

Neurofeedback: Scientific Basis and Clinical Practice

Five-Day Clinical Course In Neurofeedback

A comprehensive introduction to the clinical application of Neurofeedback, including 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. Earn **35 CE's** by attending this course.

Presented by:

Siegfried Othmer, Ph.D., 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.

Who Should Attend?

Health and mental health practitioners who wish to add Neurofeedback to their practice:

- | | | | |
|---------------------|-----------------|----------------|---------|
| » Psychologists | » Psychiatrists | » PTs and OTs | » LCSWs |
| » Social workers | » Educators | » Neurologists | » LPCs |
| » Family therapists | » Nurses | » MFTs | » LMHCs |

Prerequisites:

Health and mental health practitioners ***with a Masters or above***

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

Upon completion of the course you should 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

Course Description:

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

- » Learn mechanisms of neurophysiological self-regulation and how specific patterns of dysregulation lead to physical, emotional and behavioral symptoms
- » Gain experience with Neurofeedback instrumentation that exercises the brain's mechanisms of self-regulation and improves brain function
- » Learn about assessment tools that allow new insight into your client's symptoms and guide Neurofeedback training
- » Begin empowering your patients to function better and increase their ability to benefit from other therapies

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: 35**

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 35 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. Certificates will be sent after the seminar.

Cancellation/Refund Policy:

Cancellations must be received 10 days prior to the course/practicum. 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 courses/practicums.

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.

EEG Info is approved by the American Psychological Association to sponsor continuing education for psychologists. EEG Info maintains responsibility for this program and its content.

Course Schedule (Schedule is subject to change)

Schedule Note: Breakfast is included from 7:30 - 8:30am each day

MONDAY:

8:30am - 12:30pm

Welcome and Introductions

Research, History and Results

Early Research History in Neurofeedback

What Results Have Been Obtained?

Cases Supporting the Dysregulation Model

2:00 - 4:00pm
Neurofeedback Foundations
Building blocks
Assumptions
Instrumentation

4:00 - 6:00pm
Demonstration and Practicum 1
CPT (Continuous Performance Test) assessment

TUESDAY:

8:30am - 12:30pm
Theoretical Model of Neurofeedback
Emerging models of neurological regulation
Self-regulation, arousal and EEG
The disregulation model

2:00 - 6:00pm
Demonstration and Practicum 2
Introduction to Neurofeedback instrumentation
10-20 system of electrode placement
Symptom tracking

WEDNESDAY:

8:30am - 12:30pm
The Clinical Model
Neurophysiological mechanisms of self-regulation
Arousal and instability
Neurofeedback as learned self-regulation of state
Basic Neurofeedback protocols

2:00 - 6:00pm
Demonstration and Practicum 3
Demonstration of Neurofeedback session
Personal training (starting sites)
Optimizing reward frequency

THURSDAY:

8:30 - 9:00am
Discussion of Personal Training Results

9:00am - 12:30pm
Symptom Profiles and Basic Neurofeedback Protocols
Symptoms Related to Disregulation Model
Physiological subtypes
Clinical and peak performance applications

2:00 - 6:00pm

Demonstration and Practicum 4

Personal training (basic site combinations)

Course Syllabus: 2010

(Schedule is subject to change)

FRIDAY:

8:30 - 9:00am

Discussion of Personal Training Results

9:00am - 12:30pm

Assessment and Case Management

Interview and baseline testing

Treatment plan

Outcome measures

2:00 - 4:00pm

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

4:00 - 6:00pm

Demonstration and Practicum 5

Alpha-Theta demonstration

Personal training (AT session)

