidence is of outmost demand. The workshop will interactive between presenter and participants and role playing between participants in order to teach:

- The use of biofeedback for assessment and training in psychosomatic disorders.
- Assessment of common and cognitive stress.
- Assessment of cognitive mental constructions.

- Assessment of disabilities produced by cognitive stress.
- Strategies and techniques for cognitive reframing.

Physiological cognitive behavioral techniques and also changing attitude techniques will be explained and combined aiming to set the fundamentals for a self regulation method. The theoretic approach of changing one's attitude will be the mile stone for a tool producing process leading to the escape of psycho mental and behavioral dead ends and emotional blocks. The fundamentals of learning theory and founding cognitive constructions will be elaborated and discussed in depth. Participants will be focused to awareness strategies helpful to reduce stress implications integrating skin conductance, temperature, respiratory and other biofeedback applications.

Keywords: Cognitive Stress, Participant's Interaction, Desensitization.

WEDNESDAY, February 20th 2008

Neurofeedback Combined with Biofeedback: What you Need to Know for Assessment and Effective Training (day 2 from 2)

Lynda Thompson PhD, BCIA-EEG and Michael Thompson MD

Reg. code 20-01 / Fundamental workshop / English language / [Back to workshop schedule](#)

Abstract: see Tuesday

Methoden der Neurofeedback Praxis _ kritische Betrachtung

Friedrich Vogt, PhD

Reg. code 20-02 / Fundamental workshop / German language / [Back to workshop schedule](#)

Mit der Verwendung von Gehirnströmen bzw. EEG-Messwerten als Rückmeldungsparameter erfährt die Biofeedback-Methode erweiterte Anwendungsmöglichkeiten. Klienten bzw. Patienten werden bei dieser Methode dazu angehalten, ihre eigenen EEG-Hirnströme über visuelle oder akustische Rückmeldungen zu verändern. In verschiedensten therapeutischen Fragestellungen (ADS/ADHS, Depression, Epilepsie, Tinnitus, Neurorehabilitation u.a.) erfährt die EEG-Biofeedback- bzw. Neurofeedback-Methode bereits wissenschaftliche Anerkennung. Im ersten Abschnitt wird sich der Workshop auf die theoretische und praktische Methodik der Gehirnstrommessung beziehen. Die weiteren Inhalte des Workshops beziehen sich auf die gerichteten funktionellen Veränderungen von Gehirnstrom-Aktivitätsmuster im Trainings- und Therapiesetting. Neben den Kriterien der wissenschaftlich fundierten Indikation von Neurofeedback-Anwendungen werden bestehende ethische und fachliche Grenzen dieser Methode thematisiert.

- Methodik der EEG-Ableitetechnik und neurofunktionelles Korrelat von EEG-Messwerten
- Spezielle lerntheoretische Aspekte der EEG-Biofeedbackmethode
- Kriterien der wissenschaftlichen und ethischen Indikation
- Behandlungsmethodik des EEG-Biofeedbacks am Beispiel "ADHS", „Depression“ und „Peak-Performance-Training“

Keywords: Neuroplastizität, neuronale Netzwerke, Lerntheorien und Neurofeedback

Pathways to Illness, Pathways to Health

Donald Moss, PhD, BCIAC

Reg. code 20-03 / Fundamental workshop / English language / [Back to workshop schedule](#)

This workshop proposes expanding the scope of clinical practice, by providing a comprehensive psychophysiological framework for intervening with medically ill patients. Sixty to seventy percent of patients

entering primary care present complaints which would benefit from mind-body intervention. The majority of these patients receive routine medical care, including medical testing, medication, and/or referral to a medical specialist. Those referred to mental health specialists frequently refuse referral, and become more focused on medical/physical causes and solutions. Yet these patient populations, in increasing numbers, pay out of pocket for complementary and alternative medicine (CAM) therapies, many with no documented efficacy.

This workshop will advocate a comprehensive model for integrating behavioral, psychophysiological, and lifestyle changes into health care. The model begins with a comprehensive assessment which identifies the patient's individual pathway to illness: genetic, lifestyle, nutritional, and psychophysiological factors which dispose the patient to illness. The emphasis is in identifying turning points and choices, which are amenable to voluntary control and self-regulatory change strategies. Patients who understand the pathways which brought them to illness are more motivated to walk the pathway toward health, including facing difficult behavioral and life-style changes. Mind-body therapies including biofeedback, hypnosis, and meditative techniques supplement lifestyle interventions in restoring health.

The workshop will review the outcome literature to identify disorders for which mind-body therapies have demonstrated positive efficacy. Specific applications will be discussed, moving beyond the bounds of typical psychological practice: headache, diabetes, cardiovascular disorders, irritable bowel syndrome, fibromyalgia, and lupus erythematosus. For each of these disorders, life-style, risk behaviors, and psychophysiological patterns will be reviewed, which can contribute to the pathogenesis of disease, and which can also serve as the basis for a restoration to health. Special attention will be given to heart rate variability biofeedback for its expanding applications to a variety of health care problems.

Key Words: Pathways Model, Mind-Body Therapies, Scope of Practice, Medical Illness

Clinical Insights from the Polyvagal Theory: How Measures of Autonomic State and Oxytocin Provide Insights into the Assessment and Treatment of Mental Health and Behavioral Disorders (can be taken as a separate workshop)

Stephen Porges, PhD & C. Sue Carter, Dr.

Reg. code 20-04 / Universal workshop / English language / [Back to workshop schedule](#)

The workshop will focus on two objectives: one, integrating research on oxytocin and the Polyvagal Theory; and two, applying this information to clinical questions. The Polyvagal Theory provides a plausible explanation of several features that are compromised during stress and observed in several psychiatric disorders. The Polyvagal Theory introduces a new perspective relating autonomic function to behavior that includes an appreciation of the autonomic nervous system as a "system," the identification of neural circuits involved in the regulation of autonomic state, and an interpretation of autonomic reactivity as adaptive within the context of the phylogeny of the vertebrate autonomic nervous system. This workshop will integrate the research on the Polyvagal Theory with current research on neuroendocrine processes including the mammalian neuropeptides of oxytocin and vasopressin. These peptides can facilitate social behaviors and also have the capacity to modulate stress and coping.

The workshop will emphasize:

- 1) Research relating oxytocin to social behavior within the context of the Polyvagal Theory;
- 2) Clinical implications of oxytocin on mental health and behavioral problems;
- 3) How the Polyvagal Theory leads to an understanding of specific mechanisms mediating mental health and behavioral problems;
- 4) How the Polyvagal Theory leads to plausible treatments of mental health and behavior disorders.

Keywords: Polyvagal Theory, Heart Rate Variability, Oxytocin, Autism, Grief, Depression, Social Support, Social Bonds, Isolation

Trauma and Recovery: The Integration of Neurofeedback and Psychotherapy *Sebern Fisher, MA, BCIA-EEG*

Reg. code 20-05 / Universal workshop / English language / [Back to workshop schedule](#)

Post-traumatic stress disorder is, at its foundation, a disorder of the brain, particularly of the brain's ability to regulate fear. The brain oscillates between high sympathetic arousal as manifested in nightmares, startle responses and aggression and parasympathetic under arousal, manifested at its worst, in dissociation. PTSD is a brain in the grip of fear. Neurofeedback can be used to regulate the fear circuitries in the brain. Regulation of fear may, in fact, be the single most important contribution that neurofeedback makes to the treatment of severe conditions such as PTSD, attachment disorder and personality disorders.

