Practicum Week Schedule

Schedule Note: _Breakfast is included from 7:30 - 8:30am each day_
There will be a 15-minute break during each morning and afternoon block

Monday: Neurofeedback Assessment - Day 1:

7:30 – 8:30am   Registration & Breakfast

8:30am – 12:30pm _(12:30 – 2:00pm: Lunch break)_

Welcome & Introductions

Evaluation overview: interview, QIKtest, NF session, symptom tracking treatment plan

Demonstration: Evaluation Interview

Practice Session 1: Evaluation Interview with partner

2:00 – 5:30pm

Symptom profiles and basic NF protocols

QIKtest demonstration

Practice Session 2: QIKtest administration and report

(Test observation and completion of assessment summary form)

Tuesday: Neurofeedback Assessment - Day 2:

8:30am – 12:30pm _(12:30 – 2:00pm: Lunch break)_

Discussion of QIK results

Starting sites and frequencies

Session notes

Discussion of assessment summary and choice of starting protocol

Practice Session 3: Evaluation NF session: optimizing placement reward frequency

2:00 – 5:30pm

Discussion of Treatment Plans based on interview, QIKreports and first NF session

Practice Session 4: Symptom tracking and follow-up NF session

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Credits per topic:

14 Continuing Education Credits

4 Mentoring Hours for OMC

4 Personal Training Sessions

Cancellation/Refund Policy: Cancellations must be received 10 days prior to the workshop. Cancellations made within the 10-day period will be subject to a $200.00 course materials and processing fee. If you cannot attend, a qualified substitute may attend in your place or you can choose to attend one of the other scheduled workshops.

Contact Information: To cancel your registration, sign up for a different workshop or have questions regarding this course, call EEG Info at 866.334.7878.

Information for Special Needs Participants: This program will be accessible to individuals with disabilities, according to requirements of the Americans with Disabilities Act. Please contact EEG Info if you need further information or if you have requests for special needs participants.

Continuing Education: The course meets the qualifications for 14 CE hours of continuing education credit for MFTs and/or LCSWs (per topic - 42 CE hours total) as required by the California Board of Behavioral Sciences; provider #3628.

Continuing Education for Psychologists: This course is co-sponsored by Amedco and EEG Info. Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and its content. 14 CE credit hours (per topic - 42 CE hours total).

Nurses: Provider approved by the California Board of Registered Nursing, Provider Number 15652 for 4 contact hours per topic.

Satisfactory Completion: Participants must have paid tuition fee, signed in and out each day, attended the entire seminar, and completed an evaluation, in order to receive a certificate of completion/attendance. Certificates will be sent after the seminar.

Neurofeedback Assessment Learning Objectives:

Upon completion of this course you should be able to:

Day 1

1. Describe basic categories of disregulation related to symptoms and Neurofeedback training options.
2. Conduct an interview with a new client to gain relevant information from the client and also to educate the client regarding the Neurofeedback process.
3. Explain how information from the interview can be organized to understand the client's possible modes of disregulation and propose appropriate Neurofeedback training options.
4. Demonstrate administration and report generation of the QIK continuous performance test.
5. Discuss QIK test results related to the client's reported symptoms and challenges.

Day 2

6. Explain the choice of starting sites and reward frequency based on information from the interview and QIK test.
7. Describe the observation of symptom changes during the first Neurofeedback session and how that helps to optimize training and clarify understanding of the client.
8. Demonstrate setup of symptom tracking and options for collecting information in session or remotely.
9. Describe how to set up a Neurofeedback treatment plan using client information from interview, QIK CPT and first session effects.
10. Describe the use of electronic or written session notes to document observations and clinical decision-making from session to session.

