Practicum Week Syllabus

Neurofeedback Assessment

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

15 Continuing Education Credits

1 Personal Training Session

Day 1:

7:30 – 8:30am **Registration and Breakfast**
8:30am – 12:30pm
Welcome and Introductions
Evaluation overview: interview, QIK test, NF session, symptom tracking, treatment plan
Symptom profiles and basic Neurofeedback protocols

12:30 – 2:00pm **Lunch break**

2:00pm – 5:30pm
Practice session 1: Evaluation Interview with partner
Developing a neurofeedback treatment plan
Completion of assessment summary form

Day 2:

7:30 – 8:30am **Breakfast**
8:30am – 12:30pm
QIK test demonstration
Practice session 2: QIK test - administration and report
Discussion of QIK results
Practice session 3: Symptom tracking

12:30 – 2:00pm **Lunch break**

2:00pm – 5:30pm
Starting sites and frequencies
Discussion of assessment summary and choice of starting protocol
Discussion of Treatment Plans based on interview, QIK reports and first NF session
Session notes
Practice session 4: Evaluation NF session: optimizing placement and reward frequency

Neurofeedback Assessment Learning Objectives:

Upon completion of this course you should be able to:

Day 1

1. Describe basic categories of disregulation related to symptoms and Neurofeedback training options.
2. Conduct an interview with a new client to gain relevant information from the client and also to educate the client regarding the neurofeedback process.
3. Explain how information from the interview can be organized to understand the client's possible modes of disregulation and propose appropriate neurofeedback training options.
4. Demonstrate administration and report generation of the QIK continuous performance test.
5. Discuss QIK test results related to the client's reported symptoms and challenges.

Day 2

6. Explain the choice of starting sites and reward frequency based on information from the interview and QIK test.
7. Describe the observation of symptom changes during the first neurofeedback session and how that helps to optimize training and clarify understanding of the client.
8. Demonstrate setup of symptom tracking and options for collecting information in session or remotely.
9. Describe how to set up a neurofeedback treatment plan using client information from interview, QIK CPT and first session effects.
10. Describe the use of electronic or written session notes to document observations and clinical decision-making from session to session.

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.

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

Cygnet 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

Cygnet 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.

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Alpha-Theta 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

15 Continuing Education Credits

2 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 – 6:00pm
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

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 – 6:00pm
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 Neurofeedback 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.

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