

# Neurofeedback

## *Clinical Course*



Neurofeedback aus einer Hand

[www.eeginfo.ch](http://www.eeginfo.ch)

**April 28<sup>th</sup> – May 2<sup>nd</sup> 2010**  
Schlosshotel Berg near Munich

**With Siegfried and Susan Othmer**

We are proud to announce another neurofeedback seminar with Dr. Siegfried und Sue Othmer in Germany. The course is extended to five days to allow for more practicum!

### **Five-Day Clinical Course on Neurofeedback**

A comprehensive introduction to the technical background and clinical application of Neurofeedback. This course includes lectures, demonstration, discussion and hands-on practical experience. You will acquire the knowledge and experience to begin working with this exciting technique for improving self-regulation and enhancing brain function.

### **Course Description:**

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

- Learn about the technical basics of the functionality of Neurofeedback systems and of EEG signal processing.
- Learn mechanisms of neurophysiologic self-regulation and how specific patterns of dysregulation lead to physical, emotional and behavioural symptoms.
- Gain experience with Neurofeedback instrumentation that exercises the brains mechanisms of self-regulation and improves brain function.
- Learn about assessment tools that allow new insight into your patient's symptoms and guide Neurofeedback training.
- Gain knowledge and skills that will allow you to incorporate Neurofeedback into your clinical practice.
- Begin empowering your patients to function better and increase their ability to benefit from other therapies.

### **Upon completion of the course you will be able to:**

- Describe the EEG training process.
- Use Neurofeedback instrumentation at a basic level.
- Assess new clients for viability of Neurofeedback training.
- Describe Neurofeedback protocols for clinical and peak-performance applications.
- Assess progress and completion of training.

**Who should attend:**

- Health and mental health practitioners who wish to add Neurofeedback to their clinical practice.
- Psychologists, Psychiatrists
- Social workers, Educators
- Family therapists, Nurses
- Physical therapists and occupational therapists, Neurologists

**Preparation:**

Familiarity with the content of the following books will be assumed:

Primer of EEG: With a Mini-Atlas by A. James Rowan, Eugene Tolunsky

The Neuroscience of Psychotherapy by Louis Cozolino

A Symphony in the Brain by Jim Robbins

ADD the 20 Hour Solution by Mark Steinberg and Siegfried Othmer

**Credits offered:**

**Psychologists** - EEG Info is approved by the American Psychological Association to sponsor continuing education for psychologists. EEG Info maintains responsibility for its content. CEs: 32

**Nurses** - Provider approved by the California Board of Registered Nursing, Provider Number 14536 for 27 contact hours.

**MFCC and LCSW** - Course meets the qualifications for 32 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences. The EEG Info is Provider Number 3628.

**Credits in Germany:**

The Bavarian Psychotherapist Chamber has granted 57 training points for this course.

Ergotherapists: 40 training points for the whole course



*Participants must have paid tuition fee, signed in and out each day, attended the entire seminar, and completed an evaluation, in order to receive a certificate of completion/attendance.*

**About the lecturers:**

[Dr. Siegfried Othmer, BCIAC](#)

*Chief Scientist, EEG Institute*

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

[Susan Othmer, BCIAC](#)

*Clinical Director, EEG Institute*

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

## Course Schedule

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### Day 1

**8:30-12:30**

#### **Scientific Basis of Neurofeedback - Part 1**

History and development of Neurofeedback  
Results of research in the field of Neurofeedback  
Overview of established Neurofeedback methods

**12:30-13:30**

Lunch

**13:30-18:00**

#### **Technical Basics and Backgrounds**

Basics of EEG signal processing: amplifier, filter, sampling rate  
Basics of EEG analysis: frequency, amplitude, phase, filters, thresholds  
Practical application of EEG measurement: impedance, artefacts, electrodes



### Day 2

**8:30-12:30**

#### **Scientific Basis of Neurofeedback Part 2**

Emerging models of neurological regulation  
Self-regulation, arousal and EEG  
The disregulation model  
Results

**12:30-13:30**

Lunch

**13:30-18:00**

#### **Practicum 1**

Introduction to Neurofeedback instrumentation  
10-20 system of electrode placement  
CPT (Continuous Performance Test) assessment

### Day 3

**8:30-12:30**

#### **The Clinical Model**

Neurophysiological mechanisms of self-regulation  
Arousal and instability  
Neurofeedback as learned self-regulation of state  
Basic neurofeedback protocols

**12:30-13:30pm**

Lunch

**13:30-18:00**

**Practicum 2**

Demonstration of Neurofeedback session  
Personal training (T3-T4)  
Optimizing reward frequency