Wednesday: Infra-low Frequency Neurofeedback with HD - Day 1:
8:30am – 12:30pm *(12:30 – 2:00pm: Lunch break)*

Cygnet session basics: demonstration and discussion

Electrodes use and care

Impedance measurement

Infra-low clinician screen and live session controls, Session reports

Starting site and reward frequency options

Interpreting symptom changes in session

Discussion of starting site training results so far

Practice session 1: starting sites

Continued optimization of starting site and reward frequency

2:00 – 5:30pm

Understanding EEG displays: demonstration and discussion

EEG and spectral displays, Artifacts, History graph (Trends)

Optimizing feedback (game) displays and tactile: demonstration and discussion

Discussion of starting site training results

Identifying symptoms to track in session and from session to session

Practice session 2: starting sites

Continued optimization of starting site and reward frequency

Thursday: Infra-low Frequency Neurofeedback with HD - Day 2:
8:30am – 12:30pm *(12:30 – 2:00pm: Lunch break)*

Adding training sites and adjusting reward frequencies

Discussion of training results

Interpreting symptom changes session to session

Practice session 3: Adding basic sites

2:00 – 5:30pm

Working with infra-low reward frequencies

Changing reward frequency ranges

Tracking Infra-low frequency signals

Explaining Infra-low frequency feedback

Expectations

Discussion of training results

Practice session 4: Adding basic sites

Continued optimization of basic sites and reward frequencies

Infra-low Frequency Neurofeedback Learning Objectives:

Upon completion of this course you should be able to:

Day 1
1. Describe two options for starting electrode placement and reward frequency and reasons for selecting one or the other.
2. Describe symptoms commonly experienced during training, and their relationship to reward frequency.
3. Identify EEG signal characteristics and artifacts as shown in EEG, spectral and history graph displays.
4. Demonstrate feedback display options and adjustments, and discuss optimization for individual clients.
5. Explain the process of combining feedback about symptom changes during and after each Neurofeedback session, and deciding on adjustment of reward frequency or electrode placements for the next session.

Day 2
6. Describe the role of EEG amplitude and phase in bipolar training.
7. Define infra-low frequency EEG, and describe special considerations in working in this very low frequency band.
8. Describe common sequences of basic training sites when starting with T4-P4 or T3-T4.
9. Explain the function of multi-modality association areas and why they are the most common Neurofeeback training sites.
10. Describe the expected relationship of optimal reward frequencies for left-side, right-side and inter-hemispheric training.

Friday: Alpha-Theta Neurofeedback - Day 1:

9:00am – 12:30pm *(12:30 – 2:00pm: Lunch break)*

Introduction to Alpha-Theta

      Client preparation for deep-state sessions

Technical setup 1-channel

      Electrodes

      Cygnet session controls

      Session reports

      Client introduction and instructions

      Beginning and ending a session

Practice session 1: Alpha-Theta 1-channel

2:00 – 5:00pm

Discussion of training effects

Imagery for Alpha-Theta

      Deep states and the subconscious

      Post-session processing and integration

Practice session 2: Alpha-Theta 1-channel with guided imagery

Saturday: Alpha-Theta Neurofeedback - Day 2:

9:00am – 12:30pm *(12:30 – 2:00pm: Lunch break)*

Discussion of training effects

Case studies: Individual adjustments

      Readiness for AT

      Alpha reward frequency adjustments

      Awake-state training pre or post AT

Technical setup 2-channel

Practice session 3: Alpha-Theta 2-channel

2:00 – 5:00pm

Discussion of results

Helpful tools

Understanding 1-channel bipolar, 1-channel referential, and 2-channel sum feedback

Practice session 4: Alpha-Theta 2-channel with guided imagery

Alpha-Theta Neurofeedback Learning Objectives:

Upon completion of this course you should be able to:

Day 1

1. Describe appropriate physical setup and client introduction as preparation for a deep-state experience.
2. Cite common sensations and feelings that might occur during Alpha-Theta sessions.
3. Explain how to use guided imagery to prepare clients for deep-state Alpha-Theta training.
4. Demonstrate electrode placements and system setup for one-channel referential Alpha-Theta training.
5. Discuss EEG history graphs related to possible state shifts during an Alpha-Theta session.

Day 2

6. List considerations in deciding when to introduce Alpha-Theta training with a neurofeedback client.
7. Demonstrate electrode placements and system setup for two-channel sum Alpha-Theta training.
8. Compare one-channel bipolar, one-channel referential, and two-channel sum training in terms of different reward frequency ranges and training effects.
9. Describe when and how to combine Alpha-Theta (deep-state) and bipolar (awake-state) training.
10. Describe how other relaxation tools might be used in combination with Alpha-Theta training.