This workshop will focus on the integration of neurofeedback and psychotherapy in the treatment of post-traumatic stress disorder, both acute and chronic. The topics covered include:

- The role of the psychotherapist once using neurofeedback
- The role of neurofeedback in psychotherapeutic treatments
- Affect regulation as the corner stone of effective psychotherapy
- The role of neurofeedback in the regulation of affect
- Fear as the central affect of concern
- The neural circuitry of fear
- Repressed memory and neurofeedback training
- The discovery and use of FPO2: frequency and time considerations

Key words: Trauma, PTSD, Fear; Neurofeedback

A Psychophysiological Approach to the Management of Pelvic Floor Pain and Vulvodynia (day 2 of 2)

Marek Jantos, MA

Reg. code 20-06 / Advanced workshop / English language / [Back to workshop schedule](#)

Abstract: [see Tuesday](#)

Holistic and Alternative Treatment in Cancer and Immune System Disorders

Robert Gorter, MD

Reg. code 20-07 / Universal workshop / English language / [Back to workshop schedule](#)

Cancer rates continue to increase despite increased early detection and aggressive treatment. Even though the five-year survival rates have significantly increased, the death rates have not decreased and continue to increase. This workshop presents the Cologne model of cancer treatment which focuses upon strategies to enhance the self-healing potential and immune competence of the person. Specifically the workshop will include the following topics within a holistic treatment for cancer:

- The etiology and physiology of cancer
- The function and role of the immune system in cancer prevention and occurrence
- Lifestyle factors that affect immune competence
- Cologne model for cancer treatment
- The role of hyperthermia, mistletoe therapy and dendritic cell therapy
- Successful treatment protocol

Keywords: Circadian Rythms, Hyperthermia, Core Temperature, Immune Regulation

WEDNESDAY, February 20th 2008 evening
THURSDAY, February 21st 2008 whole day

SCIENTIFIC DAY - SEE EXTRA PROGRAM

FRIDAY, February 22nd 2008

Quantitative EEG Analysis for the 21st Century (day 1 of 2 days)

Barry Sterman, PhD, BCIA-EEG Emeritus

Reg. code 22-01 / Advanced workshop / English language / [Back to workshop schedule](#)

The recent release of a new and advanced SKIL quantitative EEG analysis program has provided a host of both traditional and new measures for evaluating the multi-site EEG map as a precursor to neurofeedback treatment. This unique program adds multiple referencing and display options for optimal analysis of the EEG signal itself, as well as numerous new quantitative measures of neural organization. Included are maps based on mathematical referencing transforms, cytoarchitecture areas defined by the Brodmann classification system, and network analyses for comodulation, coherence, phase, and amplitude evaluation. These new features provide for a valid and reliable analysis of the EEG for clinical and functional assessment, and for guidance of neurofeedback directed by principles of neuro-regulation and learning. This workshop will trace the evolution of neurofeedback as an empirical therapy and the contributions of quantitative EEG analysis towards this end, extending to the current cutting edge of methodology and principles.

Keywords: EEG Analysis Program, Neurofeedback Treatment, Neuro-Regulation of Learning

Biobehavioral Considerations in the Diagnosis and Treatment of Primary Headache Disorders

Steven M. Baskin, PhD, BCIAC

Reg. code 22-02 / Fundamental workshop / English language / [Back to workshop schedule](#)

This workshop is an in-depth clinical guide to the many advances in the diagnosis and management of migraine, cluster headache, tension-type headache and their many variants. The workshop will first provide the participants with a thorough overview of the basic headache diagnostic interview. It will then explore the pathophysiology of the different disorders integrating neurochemical, physiological, behavioral, and psychologic perspectives. Pharmacologic, psychophysiologic, and behavioral treatment alternatives will be reviewed in relation to both clinical efficacy and underlying pain mechanisms. The workshop will help the biofeedback therapist understand the basics of successful headache diagnosis and treatment and better communicate with the medical community. Behavioral and psychophysiologic protocols will be thoroughly discussed. This workshop will also review clinical studies on paradoxical effects of medication overuse in relation to treatment outcome. Chronic daily headache will be thoroughly examined including the transformation process from episodic to chronic headache. Issues of psychiatric co-morbidity will be explored. New migraine-specific medications will be reviewed.

Attendees will be able to:

- 1) Perform a headache diagnostic interview and make an informed diagnosis
- 2) Recognize the clinical symptoms and understand the pathophysiology of the different headache types.

- 3) Understand behavioral, biofeedback, and pharmacologic treatment alternatives and recognize medication overuse problems secondary to immediate-relief medications.
- 4) Understand the difficult issue of chronic daily headache and the transformation process from episodic headache
- 5) Communicate better with the medical community

Key words: Migraine, Headache, Biofeedback

Borrowing from Everyone to Increase Clinical Success with Biofeedback

Erik Peper; PhD, BCIAC

Reg. code 22-03 / Fundamental workshop / English language / [Back to workshop schedule](#)

The workshop focuses on pragmatic biofeedback approaches to enhance clinical and educational outcome for clients who have disorders ranging from asthma, anxiety, work-related illnesses, chronic pain, hypertension, cancer, glaucoma and stress related symptoms. Discussed and demonstrated are biofeedback monitoring and training strategies that include respiration, blood volume pulse amplitude, cardio-respiratory synchrony temperature, surface electromyography and skin conductance. The biofeedback training includes healing practices derived from therapeutic touch, energetic healing, folk healers, breathing practices, visualization, meditation, somatic practices and cognitive behavior therapy. The workshop will teach healing skills that the practitioner can incorporate with biofeedback for their clients in the office and as prescribed homework practices. Participants will experience the techniques through collaborative practice and how to use these skills with your own clients. The workshop will also offer an opportunity for case review and presentation--bring your own challenging cases for shared consultation.

Keywords: Treatment, Psychosomatic Disorders, Pain, Respiration, Stress Management, Meditation, Visualization, Therapeutic Touch

Heart Rate Variability (HRV) Biofeedback: Principles and Practice (day 1 of 2)

Richard Gevirtz, PhD, BCIAC

Reg. code 22-04 / Universal workshop / English language / [Back to workshop schedule](#)

HRV has become a popular topic in many behavioral and medical areas. HRV biofeedback is a relatively new technique that is building a solid empirical base for treatment of many autonomically mediated disorders. In this workshop, the underlying principles and physiology involved in HRV measurement and feedback are discussed. Applications of these principles are then presented with regard to treatment of: Chronic Pain, Anxiety, Irritable Bowel Syndrome, Asthma, COPD, and Hypertension. Will include demonstrations using most available leading biofeedback systems to provide "hands on training" to assure competency by the participants for using HRV biofeedback techniques.

Keywords: Heart Rate Variability, Autonomically Mediated Disorders

A Mind-Body Approach: Biofeedback Techniques for Recovery from Substance Abuse

Patricia Norris, PhD, BCIAC Emeritus & Steven Fahrion Ph.D.

Reg. code 22-05 / Advanced workshop / English language / [Back to workshop schedule](#)

This unique integrated program includes learning to control autonomic nervous system arousal and stress responses generally; neurofeedback therapy including self-regulation of brainwaves and states of consciousness, and the neurobiology of addiction; imagery and visualization techniques for modifying states

of consciousness; and psychosynthesis; as well as the more traditional elements of relapse awareness and prevention, and lifestyle modifications.

The three "central pillars" of our treatment program are: biofeedback and neurofeedback, developing awareness and volition of physiological states and related states of consciousness; Psychosynthesis, a model for gaining awareness and volition over personality, psychological and psychodynamic aspects of self; and cognitive self-change, developing awareness and volition over thinking processes.

The program is entirely affirmative. We do not ask clients to attest to anything they do not believe, and discourage them from telling us, or group members, anything just because they think that is what we want them to say, think, feel, or believe. Our intention is to operate with mutual love and respect, with unconditional positive regard, with a belief in our clients' human potential to grow, change, gain control, and transform. Our goal is to give each client a glimpse of their true self, an enlarged potential, to help them gain genuine self-esteem, recognize their innate value and personal worth, feel the joy of connectedness, hope, and empowerment, and believe in themselves.

Keywords: Autonomic Nervous System, Neurofeedback and Biofeedback, States of Consciousness, Psychosynthesis,

Biofeedbacktherapie in der Behandlung von psychischen und psychosomatischen Störungen: Ein integrativer Ansatz

Barbara Timmer, Dr.rer.nat.