**Day 4**

**8:30-9:00**

**Discussion of personal training results**

**9:00-12:30**

**Symptoms Related to Disregulation Model**

Physiological subtypes  
Clinical and peak performance applications

**12:30-13:30**

Lunch

**13:30-18:00**

**Practicum 3**

Symptom tracking  
Personal training (T4-P4 and T3-Fp1)

**Day 5**

**8:30-9:00**

**Discussion of personal training results**

**9:00-12:30**

**Assessment and case management**

Interview and baseline testing  
Treatment plan  
Outcome measures

**12:30-13:30**

Lunch

**13:30-15:30**

**Practicum 4**

Alpha-Theta demonstration  
Personal training (AT session)

**15:30-17:00**

**Protocol Decision Tree**

Assessment  
Initial training session  
Inter-hemispheric and single hemisphere training  
Adding training sites  
Integrating alpha-theta training

**Completion Test and Evaluation Forms**

## **Organizational Notices**

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**Date:** April 28<sup>th</sup> – May 2<sup>nd</sup>, 2010

**Location:** Schloss Hotel Berg, Am Ölschlag 9, 82335 Berg/Germany  
(near Starnberg close to Munich) <http://www.hotelschlossberg.de>

**Notice:** The hotel is located in a wonderful landscape next to Lake Starnberg.

**Language:** The course will be held in English.

### **Neurofeedback equipment check – complimentary service:**

You are invited to bring your own Neurofeedback equipment and use it during the practicum. As a complementary service, we offer to check your system and do upgrades as far as possible.

### **Course Fee:**

Entire course per person 1290 €

„Early bird rate“: sign up before January 22<sup>nd</sup>: 1180 €

„Partner discount“: for 2nd person 1180 €

Single day, per day and person 290 €

Included in the course fee is:

- Lunch for all five days
- Snacks and beverages in breaks, unlimited coffee
- 1 Set of course material in English or German, as signed in  
(*booklet with all slides as well as CD*)

### **Accommodation:**

For the duration of the course we have reserved a limited contingent of single rooms at a special price of € 89.- Euro per night including breakfast buffet. Please let us know if you would like us to book a room for you. **Booking the room with us is possible only as long as the contingent lasts.**

In case you are interested in a double room, (€ 139,00 per night) please contact us in time. The hotel may have rooms available prior to the course or after, in case you would like to extend your stay in this beautiful area.

Don't forget swim suits and jogging gear!

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**I do sign up bindingly for this workshop:**

\_\_\_ whole seminar in English \_\_\_ or German \_\_\_

\_\_\_ single days on \_\_\_\_\_

1. Attendee

Name/First Name: \_\_\_\_\_

Street: \_\_\_\_\_

ZIP Code/Place/Country: \_\_\_\_\_

2. Attendee

Name/First Name: \_\_\_\_\_

Street: \_\_\_\_\_

ZIP Code/Place/Country: \_\_\_\_\_

3. Attendee

Name/First Name: \_\_\_\_\_

Street: \_\_\_\_\_

ZIP Code/Place/Country: \_\_\_\_\_

My email address: \_\_\_\_\_

(date and signature on next page after the fine print)

I will bring along the following devices:

NeuroAmp or any other \_\_\_\_\_ Laptop \_\_\_\_\_ QIK \_\_\_\_\_  
neurofeedback device

**Please make sure to bring along a suitable connector plug/adaptor for the German system!**

We have a limited contingent of single bedrooms at the course hotel.  
Price per single room is € 89.- per night including breakfast buffet.  
Booking the room with us is only possible as long as our contingent lasts!  
(Please see chapter „Accommodation“ of the course description).

Yes, please book a room for me \_\_\_\_\_ Number of single rooms \_\_\_\_\_

From (date) \_\_\_\_\_ 2010 to \_\_\_\_\_ 2010

No, I don't need a room \_\_\_\_\_

Contact us if you need a double room or have special requests.

Cancellation/Refund Policy:

1. Course:

We try to offer high quality and convenience to you. As a part of that, we want to allow for your maximum flexibility. Therefore, cancellations made until 30 days prior to the course are free of cost. Cancellations made within 7 to 30 days prior to the course will be subject to a fee of 50% of the course fee. If the cancellation is made within the 7-day period prior to the course, the entire course fee will have to be paid.

2. Hotel room:

In case you requested a hotel room, the cancellation policy is: until 90 days prior to the course: no cost; until 40 days prior to the course: 50% of the room fee is to be paid, until 10 days prior to the course: 90% of the room fee is to be paid, after that, full (all in case the hotel cannot fill the room otherwise).

I read the cancellation policy, agree with it and sign in.

Date and signature: \_\_\_\_\_

Mail this form to:	Or fax:	Or eMail:
EEG Info Husenstrasse 57 CH-9533 Kirchberg Switzerland	+41 (71) 931 46 17 or +49 (9131) 532 558	courses2010@eeginfo.ch

