Infra-low Frequency Neurofeedback

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

Day 1:

12 Continuing Education Credits
4 Mentoring Hours for OMC
4 Personal Training Sessions

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

9:00am – 12:30pm
Welcome
Introductions
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

12:30 – 2:00pm **Lunch break**

2:00pm – 5:00pm
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

Day 2 Schedule and Learning Objectives on Page 2 >>

Day 2:

8:00 – 9:00am **Breakfast**

9:00am – 12:30pm
Adding training sites and adjusting reward frequencies
Discussion of training results
Interpreting symptom changes session to session
Practice session 3: Adding basic sites

12:30 – 2:00pm **Lunch break**

2:00pm – 5:00pm
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.

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.