

## Practicum 1 Schedule

**Upon completion of this course, participants should be able to:**

1. Conduct and combine information from interview, QIKtest data and first neurofeedback session.
2. Set up symptom tracking and create treatment plan for new clients.
3. Increase clinical skills working with new lower training frequency range.
4. Optimize training variables based on client's response to shifts in electrode placement and training frequency.
5. Understand basic EEG patterns reflecting brain state changes and artifacts.

**Day 1:**

**7:30 – 8:30am                      Registration and Breakfast**

**8:30am – 12:30pm**

Welcome and Introductions

**Assessment overview:** interview, QIK test, NF session, symptom tracking, treatment plan

**Assessment Interview**

Basic sites and training effects

Neurofeedback assessment form, neurofeedback treatment plan

**Practice session 1: Assessment Interview with partner**

**Practice session 2: Completion of assessment summary form**

**12:30 – 2:00pm                      Lunch break**

**2:00pm – 5:30pm**

**QIK test and Symptom tracking**

QIK test demonstration

**Practice session 3: QIK test - administration and report**

Discussion of QIK results

**Practice session 4: Symptom tracking**

**Day 2:**

**7:30 – 8:30am            Breakfast**

**8:30am – 12:30pm**

**Cygnnet session basics: 2 channel ILF HD demonstration and discussion**

- Electrode setup and care
- Impedance measurement
- Clinician screen and live session controls
- Session reports

**Starting sites and training frequency options**

- Starting sites and frequencies with ILF HD
- Adjusting training frequency and/or training site in session

**Discussion of personal training and starting site indicators**

**Practice session 5: starting sites – 2 channel ILF HD**

**12:30 – 2:00pm            Lunch break**

**2:00pm – 5:30pm**

**Understanding EEG displays: demonstration and discussion**

- EEG and spectral displays
- Artifacts
- History graph (Trends)

**Peripheral measures with combination sensor**

**Discussion of training results**

- Interpreting symptom changes session to session

**Practice session 6: starting sites – 2 channel ILF HD**

- Continued optimization of starting site and training frequency

**Day 3:**

**7:30 – 8:30    Breakfast**

**8:30am – 12:30pm**

**Optimizing feedback (game) displays and tactile: demonstration and discussion**

**Adding ILF HD training sites and adjusting training frequencies**

- Adding basic sites and other sites

**Discussion of training results**

- Interpreting symptom changes session to session

**Practice session 7: Adding basic sites – 2 channel ILF HD and combination sensor**

**12:30 – 2:00pm**

**Lunch break**

**2:00pm – 5:30pm**

**After ILF HD and Explaining ILF neurofeedback**

Adding alpha-theta

Adding 2 channel synchrony

History of training frequency ranges

Tracking Infra-low frequency signals

**Discussion of training results**

**Practice session 8: Adding basic sites – 2 channel ILF HD and combination sensor**

Continued optimization of basic sites and training frequencies