Reg. code 22-06 / Fundamental workshop / German language / [Back to workshop schedule](#)

In der interdisziplinären Behandlung von psychischen und psychosomatischen Störungen hat Biofeedback in den letzten 10 Jahren nicht zuletzt aufgrund der hohen Patientenakzeptanz zunehmend an Bedeutung gewonnen. In dem Workshop wird dargestellt, wie sich die Biofeedback-Therapie in ein modernes verhaltensmedizinisches Behandlungskonzept integrieren lässt und welche Chancen diese Integration mit sich bringt. Als spezifische Anwendungsbereiche einer integrativen Biofeedbacktherapie werden v.a. chronische Schmerzstörungen, somatoforme Störungen und Tinnitus vorgestellt und diskutiert. Dabei ist die Palette der Anwendungs- und Einsatzmöglichkeiten der Biofeedbacktherapie breit gestreut: Neben der Veränderung symptomrelevanter Reaktionsmuster und Biosignale ermöglicht Biofeedback u.a. eine Einsicht in psychophysiologische Zusammenhänge, eine Stärkung von Selbstkontrolle und Selbstmanagement sowie eine Verbesserung der Körperwahrnehmung. Neben der Vermittlung indikationsspezifischer theoretischer Grundlagen werden verschiedene Interventionsmöglichkeiten von Biofeedback mit einem Multi-Kanal-Biofeedback (peripherphysiologische Parameter) vorgestellt und demonstriert. Neben praktischen Demonstrationen am Biofeedback-Gerät werden Fallbeispiele aus der Praxis eingebracht.

Keywords: Schmerz, Somatoforme Störungen, Tinnitus

Important Variables for Successful Outcomes of Biofeedback and Neurofeedback Applications in Rehabilitation and Physical Medicine (part 1 of a 2-day workshop)

Bernard S. Brucker, PhD, ABPP

Reg. code 22-07 / Advanced workshop / English language / [Back to workshop schedule](#)

In more than (4) four decades of biofeedback and neurofeedback applications in Rehabilitation, the published outcomes of many of these procedures have had mixed results. Further, the rehabilitation field has yet to embrace Biofeedback and Neurofeedback procedures as being the standard, powerful treatment intervention which it should be. This is surprising since recent findings in the neuro and behavioral sciences have clearly demonstrated that the central nervous system, not only has long term structural repair capability, but also has

the possibility of establishing neuro-networking, whereby alternate cell structures can be utilized to take the functional place of damaged or destroyed cells. This type of neuroplasticity is the basis of Biofeedback and Neurofeedback procedures when used properly with operant conditioning paradigms. Evidence from our laboratory and others have clearly shown that operant conditioning procedures for learned control of specific neurophysiological responses can result in significantly greater utilization of surviving and repairing central nervous system tissue after damage caused by strokes, brain injuries, cerebral palsy and spinal cord injuries. This workshop will focus on the important variables that clinicians need to understand in order to have greater, more effective functional outcomes from their Biofeedback and Neurofeedback procedures.

Keywords: Neuroplasticity, Cell Damage and Repair Capability, Alternate Cell Structures, Spinal Cord Injuries, Neurophysiological Responses

Biofeedback-Therapie und Verhaltenmedizin bei Tinnitus und Hörsturz

Norman Schmid, PhD

Reg. code 22-M1 / Short course half-day / German language / [Back to workshop schedule](#)

Chronischer Tinnitus, Hörsturz und Hyperakusis sind bedeutende Probleme in der Gesundheitsversorgung. Bis zu 10% der Bevölkerung sind davon betroffen, zum Teil mit erheblichem Leidensdruck. Als Folgeprobleme sind oft Schlafbeschwerden, Depressionen, Angstzustände, soziale und berufliche Probleme vorhanden. Beim sogenannten dekompensierten Tinnitus sowie bei Hörsturz und Hyperakusis greifen herkömmliche medizinische Ansätze meist zu kurz. Nachdem es sich im Allgemeinen um ein psychosomatisches Geschehen handelt, ist eine ganzheitliche Therapiegestaltung wesentlich. Besonders Biofeedback nimmt im verhaltensmedizinischen Therapieansatz einen herausragenden Stellenwert ein. Mit Hilfe der psychophysiologischen Diagnostik können bio-psycho-soziale Zusammenhänge festgestellt und aufgezeigt werden. In weiterer Folge kann vor allem mit EMG-Biofeedback der Schulter-, Nacken-, Stirn- und Gesichtsmuskulatur eine deutliche Besserung erreicht werden. Diese positiven Effekte sind auch dann möglich, wenn die Beschwerden bereits über viele Jahre hinweg chronifiziert sind. Im Workshop werden die biopsychosozialen Grundlagen, verhaltensmedizinische Ansätze und besonders die praktische Biofeedback-Therapie vorgestellt. Weitere Inhalte sind Fallbeispiele, Therapieverläufe mit Evaluation und praktische Übungen zur psychophysiologischen Diagnostik und Therapiegestaltung. Es ist wünschenswert, wenn eigene praktische Erfahrungen und Problemfälle eingebracht werden.

Keywords: Biofeedback, Tinnitus, Hörsturz

Alpha Theta Training and Intuition

Knut Berndorfer, Dr. rer.nat.

Reg. code 22-M2 / Short course half-day / English language / [Back to workshop schedule](#)

How can peripheral Biofeedback and Alpha-Theta training be used to develop capacities like intuition, inner knowing and creativity for their use in health, performance and creativity?
This workshop focuses on the essentials of the intuitive experience and how peripheral Biofeedback and Alpha-Theta training fits in to develop it. Both theoretical and practical considerations will be given, especially to the application of Alpha-Theta training.

Keywords: Peripheral Biofeedback, Alpha Theta Training, Intuition

Cut-surface Dentistry and Applied Psychology

E. Adleff, Mag. & T. Schindler, Dr.

Reg. code 22-A1 / Short course half-day / English / [Back to workshop schedule](#)

Talking about temporomandibular disorders (TMD) we have to recognize that there are effects on the chewing-system as well as on the neuronal ache-matrix of the patient. Our interdisciplinary concept of treatment is based on the holistic model of Thure von Uexküll and the principles of biokybernetics: The concept takes both of those effects into account.

A broad functional dental and psychological diagnosis is the cornerstone on which the therapies are based. By means of a case-report this interdisciplinary concept is shown in the workshop.

Key-words: TMD, interdisciplinary diagnoses, interdisciplinary therapies

SATURDAY, February 23rd 2008

Quantitative EEG Analysis for the 21st Century (day 2 of 2)

Barry Serman, PhD, BCIA-EEG Emeritus

Reg. code 23-01 / Advanced workshop / English language / [Back to workshop schedule](#)

Abstract: [see Friday](#)

An Introduction to EEG Fundamentals and Signal Processing Methods for the Non-Technical Neurofeedback Practitioner

Marc Saab, M.Eng.

Reg. code 23-02 / Fundamental workshop / English language / [Back to workshop schedule](#)

The practice of neurofeedback requires knowledge in such varied areas as psychology, physiology, electroencephalography (EEG) and digital signal processing. Where signal processing is concerned, often an understanding of complex engineering concepts is required to use the many tools available. This workshop will present the fundamental concepts of both EEG and signal processing theory in a simple, clear manner for the non-technical practitioner to appreciate, retain and apply. Topics will include (among others, and as time permits): a physiological basis of EEG, electrode and measurement fundamentals, digital filtering, time versus frequency domain, coherence and phase, z-score biofeedback, Gabor JTFA, and evoked/event-related and slow cortical potentials (EP/ERP and SCP).

Proposed layout (subject to change):

PART I: Physiological basis of EEG, electrode and measurement fundamentals, amplifier characteristics, and analog to digital (A/D) conversion;

PART II: Basics of signal processing: digital filtering, time versus frequency domain, noise effects and other important considerations;

PART III: Advanced methods (topics as time permits): coherence and phase, z-score biofeedback, Gabor JTFA, and evoked and slow cortical potentials (EP and SCP).

