

Alpha-Theta: Weekend Practicum

Schedule Note: *Breakfast is included from 8:00 - 9:00am each day*

There will be a 15-minute break during each morning and afternoon block

12 Continuing Education Credits

4 Mentoring Hours for OMC

4 Personal Training Sessions

Day 1:

8:00 – 9:00am **Registration and Breakfast**

9:00am – 12:30pm

Welcome and Introductions

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

12:30 – 2:00pm **Lunch break**

2:00pm – 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

Day 2:

8:00 – 9:00am

Breakfast

9:00am – 12:30pm

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

12:30 – 2:00pm

Lunch break

2:00pm – 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 Practicum 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.

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 12 hours of continuing education credit for MFTs and/or LCSWs 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. 12 credit hours.

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

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.