

Neurofeedback

Clinical Course



Neurofeedback aus einer Hand

www.eeginfo.ch

June, 02.-06. 2009

Arendal, Norway

With Siegfried and Susan Othmer

We are proud to announce another neurofeedback seminar with Dr. Siegfried und Sue Othmer in Europe. For the first time, the course is extended to five days to allow for more practicum!

Five-Day Clinical Course in 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.

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

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

Date: June 2nd ... 6th, 2009

Location: Arendal Herregaard Spa & Resort, Hove, Tromoy, N-4818 Faervik, Norway
<http://www.arendalherregaard.no>

Notice:

The hotel is located in a wonderful landscape and has a splendid **SPA-area** with swimming pool, jaccuzzi, steam room, finnish sauna, Turkish hammam, etc. Access to the SPA is included in the course fee.

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 March 7th: € 1180.-

„Partner discount“: for 2nd person 1180 €

Single day, per day and person 260 €

Included in the course fee is:

- Lunch for all five days
- Snacks and beverages in breaks, unlimited coffee
- Course material (*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 reduced price of 125 Euro per night including breakfast and dinner (this offer is valid from day 1 of the course and there will be no dinner on the last day of the course, drinks are not included). 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 like to arrive earlier or depart later, please let us know. We are happy to assist you with arrangement of your travel needs.

In case you are interested in a double room, please contact us in time.

Please note that there are no other hotels in the direct vicinity of the conference location.

Neurofeedback *Clinical Course*

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I do sign up bindingly for this workshop:

___ whole seminar

___ 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 Norwegian system!

We have a limited contingent of single rooms at the course hotel. Price per room is € 125.00 per night including breakfast and dinner (drinks not included).

Booking the room with us is possible only as long as the contingent lasts and has to be done until 30 days before the course begins!

(Please see chapter „Accommodation“ of the course description).

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

No, I don't need a room _____

In case you arrive the day before the course begins, you are required to book and pay for the room for this night by yourself. Please let us know if you need assistance.

Cancellation/Refund Policy:

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 fee will have to be paid. In case we have booked a room at the hotel for you, and are unable to find a substitute, we will have to bill you all costs arising herefrom, independent of the cancellation date.

I read the cancellation policy and agree with it.

Date and signature: _____

Mail this form to:	Or fax:	Or eMail:
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