Post traumatic Stress Disorder and Innovative Therapy with Biofeedback

Karen Wise, Dipl.Psych.

Reg. code 23-03 / Universal workshop / English language / [Back to workshop schedule](#)

Hyperarousal is one of the major characteristics of a Post traumatic Stress Disorder (PTSD). Intrusive thoughts and images result in repeated acute stress reactions while the tendency to avoid trauma relevant cues aids in hindering habituation. Strategies that generally reduce tension often do not work very well with this population. Concentration on physiological sensations such as breathing often triggers intrusions in the

form of memories or images and adds to the already high stress level. Individual and creative solutions are necessary.

This workshop gives an overview of the mechanisms underlying PTSD and demonstrates methods of reducing physiological arousal as well as facilitating habituation to discriminative stimuli with the aid of biofeedback. Traumatized persons are frequently not able to judge their level of arousal, which is a further advantage of biofeedback supported therapy. Participants will learn trauma related interventions and how to avoid therapeutic pitfalls. Case examples and practical exercises will be presented.

Keywords: Hyperarousal, PTSD, Biofeedback Interventions

Heart Rate Variability (HRV) Biofeedback: Principles and Practice (part 2)

Richard Gevirtz, PhD, BCIAC

Reg. code 23-04 / Universal workshop / English language / [Back to workshop schedule](#)

Abstract: [see Friday](#)

Psychoneuroimmunology: Empowering Healing in Cancer Patients with Visualization, Imagery and Biofeedback

Patricia Norris, PhD, BCIAC Emeritus & Steven Fahrion Ph.D.

Reg. code 23-05 / Universal workshop / English language / [Back to workshop schedule](#)

The role of biofeedback-assisted psychophysiological therapy in clinical psychoneuroimmunology includes self-regulation and voluntary control leading to attitude change, self-image change, and enhanced immune function. Imagery and visualization, conscious or unconscious, play a continuous role in our everyday lives. The images we hold are important determinants of our behavior and beliefs, and have important biological consequences.

The purpose of the workshop is to provide therapists with a working knowledge of the theory of imagery and visualization, to share ways to help clients who have difficulty with the imagery process, and to learn methods for translating imagery into action. Emphasis will be placed on the dynamics of visualization and imagery in therapy. Additional strategies for enhancing psychological and physical health will also be explored, including relaxation therapy and stress management, breathing therapy, nutrition and exercise suggestions for maximizing health.

Psychological and psychotherapeutic issues covered will include the meanings and implications of responsibility, of a positive attitude, and will cover denial, death and dying issues, and playing "the odds." A brief view of personality and cancer, and the importance of nurturing the therapist will also be covered.

Keywords: Visualisation, Psychoneuroimmunology, implications of responsibility, death and dying

Biofeedback bei Inkontinenz

Alexandra Martin, PD Dr. rer. Nat.

Reg. code 23-06 / Fundamental workshop / German language / [Back to workshop schedule](#)

Schwerpunkt des Workshops bildet die Biofeedback-Behandlung der weiblichen Harninkontinenz, welche für Betroffene mit erheblichen Einschränkungen der Lebensqualität einhergeht. Differenziert werden die verschiedenen Formen der Inkontinenz. Hilfreiche diagnostische Methoden und typische Biofeedback-Geräte werden vorgestellt (Oberflächen - EMG der Vaginal - und abdominellen Muskulatur). Das Biofeedback-Behandlungsprotokoll und begleitende Interventionen (z.B. Miktionstraining) werden demonstriert. Besonderheiten der Kombination aus Therapiesitzungen und Heimtraining finden Berücksichtigung.

Im Workshop werden diese Biofeedbackmethoden gezeigt und die Möglichkeit gegeben, diese selbst anzuwenden. Ein Überblick über die Wirksamkeit von Biofeedback bei diesen Beschwerden wird gegeben. Außerdem sind die Teilnehmer eingeladen, klinische Fallbeispiele vorzustellen, um das therapeutische Vorgehen zu diskutieren.

Keywords: Harninkontinenz, EMG, Biofeedbackprotokolle

Important Variables for Successful Outcomes of Biofeedback and Neurofeedback Applications in Rehabilitation and Physical Medicine (part 2 of a 2-day workshop)

Bernard S. Brucker, PhD

Reg. code 23-07 / Advanced workshop / English language / [Back to workshop schedule](#)

Abstract : [see Friday](#)

The Virtual Telemedicine Lab as an Innovative Approach for Individual Therapeutic Assistance Systems

Petra Friedrich, Dipl.Ing.

Reg. code 23-M1 / Short course half-day / English language / [Back to workshop schedule](#)

For a successful diagnosis and therapy, it is essential to obtain comprehensive data about the course of a disease. This means that patients' relevant physiological parameters should be measured over a certain period of time under authentic conditions, i.e. apart from medical consultations at any place and anytime. For this objective we have realized a virtual telemedicine lab. It is based on a telemetric personal health monitoring system, automated data transfer, collection and analysis. Furthermore it includes customized feedback and intervention options.

In this short course we will present the system and give participants a live demonstration by self-measuring different parameters, e.g. blood pressure and the body weight. In addition to that we will demonstrate a new acoustic biofeedback therapy to lower blood pressure. The course will provide you with an overview of our portfolio including different medical sensors as well as the functions and prospects of the virtual lab.

Keywords: Collecting Relevant Data, Telemetric Personal Health,

Bio- und Neurofeedback bei Schlafstörungen

Lothar Niepoth, Dipl.Psych.

Reg. code 23-M2 / Short course half-day / German language / [Back to workshop schedule](#)

Die Biofeedbackbehandlung von Schlafstörungen eröffnet neue und sehr effektive Behandlungsmöglichkeiten bei einer inzwischen großen Zahl von behandlungsbedürftigen Patienten. Gerade Insomnien nehmen in den letzten Jahren immer mehr zu und erhalten eine immer größere gesundheitspolitische Relevanz.

Vermittelt werden physiologische Grundlagen und Differentialdiagnostik von Schlafstörungen genauso wie ein Abriss der Standardbehandlung bei Insomnien. Sodann wird Biofeedbackbehandlung und speziell EEG-Training bei psychophysiologischen Insomnien vorgestellt und eingeübt, bei Bedarf werden die Neurofeedbackgrundlagen kurz wiederholt. Insbesondere soll auf mögliche Schwierigkeiten bei Patienten eingegangen und eine Integration in ein Gesamtbehandlungskonzept ermöglicht werden.

Keywords: Schlafstörungen, Differentialdiagnostik, Intervention mit Biofeedback und Neurofeedback

Biofeedback of Heart Rate Variability in Hypertension: Theoretical Aspects and Practical Application

Lutz Mussgay, PhD & Anke Reineke PhD BCIAC

Reg. code 23-A1 / Short course half-day / English language / [Back to workshop schedule](#)

This course will introduce treatments of hypertension with biofeedback techniques. Based on a model of automatic cardiovascular regulation, a rationale is provided that describes the theoretical basis of traditional and new approaches. Traditional methods did not come up with a convincing success. However, newer approaches like continuous blood pressure feedback and heart rate variability feedback offer promising alternatives. Further, the course will discuss methods of collecting the data, regarding the set up, protocol and analyses of the results obtained with heart rate variability training. Case studies and the results of a recent study will be introduced for the clarification of the learning mechanism.

Keywords: Heart Rate Variability Biofeedback, Hypertension

Introduction to Simple EEG Training with the Infiniti Suite for TLC Training

Francois Dupont, PhD

Reg. code 23-A2 / Short course half-day / English language / [Back to workshop schedule](#)

This course focuses on the application of the BioGraph Infiniti software to implement and expand the TLC training approach. This system, developed by Peter Van Deusen, uses a training approach designed to broaden the effectiveness of training by using two-channel protocols. It also simplifies the trainer's technical job by using summed-channel protocols (one bar-graph) and it minimizes negative effects by focusing mainly on inhibit protocols.

