

Neurofeedback

Clinical Course



Neurofeedback aus einer Hand

www.eeginfo.ch

April 11th – April 15th 2012
Malmö/Sweden

With Meike Wiedemann, Roxana Sasu and Bernhard Wandernoth

We are proud to announce our first neurofeedback seminar with Roxana Sasu and Meike Wiedemann in Sweden. Roxana Sasu will substitute Sue Othmer at this course and teach the content of her lectures in equivalent form. She was trained by the Othmers and has gained extensive experience in neurofeedback, working in the clinic run by the Othmers in Los Angeles. The course is extended to five days to allow for more practicum. Meike Wiedemann will substitute Siegfried Othmer. She was also trained by EEG Info and has many years of experience in Neurofeedback.

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 implement this exciting technique for improving self-regulation and enhancing brain function in your practice.

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
- Neurologists, physical therapists and occupational therapists

Preparation:

Familiarity with the content of the following books is recommended, but not mandatory:

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.

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:**Priv. doz. Dr. Meike Wiedemann**

Chief Scientist, EEG Info Europe

Meike Wiedemann is a neurobiologist and works as an associate professor for biofeedback and neurofeedback at the University Hohenheim / Germany. In research she mainly deals with the development of pre-clinical screening models and the effect of micro gravitation on the central nervous system. Since 2002 she runs a private practice for biofeedback and hypnosis, with an emphasis on neurofeedback, in Stuttgart. Since early 2011 she is employed as chief scientist at EEG Info Europe. Here, she is responsible for coordinating studies in the field of neurofeedback and for participating in the further development of the Othmer-Method

Roxana Sasu

Roxana received her MD from Carol Davila Faculty for General Medicine and Pharmacy, Bucharest, Romania and worked as a General Practitioner in one of the biggest Clinical Hospitals there. She then became involved in nutritional research and used nutritional supplements in conjunction with western medical treatments. She holds a license in Registered Nursing in the USA.

She entered the Neurofeedback field in May 2008 and has successfully trained clients using the Othmer Method at the EEG Institute since then. She divides her time between training her clients, teaching professional courses and researching new ways of approaching the training to achieve better results with her clients. Her clinical interests include emotional trauma and eating disorders as well as physiological dysregulations related to anxiety and depression. She teaches in English.

Dr. Ing. Bernhard Wandernoth

Bernhard Wandernoth is an electrical engineer and is specialized in information technology and signal processing. Since 1989 he has participated in high-technology programs in the fields of ultra-fast information exchange between satellites. Meanwhile he has an own company. Since 2004 he is head of the development of Neurofeedback systems, exclusively for EEG Info, in close cooperation with Susan and Siegfried Othmer. "There is no big difference, if you deal with the weak signals of a faraway satellite or with the weak signals we measure as an EEG from the cortex".

Course Schedule

Day 1

8:30-9:00

Welcome and Introductions

9:00-12:30

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

12:30-14:00

Lunch

14:00-16:30

Research History and Results

Early research history in Neurofeedback

Results of research in the field of Neurofeedback

16:30-18:00

Demonstration and Practicum 1

10-20 system of electrode placement



Day 2

8:30-12:30

Theoretical Model of Neurofeedback

Physiological mechanisms of excitation control

Self-regulation model

Neurofeedback approaches

12:30-14:00

Lunch

14:00-18:00

Demonstration and Practicum 2

CPT (Continuous Performance Test) assessment

Symptom tracking

Day 3

8:30-12:30

The Clinical Model

Neurophysiological mechanisms of self-regulation

Arousal and instability

Neurofeedback as learned self-regulation of state

Starting Neurofeedback protocols

12:30-14:00pm

Lunch

14:00-18:00

Demonstration and Practicum 3

Demonstration of Neurofeedback session
Personal training (starting sites)
Optimizing reward frequency

Day 4

8:30-12:30

Symptom Profiles and Basic Neurofeedback Protocols

Symptoms related to dysregulation model
Clinical and peak performance applications
Basic Neurofeedback protocols

12:30-14:00

Lunch

14:00-15:00

Discussion of personal training results

14:00-18:00

Demonstration and Practicum 4

Personal training (optimizing starting site and reward frequency)

