

# Infra-low Frequency Neurofeedback with HD

*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*

## Day 1:

**15** Continuing Education Credits

**2** Personal Training Sessions

**7:30 – 8:30 am**

**Registration and breakfast**

**8:30 am – 12:30 pm**

Welcome

Introductions

**Cygnets session basics:** 1 channel ILF HD demonstration and discussion

Electrode use and care

Impedance measurement

Clinician screen and live session controls

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

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

### **Cygnnet session basics: 2 channel ILF HD**

Electrode setup – 5 electrodes or 3 electrodes with jumper cables

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

Expectations

### **Discussion of training results**

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

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 with ILF HD and reasons for selecting one or the other.
2. Describe symptoms commonly experienced during sessions, 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 electrode setup options for 2 channel ILF HD sessions, using 5 electrodes or 3 electrodes with jumper cables.
7. Define infra-low frequency EEG, and describe special considerations in working in this very low frequency band.
8. Explain the differences between 1 channel and 2 channel ILF HD, and why 2 channel sessions create stronger training effects.
9. Describe the expected relationship of optimal reward frequencies for left-side, right-side and inter-hemispheric training.
10. Explain current understanding of neurofeedback as feedback promoting self-regulation rather than operant conditioning on brain wave amplitudes.

**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. EEG Info reserves the right to cancel any event with due cause; a full refund will be issued for any registration fees or deposits paid. Attendees are also allowed to transfer to a future course.

**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 15 CE 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. 15 CE 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.