The Suite makes judicious use of recent options from BioGraph Infiniti software. For example, most screens use user defined EEG frequency bands, that can be adjusted "on the fly" during training, without the need to stop or pause the recording. Other options include the complex ratios, the automatic creation of screens with personalized ratios, and the Protocol Selector series of report screens; which plot the actual values of different summed-channel protocols together on the same graph to facilitate the selection of alternative protocols.

Keywords: EEG Training TLC

FACULTY (in alphabetical order)

Adeff, E., Mag. phil

Elisabeth Adeff is sportpsychologist and psychotherapist (Hypnosis, Familytherapy) and works in her own office for about more than ten years. Since the very beginning of her work she always considered mental health as an combination of mind and body. Therefor all the therapy-concepts which she has developed for her clients and students are based on the theoretical models of Thure v. Uexküll and the biokybernetic principles. One of the main-topics of her work together with her husband Thomas Schindler is the conception of a holistic health-approach for persons with craniomandibular disorders: Functional biofeedback-training, hypnosis, Gyrotonic-training (three-dimensional body-work-out) and psychotherapy are the basis for that kind of approach. Elisabeth Adeff is board member of the Milton Erickson Foundation Salzburg.

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Baskin, Steven M., PhD, BCIAC

He is the Director of the New England Institute for Behavioral Medicine in Stamford, Connecticut and an attending psychologist in neurology and psychiatry at Greenwich Hospital of Yale-New Haven Health. He is a past president of the Association for Applied Psychophysiology and Biofeedback (AAPB). He is a current member of the board of directors of the Headache Cooperative of New England. He is a past board member of the American Headache Society and the Connecticut Psychological Association. He is on the editorial board of the *Journal of Applied Psychophysiology and Biofeedback* and a frequent reviewer for the journals *Headache* and *Cephalgia*. He has published extensively on primary headache disorders most recently on comorbid psychiatric factors that may chronify migraine and complicate treatment.

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Berndorfer, Knut, Dr. rer.nat

Knut Berndorfer received his degree in physics in Vienna and Munich. He has a long standing involvement in consciousness research and the development of human potential. Presently he is working in the field of Stress management as well as Facilitator of the Dialogue Process, which was developed by the late David Bohm. He is a teacher of Biofeedback for the Austrian Biofeedback Society and is leading a research study for alcoholics in recovery in a major therapy center of the city of Vienna.

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Brucker, Bernard, PhD, ABPP

Dr. Bernard S. Brucker is Associate Professor in the Departments of Psychiatry and Behavioral Sciences, Orthopaedics and Rehabilitation and Radiology at the University of Miami - School of Medicine. He is a psychologist who has been a leader in the field of rehabilitation and is currently Chief of the Division of Psychology and Director of the Biofeedback Laboratory at the University of Miami/Jackson Memorial Medical Center. He is the Past President of the Division of Rehabilitation Psychology of the American Psychological Association and the recent Past Chairman of the Brain and Spinal Cord Injury Advisory Council for the State of Florida. Dr. Brucker is currently President of the American Board of Rehabilitation Psychology, Member of the Board, American Board of Professional Psychology, Past Vice President of the Florida Brain Injury Association and Past Board Member of the Association of Applied Psychophysiology and Biofeedback. Dr. Brucker has received the Gil Moss Award from the National Spinal Cord Injury Association for outstanding scientific and clinical contribution to spinal cord injury, the Exceptional Achievement Award, from the Institute of Electrical and Electronics Engineers, for microprocessor control of movement in paralyzed muscle, the Lifetime Achievement Award from the Dade County Chapter of the Florida Psychological Association, the Distinguished Service Award, Division of Rehabilitation, American Psychological Association and the Karl F. Heiser Presidential Award from the American Psychological Association. Dr. Brucker is one of the founders, and the original Co-Director of the Miami Project to Cure Paralysis. He is world renowned for developing specific behavioral procedures for restoring function in people with physical disabilities and has numerous publications, chapters, and presentations at scientific meetings. [Back to workshop schedule](#)

Carter, C. Sue, Dr.

Dr. Sue Carter is currently Professor of Psychiatry and Co-Director of the Brain Body Center at the University of Illinois at Chicago. She formerly held the rank of Distinguished University Professor in Biology at the University of Maryland, and prior to that was a Professor in Psychology and Ecology, Ethology and Evolution at the University of Illinois at Urbana-Champaign. Dr. Carter is past president of the International Behavioral Neuroscience Society. Dr. Carter is best known for her work on prairie voles, which lead to a novel understanding of the neurobiology of monogamy and social bonding. Her research program continues to describe new roles for neuropeptide hormones, including oxytocin and vasopressin in social behavior and emotional regulations. She and her collaborators also have documented the neuroendocrine impact of human lactation, demonstrating the capacity of lactation to provide neuroendocrine buffering for women in the face of stressful experiences. Dr. Carter has directed an NICHD Program Project dealing with the developmental effects of oxytocin and currently is PI on two NIH RO1s; this research has discovered powerful and long-lasting anatomical, behavioral and emotional consequences following manipulations of the oxytocin system in early life. Dr. Carter has over 200 publications, including editorship of 5 books, the most recent of which, is titled *Attachment and Bonding; A New Synthesis*. [Back to workshop schedule](#)

Diamantidis, Spiro, MD

He is a Medical Doctor graduated from the Medical School of Athens University, specialized as GP and Homeopath in Hellas, Austria, Great Britain and USA and is:

1. Founder and president of the Medical Institute for Homeopathic Research and Applications (M.I.H.R.A), founded in 1985 in Athens, educating over 3.500 medical doctors, pharmacists, dentists and veterinarians.
2. Founder and president of the Pan-Hellenic Biofeedback Center founded in Athens 1983.
3. Former General Secretary of the Homeopathic Committee of the Central Health Council of the Ministry of Health, Welfare and Social Security,
4. Founding member of the European Council for Integrated Medicines-E.C.I.M (European committee for the promotion of alternative medical systems in the countries of the E.U, seated in Brussels)

With the "Diamantidis medical team" counting today 43 Medical Doctors he runs 22 homeopathy and biofeedback clinics in Greece, Cyprus and abroad being all on line through video conference and he carried out and presented with his collaborators in international and pan-Hellenic congresses 93 scientific medical studies and clinical researches on homeopathic treatment regarding a multitude of pathological issues from fertility to cancer and in biofeedback regarding many psycho physiological entities. He is since 1983 the general director of biofeedback programs which are applied in Hellas and worldwide and since 2003 on approval and subsidization from E.U through the Organization for Employment, and in Cyprus subsidized from the E.U through the Human Resource Development Authority. He is a pioneering physician who implemented biofeedback into his work and gave numerous workshops to this topic. [Back to workshop schedule](#)

Dupont, Francois, PhD

François Dupont is a Registered Clinical Psychologist in private practice at the University of Ottawa, Health Services. His first contact with biofeedback was in 1991 and with neurofeedback in 1992. Over the years, he has used bio/neurofeedback in the context of chronic pain, tinnitus, high blood pressure, ADD/ADHD, anxiety, mild head-injury, cancer, HIV, OCD, trauma, and others. Dr. Dupont's basic orientation is eclectic and he often combines bio/neurofeedback with techniques borrowed from cognitive-behavioural, dynamic, humanistic and experiential approaches. His doctoral comprehensive examination looked at the psychosocio-existential adjustment to cancer (including a review of psychoneuroimmunology), for which he won an award in an international conference. His doctoral dissertation dealt with the use of sub-threshold audio recording on EEG and behavioural changes in ADD/ADHD children. [Back to workshop schedule](#)

Fahrion, Steven, Ph.D.