Day 5

8:30-12:30

Neurofeedback Assessment and Training

Evaluation
Protocol development
Reassessment
Completion

12:30-14:00

Lunch

14:00-15:00

Discussion of personal training results

15:00-17:30

Demonstration and Practicum 5

Alpha-Theta demonstration
Personal Training (AT or infra-low session)

17:30-18:00

Next Steps after the Course

18:00

Course ends

Evaluation forms and certificates of completion

Organizational Notices

Date: April 11th – April 15th, 2012

Location: Hotel IBIS, Malmö, Sweden

Notice: Accommodation is available in the course hotel www.ibishotel.se

Language: The course will be held in English.

Neurofeedback equipment:

You are invited to bring your own Neurofeedback equipment and use it during the practicum.

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

Course Fee:

Entire course per person 1390 €

„Early bird rate“: sign up before January 9th: 1290 € (only for 1st person)

„Partner discount“: for 2nd person 1290 €

Single day, per day and person 290 €

Included in the course fee is:

- Lunch for all five days, excl. extra beverages
- Snacks and beverages in breaks
- 1 Set of course material in English language, (*booklet with all slides as well as CD*)

Accommodation:

Please contact us in case you need help in booking a hotel room. We recommend the Ibis Hotel www.ibishotel.se in Malmö.

Cancellation/Refund Policy:

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.

Registration:

Please register via the registration form on our homepage: www.eeginfo.ch.

In the attachment you will find our General Terms and Conditions for courses.

Our General Terms and Conditions for Courses

Our terms and conditions are applicable to all courses offered by BEE Medic GmbH. In the following BEE Medic GmbH is called course organizer. Trainings, workshops, courses or seminars are called course in the following. For all mutual claims arising from or in connection with a contract between the customer and the course organizer always the terms and conditions valid at the time the contract is signed apply.

Course Descriptions

Each course is based on its individual course description on www.eeginfo.ch. It contains specific information on each course offered by us and contains information about the purpose and content of the course, as well as information about course rooms, food and accommodation.

If any details of the seminar description are in conflict with the terms and conditions, the details of the course description shall prevail. The description of each course is an integral part of these terms and conditions. Food, travel and accommodation costs are not included in the course fees, unless explicitly stated in the course description differently.

Sign-On

For mandatory registration the appropriate online registration form on www.eeginfo.ch must be completed. Alternatively, the registration form provided by the course organizer can be filled out and returned by e-mail or post. The maximum number of participants may be limited. Registrations will be considered in the order they are received and will be confirmed by the course organizer, or declined without giving any reason, in writing or by electronic means. The applicant agrees to the storage of his data under consideration of the federal data protection law and by his registration he expressly permits the course organizer to contact him in writing or by telephone.

Services and Fees

For information on the course fees, and their underlying services, please see the course description belonging to the respective course. The money must be transferred to the bank account stated on the invoice until the date of payment stated on the invoice. For later sign-ons, payment must be made until the course beginning at the latest.

Cancellation by the Course Organizer

The course organizer may, at any time, cancel a seminar with good cause (too few participants, illness of a lecturer, etc.), or may exclude individual members from participation of the seminar without naming the reason, even after confirmation of registration. In this case, the affected participants will be informed immediately and will be returned pre-paid seminar fees in full. Further claims can not be invoked, especially the cost of already booked rooms, travel expenses, lost earnings, etc.

Cancellation by the Participant

The conditions for cancellation noted on the respective registration form apply. These arrangements apply, unless a substitute participant is named and registered.

Implementation Deviation

The seminar organizer reserves the right to change dates and places of execution.

Copyright

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Liability

The course organizer assumes no liability for objects of any kind the customer or seminar participants brought with them to the courses. Each participant is fully liable for himself and his actions within and outside the organized event. He is fully responsible for any damage he does.

12. Applicable Law and Court of Jurisdiction

The contract entered into on the basis of these General Terms and Conditions for Courses is subordinate to Swiss law solely.

Responsible for the clarification of litigation resulting from this contract are the courts of our registered office solely. But we are entitled to prosecute the Purchaser in his regular court of jurisdiction also.