Infra-low Frequency HD Practicum 2015

Day 1:

7:30 – 8:30 am **Registration and breakfast**

8:30 am – 12:30 pm

Welcome

Introductions

Cygnet session basics: 1 channel ILF HD demonstration and discussion

Electrode use and care

Impedance measurement

Clinician screen and live session controls

New lower reward frequency range

New right panel display

New combination sensor

Session reports

Starting site and reward frequency options

Starting sites and reward frequency with ILF HD

Adjusting reward frequency (and site) in session

Discussion of personal training results so far and starting site indicators

Practice session 1: starting sites – 1 channel ILF HD

Continued optimization of starting site and reward frequency

12:30 – 2:00 pm **Lunch break**

2:00 – 5:30 pm

Understanding EEG displays: demonstration and discussion

EEG and spectral displays

New peripheral measures

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 – 1 channel ILF HD

Continued optimization of starting site and reward frequency

Day 2:

7:30 – 8:30 am **Breakfast**

8:30 am – 12:30 pm

Cygnet session basics: 2 channel ILF HD

Electrode setup – 5 electrodes or 4 electrodes with jumper cable

Clinician screen, live session controls and session reports

Adding ILF HD training sites and adjusting reward frequencies

Adding basic sites and other sites

Discussion of training results

Interpreting symptom changes session to session

Practice session 3: Adding basic sites – 2 channel ILF HD

12:30 – 2:00 pm **Lunch break**

2:00 – 5:30 pm

After ILF HD and Explaining ILF neurofeedback

Adding alpha-theta

Adding 2 channel synchrony

Changing reward frequency ranges

Tracking Infra-low frequency signals

Discussion of training results

Practice session 4: Adding basic sites – 2 channel ILF HD

Continued optimization of basic sites and reward frequencies