Steven Fahrion Ph.D. is a clinical psychologist He was a pioneer in Biofeedback and Self-Regulation for many years at the Mayo Clinic, Menningers and Life Sciences Institute of Mind-Body Health, which he founded with his wife, Patricia Norris Ph.D. in Topeka Kansas. He specialized in cardiovascular applications of biofeedback, and conducted NIH research in hypertension, bioenergy applications to basal cell carcinoma; and conducted research in brainwave training for substance abuse problems. Current interests include teaching literacy to bilingual students. For 12 years he edited the journal *Subtle Energies and Energy Medicine*. [Back to workshop schedule](#)

Fisher, Sebern, MA, BCIA-EEG

Sebern Fisher is a psychodynamic psychotherapist with a primary interest in the importance of secure attachment throughout the life span. She incorporated neurofeedback into her clinical practice in 1997. Emerging theory in all schools of psychotherapy is focused on the importance of affect regulation. After more than ten years of work with neurofeedback, she has come to believe that the single most important contribution of neurofeedback is regulation of affect, and further that the most important affect to regulate is fear. In pursuit of this, she discovered the site FPO2, "the gateway to the amygdala", in 1999, and uses it specifically to quiet fear and reactivity.

Sebern was the Clinical Director of a residential treatment center for severely disturbed adolescents for twelve years, where she implemented the first milieu DBT program in the US. She has a private practice in Northampton, Massachusetts, working primarily with PTSD, personality disorders and attachment. She has published on neurofeedback in the *Psychotherapy Networker* and in the *International Journal of Consultation and Behavior Therapy* and she speaks nationally and internationally on the integration of neurofeedback and psychotherapy, attachment and neurofeedback and on trauma and recovery, integrating psychotherapy and neurofeedback. [Back to workshop schedule](#)

Fuhs, Monika, Mag.rer.nat.

Studied Psychology at the University of Vienna, worked at the Neuropsychiatric station for children of the Vienna AKH for many years as well as doing a study about kids and development of language for the Vienna Academy of Science. Board member of the ÖBfP (Österreichische Gesellschaft für Biofeedback und Psychophysiologie), editor of the new BFE Journal 'Psychophysiology Today', author of articles with Erik Peper, Co- Director and project manager of Work solutions for the "Healthy Computing and prevention at the worksite" program, lecturing of numerous workshops in the fields of Biofeedback in Europe, Founder and Director of the Holistic Learning Institute. Monika Fuhs is a licensed teacher and trainer for dyslexia and perception problems (ReLeMaKo®) and brain friendly learning, Energy healing, Therapeutic touch and orthomolecular nutrition. She teaches workshops in the fields of stress management, holistic health, "Healthy Computing" and "Optimum Human Functioning" with Erik Peper and "Brain Management" and "Brain Friendly Teaching and Learning" in different schools, workshops for stress management and success for kids as well as leading a private practice for kids and adults.

Her main interests focus on mind body medicine and what it takes to make people change and how biofeedback and related therapies can help to make this process as successful as possible.

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Friedrich, Petra, Dipl. Ing.

Petra Friedrich was born in Bonn, Germany in 1965. She received a degree in electrical engineering with a major in communicating engineering from the RWTH Aachen University, Aachen Germany in 1991.

From 1992 on, she worked in a variety of positions in the fields of telecommunications and information technology at Siemens AG. Since the end of 2004, she has been working at the Heinz Nixdorf Chair for Medical Electronics at the Technical University of Munich as a scientific assistant and team leader of the telemedicine group. Her current fields of research are Ambient Medicine®, e-health, telemedicine and telemedical personalized assistance systems as well as the development of an acoustic biofeedback therapy to lower blood pressure which is part of her dissertation.

Ms Friedrich is an active member of the VDE (the Association of Electrical, Electronic & Information Technologies), ITG (the Information Technology Society) and DGBMT (the German Association of Biomedical Engineering), serving on various committees. [Back to workshop schedule](#)

Gevirtz, Richard, PhD, BCIAC

Richard N. Gevirtz, is a Professor of Psychology at the California School of Professional Psychology at Alliant International University in San Diego. His research and practice in recent years has focused on psychophysiological mechanisms and treatment of disorders affected by the autonomic nervous system, such as IBS, Non-Cardiac Chest Pain, TMD, Headache, and other muscle pain syndromes. He is the author of numerous articles and chapters. [Back to workshop schedule](#)

Gorter, Robert, MD, PhD

Robert Gorter, studied medicine and philosophy at the University of Amsterdam and was in private practice for 10 years before he moved to San Francisco in 1982. In Amsterdam, he started the first methadone detox program in Europe (1971), set up a health food restaurant to give cooking classes (1976), a clinic for stationary treatment of heroin addicts with acupuncture, and started to work for Amnesty International (1977) and was on a few missions for them. In San Francisco, he was one of the very first doctors to take care of HIV/AIDS patients at San Francisco General Hospital, and instrumental in setting up Home Care Services and Hospices. Robert Gorter is currently Associate Clinical Professor of the University of California San Francisco, and a few other universities. He heads the Medical Center Cologne in Germany, which is specialized in the application of dendritic cells in the oncologic patient and adult stem cells for tissue repair in the chronically ill. [Back to workshop schedule](#)

Jantos, Marek, MA, MAPS, AAPB

Marek Jantos MA, MAPS, AAPB, is the Director of the Behavioural Medicine Institute of Australia. He is a member of the Australian Psychological Society, and a member of the American Association of Applied Psychophysiology and Biofeedback. In addition to his private consulting work in South Australia and interstate he is a visiting lecturer at Adelaide University in the Department of Psychology in the School of Medicine. He has worked as a senior psychologist at the Canberra Hospital, serving in the Departments of Oncology, Haematology, Sexual Medicine and General Medicine. He has authored various articles in medical journals relating to chronic pelvic pain, female dyspareunia and vulvodynia. He consults through a network of vulvar clinics in capital cities of Australia. He has been a speaker and workshop presenter in Australia and overseas. [Back to workshop schedule](#)

Korenman, Ernesto, PhD

E. Korenman holds a Ph.D. from the University of London UK and has worked for nearly 25 years in R&D in Israel (Hebrew University) and in the UK (St. Bartholomew's Hospital). He is a certified biofeedback practitioner involved in biofeedback / neurofeedback clinical practice and in teaching in courses licensed by the Israeli Association of Psychophysiology and Biofeedback in Israel and in Europe. He is one of the early practitioners of HEG biofeedback and has been directly trained by Dr. Jeff Carmen, the inventor of pIR HEG. In addition to his clinical biofeedback, ESK works as a consultant in the area of psycho-physiological robotics applied to neuro-muscular rehabilitation. Also, he actively pursues the R&D of his numerous inventions in these fields. [Back to workshop schedule](#)

Martin, Alexandra, PD Dr. rer. nat.

Alexandra Martin worked as clinical psychologist in a psychosomatic clinic in Germany (Medizinisch-Psychosomatische Klinik Roseneck, Prien) from 1996 - 2000. Since 2001 she is teaching at the University of Marburg and since 2007 at the University of Bielefeld, Germany, Department of Clinical Psychology and Psychotherapy. She has given workshops and presentations on biofeedback for the German Society of Biofeedback (DGBFB) and the BFE since 1999. Her therapeutic background is Cognitive-Behavioral Therapy. The clinical work with biofeedback covers the treatment of incontinence, psychosomatic disorders, chronic pain as well as anxiety disorders. Her current research includes the evaluation of treatment effects achieved by biofeedback in disorders such as urinary incontinence, somatoform disorders and chronic pain (in controlled treatment trials and in meta-analyses). [Back to workshop schedule](#)

Moss, Donald, PhD, BCIAC

Donald Moss, PhD, is adjunct graduate faculty in Health Psychology at Saybrook Graduate School in San Francisco, and a partner in the Psychological Services Center in Grand Haven, Michigan. He is Editor of the *Biofeedback Magazine*, and Consulting Editor for the journals *Applied Psychophysiology and Biofeedback*, *Journal of Neurotherapy* and the *Journal of Phenomenological Psychology*. Dr. Moss has over 50 publications in the fields of psychophysiology, biofeedback, and mind-body therapies, including an edited book (*Handbook of Mind Body Medicine for Primary Care*, Sage, 2003). He has given lectures and workshops on these topics throughout the world, including recent presentations at the Association for Applied Psychophysiology and Biofeedback, the International Association for Cognitive Psychotherapy, the National Autonomous University of Mexico, and the Biofeedback Foundation of Europe. He is also past-president of AAPB. [Back to workshop schedule](#)

Mussgay, Lutz, Ph.D.

Lutz Mussgay, Ph.D., Dipl.-Psych., received his degree in Clinical Psychology from Constance University, Germany. His doctoral dissertation dealt with aberrations in information processing in a continuous performance task in schizophrenic patients using event related potentials. He is a trained behavioural psychotherapist as well as an experienced psychophysiologicalist. He was a member of the executive council of the German Society for Psychophysiology and its Application and is now a member of the executive council of the German Society for Behavioural Medicine. His research interests were focused on schizophrenia research during his time with the Central Institute of Mental Health in Mannheim, Germany. For 15 years now he is occupied at the Psychosomatic Hospital St.-Franziska-Stift in Bad Kreuznach, Germany where he is responsible for all research conducted in the psychophysiology laboratory. His research there deals with issues of autonomic cardiovascular regulation in various clinical groups. Current studies focus on mechanisms of heart rate variability biofeedback in relation to autonomic regulation in hypertensive and depressive patients. Co-presenting with [Anke Reineke](#)

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Niepoth, Lothar, Dipl.Psych.

Diplompsychologe, nach Ausbildungen in NLP, Körpertherapie, Verhaltenstherapie Ausbildung zum Biofeedbacktherapeuten, nach Kliniktaetigkeit in psychosomatischen und Rehabilitationskliniken seit 1994 niedergelassener Psychotherapeut in München. Supervisor für Verhaltenstherapie (DGVT), Supervisor und Ausbilder in Biofeedback (DGBfb, Deutsche Gesellschaft für Biofeedback), diverse wissenschaftliche Publikationen. [Back to workshop schedule](#)

Norris, Patricia, PhD, BCIAC Emeritus

Patricia Norris is an Associate Professor at Holos University Graduate Seminary. Until July of 2005, she was Clinical Director at Life Sciences Institute of Mind-Body Health. Her work emphasizes integrating body, emotions, mind and spirit using biofeedback-assisted psychophysiological self-regulation, psychosynthesis and imagery/visualization. Dr. Norris has specialized in psychoneuroimmunology since 1978, working with clients with cancer, autoimmune disorders such as multiple sclerosis and rheumatoid arthritis, and AIDS. Her research and treatment interests include neurotherapy and psychosynthesis in addictive disorders, energy medicine, and states of consciousness. Dr. Norris is past president of the Association for Applied Psychophysiology and Biofeedback (AAPB) and of the International Society for the Study of Subtle Energy and Energy Medicine (ISSSEEM). She served as a Faculty Member of the Karl Menninger School of Psychiatry 1979-1995; she is an Adjunct Professor of Psychology at Union Graduate School and serves on the boards of the International School for Psychotherapy, Counseling and Group Leadership, the Gladys Taylor McGarey Medical Foundation, True North Center for Integral Medicine, and Health World On-Line.

Co-presenting with Steven Fahrion, Ph.D. [Bio](#)

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Peper, Erik, PhD, BCIAC

Erik Peper, Ph.D. is an international authority on biofeedback and self-regulation. He is Professor and Director of the Institute for Holistic Healing Studies at San Francisco State University and Director of Work Solutions USA in Berkeley, CA. He is past president of the Biofeedback Society of America (now AAPB) and the Biofeedback Society of California. He is co-author of Healthy Computing - a biofeedback software protocol to prevent the risk of injury from working with computers. Amongst his most recent books are

Healthy Computing With Muscle Biofeedback: A Practical Manual for Preventing Repetitive Motion Injury (2000) and Make Health Happen: training yourself to create wellness (2002). He is co-producer of the weekly Healthy Computing Email Tip™. [Back to workshop schedule](#)

Porges, Stephen, PhD

Dr. Porges is currently Professor, Department of Psychiatry and Co-Director of the Brain-Body Center in the College of Medicine at the University of Illinois at Chicago. Prior to joining the faculty at the University of Illinois at Chicago, Dr. Porges served as Chair of the Department of Human Development and Director of the Institute for Child Study at the University of Maryland from 1998-2001. He has been President of the Federation of Behavioral, Psychological and Social Sciences, a consortium of societies representing approximately 20,000 biobehavioral sciences. Also, he is a former President of the Society for Psychophysiological Research. From 1975-1985 he was a recipient of a NIMH Research Scientist Development Award. He chaired the National Institute of Child Health and Human Development, Maternal and Child Health Research Committee. At the University of Illinois at Urbana-Champaign (1972-1985) he held appointments in the Department of Psychology, Institute of Aviation, Children's Research Center, and the School of Medicine. He is a behavioral neuroscientist, with particular expertise in understanding the autonomic nervous system and how autonomic function is related to social behavior, psychiatric disorders, stress, and disease. He has extensive research experience in human development, but, as illustrated in his bibliography, he also collaborates with scientists in such diverse disciplines as anaesthesiology, critical care medicine, gerontology, neurology, obstetrics, pediatrics, psychiatry, neurology, and drug abuse. He is especially knowledgeable about methodologies for measuring human physiology, which can be applied to understanding social behavior. He was awarded a patent on a methodology to describe neural regulation of the heart, which is currently being used in more than 100 laboratories. From 1985-2001, Dr. Porges held a guest appointment in the NIH Laboratory of Comparative Ethology. He developed the Polyvagal Theory to explain typical and atypical social behavior and stress responses. The theory identifies three neural circuits related to adaptive autonomic reactions that are phylogenetically organized and provide a plausible model to explain several of the defining features of autism and other psychiatric disorders. The Polyvagal Theory has stimulated research that emphasizes the importance of physiological state and behavioral regulation in the expression of several psychiatric disorders. The Polyvagal Theory forms the theoretical basis for the translational research center, the Center for Advanced Research in Behavioral Neurobiology that Porges is developing at the University of Illinois at Chicago. The construction of the center is being funded by a grant from NIH and has the specific goal of fostering translational research that applies neurobiological principles to clinical populations. He has developed an intervention for autism based on the Polyvagal Theory. Professor Porges has published approximately 175 articles and has been continuously funded by NIH since 1975. In addition to the facilities enhancement grant from NIH, he currently has two active NIH grants and two foundation grants. These funds support research investigating the neurobiology of typical and atypical social behavior in a variety of clinical populations including autism, fragile-X-syndrome, selective mutism, HIV, and anxiety.

Co-presenting with Dr. Sue Carter. [Bio](#) [Back to workshop schedule](#)

Reineke, Anke, PhD, BCIAC

Anke Reineke, Ph.D., BCIAC, received her degree in Clinical Psychology with a Health emphasis from Alliant International University. Her doctoral dissertation dealt with the effectiveness of Heart Rate Variability biofeedback in reducing blood pressure in essential hypertension. She has over 6 years of training and experience with biofeedback and complementary medicine, and has been presenting posters and given presentations in the area of self-regulation skills and relaxation techniques. Presently, she is working in her postdoctoral internship at Rady Children's Hospitals and Health Center, San Diego, California, on the Hematology/Oncology Unit in which modalities of treatment include psychological assessment, pain

management, stress management (biofeedback therapy, guided imagery, relaxation, cognitive behavioral therapy) individual short-and long-term therapy, play therapy, and she is a facilitator of a parent support group. She is leading research studies for the integrative medicine program to measure the effectiveness of treatments offered by the program.

Saab, Marc, BAsC, MEng

Marc Saab holds a Bachelor of Applied Science from the University of Waterloo, with a major in electrical engineering and a minor in Biology, and a Masters of Biomedical Engineering >from McGill University and the Montreal Neurological Institute. His published research includes automatic early detection of epileptic seizures and other neurophysiological events in scalp and depth EEG. Professional work includes research and development, biosignal algorithm design and product development. He is currently a product manager at Thought Technology Ltd in Montreal, Canada. He is also a specialized instructor, lecturing on complex scientific concepts in a simple, easy to understand manner for the layman. He has offered workshops describing the theory and clinical applications of EEG signal processing at several annual conferences, including those of the AAPB and ISNR, for the past several years. [Back to workshop schedule](#)

Schindler, Thomas, MD, DD, Msc

Thomas Schindler as a dentist is specialized in temporomandibular disorders and has done his masterthesis in diagnostics of the craniomandibular system. Together with his wife Elisabeth Adleff Dr. Schindler has founded an Institute for psychosomatic diseases and functional disorders in the chewing system. He works in his office with gnathologic kind of restorations and with his wife he developed the initial interdisciplinary treatment of biofeedback and hypnotherapeutic interference of occlusal minded patients. His theoretical background was built up by working at the psychiatric hospital of Salzburg and a special education in psychosomatic diseases by the Austrian board of psychiatrists. Dr. Schindler got his Masterdegree from the Danube-University, where his is now lector.

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Schmid, Norman , PhD

Norman Schmid ist Klinischer- und Gesundheitspsychologie und Biofeedback-Therapeut. Studium der Psychologie in Wien; Diplomarbeit und Dissertation über Biofeedback. Er ist seit 1996 in eigener Praxis in St. Pölten tätig (Hygieia-Gesundheitsförderung: Praxis für Psychologie und Verhaltensmedizin). Die Schwerpunkte sind Psychologische Diagnostik und Therapie bei Angststörungen, somatoformen Störungen, Chronischen Schmerzen, Tinnitus und Depressionen. Seit 1998 Praxismgemeinschaft für Schmerztherapie mit Dr. Martina Schmid (FA für Anästhesiologie). 2000 Gründung des Zentrums für Tinnitus und Hyperakusis St. Pölten, gemeinsam mit Dr. Hannes Schobel (HNO-Facharzt). Lehraufträge beim Berufsverband Österreichischer Psychologen (BÖP), der Österreichischen Gesellschaft für Biofeedback und Psychophysiologie (ÖBfP), Fachhochschule St. Pölten und Donau-Uni Krems. Seit 2005 Leiter der Landesgruppe NÖ des Berufsverbandes Österreichischer Psychologen (BÖP) [Back to workshop schedule](#)

Sterman, M. Barry, PhD, BCIA-EEG Emeritus

M. Barry Sterman, Ph.D. is currently Professor Emeritus in the departments of Neurobiology and Biobehavioral Psychiatry at the UCLA School of Medicine. His major research interests include; basic neural mechanisms of sleep regulation; neural and behavioral mechanisms in epilepsy, neural substrates and cognitive correlates of EEG rhythms, and quantitative EEG Assessment and Neurotherapy. Papers written by Dr. Sterman have been published in Science, Brain Research, EEG and Clinical Neurophysiology, Experimental Neurology Journal of Internal Medicine, Biofeedback and Self-Regulation, Scandinavian

Journal of Psychology, Brain Topography, Clinical Neurophysiology, Journal of Neurotherapy, and the Handbook of Electroencephalography and Clinical Neurophysiology. [Back to workshop schedule](#)

Thompson, Lynda, PhD, BCIA-EEG

Lynda Thompson, Ph.D., BCIA-EEG, is a psychologist with experience in teaching, clinical psychology, school psychology and ownership of learning centers. Since 1993 she has been Executive Director of The ADD Centre in Toronto, a private service devoted to helping people improve behavior and learning. The clinic also deals with clients who have other disorders associated with poor attention including epilepsy, Asperger's Syndrome, learning disabilities, Tourette's Syndrome, closed head injury, autism, mood disorders, and anxiety. Her doctoral dissertation (1979) dealt with self-esteem in hyperactive children treated with methylphenidate. She is co-author with pediatrician William Sears of *The ADD Book: New Understandings, New Approaches to Parenting Your Child*, and co-author with Michael Thompson of *The Neurofeedback Book: an Introduction to Basic Concepts in Applied Psychophysiology*. She and her husband have lectured about Neurofeedback on five continents. [Back to workshop schedule](#)

Thompson, Michael, MD

Michael Thompson, MD devotes his time to the administration of the Biofeedback Institute and teaching. When formerly practicing medicine he was Associate Professor and head of post-graduate education in Psychiatry, University of Western Ontario, examiner for the Royal College of Physicians (Canada) and chairman of their examinations committee in psychiatry. Numerous professional publications include "A Resident's Guide to Psychiatric Education". While Associate Professor, University of Toronto, he was psychiatric consultant to The Hospital for Sick Children's neurology department.

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Timmer, Barbara, Dr.rer.nat

Barbara Timmer, Dr. rer. nat., arbeitet seit 1998 als klinische Psychologin und Psychotherapeutin in der Medizinisch-Psychosomatischen Klinik Roseneck. Neben ihrer klinisch-therapeutischen Arbeit ist sie auch wissenschaftlich tätig, einen Schwerpunkt stellt dabei der Bereich der somatoformen Störungen dar. In ihrer praktischen Tätigkeit in der Biofeedback-Abteilung der Klinik Roseneck setzt sie sich seit vielen Jahren intensiv mit verschiedensten Anwendungsbereichen von Biofeedback auseinander – ein Fokus ihrer Arbeit ist dabei die Behandlung von Patienten mit chronischen Schmerzstörungen, somatoformen Störungen, Angsterkrankungen und Tinnitus. Barbara Timmer ist Lehrtherapeutin für die Deutsche Gesellschaft für Biofeedback (DGBfb), seit 2004 bietet sie zudem Workshops bei der BFE an. [Back to workshop schedule](#)

Vogt, Friedrich, PhD

Klinischer und Gesundheitspsychologe; Neuropsychologe; Wissenschaftliche Forschungstätigkeit an der Abteilung für Physiologische Psychologie der Universität Salzburg (1995-1997); Praktische Fachausbildung in der neurologischen Abteilung der Christian-Doppler-Klinik Salzburg (1997-1998); Praktische Fachausbildung in der Alkohol- und Drogenstation der Psychiatrischen Abteilung der Christian-Doppler-Klinik Salzburg (1997-1998); Leitung der psychologischen Abteilung der Herz-Kreislauf-Rehabilitationsklinik der Sozialversicherungsanstalt der gewerblichen Wirtschaft; Betreuender Psychologe der Organisationseinrichtung „Stressverarbeitung nach belastenden Einsätzen (SvE)“ des Roten Kreuzes; Eigene psychologische Praxis für psychologische Diagnostik und Bio-/Neurofeedback in Salzburg; Notfallpsychologe und Landeskoordinator des Notfallpsychologischen Dienstes Salzburg; Vorstandsmitglied der Österreichischen Gesellschaft für Biofeedback und Psychophysiology (ÖBfP); Biofeedbacktherapeut

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Wise, Karen, Dipl.Psych.

Karen Wise has worked in the behavioral medical inpatient Clinic Roseneck in Prien on Lake Chiemsee since 1990. In addition to her clinical routine, she is active as a supervisor, teacher, lecturer and when time permits, as a researcher. She has extensive experience working with borderline and trauma patients and is a founding member of the German Speaking Society for Psychotraumatology (DeGPT). A concept developed by her for treating sexually abused patients became an important treatment component in the clinic and was shown to be effective in an evaluation. Publications on the topics of trauma, tinnitus, and eating disorders, as well as a book on the latter, illustrate her therapeutic span. Biofeedback is a valuable tool that she uses to embellish other methods in treating trauma patients.

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