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

1. Conduct 2-channel 10 Hz Alpha or 40 Hz Gamma synchrony sessions, including combination sensor for physiological monitoring.

2. Set up five electrodes with one jumper cable for 2-channel synchrony and Alpha-Theta sessions.

3. Understand how to use guided imagery with Alpha-Theta for different client populations.

4. Discuss EEG history graphs related to brain state shift during Alpha-Theta sessions.

DAY 1: Synchrony

7:30 – 8:30am Registration and Breakfast

8:30am – 12:30pm
Welcome and Introductions
2 channel synchrony program:
   4 or 5 electrode setup
   EEG synchrony – alpha (10 Hz) and gamma (40 Hz)
   Demonstration and discussion
Practice session 1: Pz+AFz/ P3+P4/ O1+O2 10 Hz synchrony sessions
Group discussion of results

12:30 – 2:00pm Lunch

2:00 – 3:30pm
Combination sensor and peripheral measures
   Demonstration and discussion
Practice session 2: Pz+AFz/ Fp1+Fp2 40 Hz synchrony sessions with combination sensor
Group discussion of results
DAY 2: Alpha-Theta

8:00 – 9:00am Breakfast

9:00am – 12:30pm
Welcome and Introductions
Brief History Peniston Protocol
Explaining Alpha-Theta
Conscious Vs Subconscious
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
  Physiological Monitoring

Practice session 3: Alpha-Theta 1-channel
Discussion of Training effects

12:30 – 2:00pm Lunch

2:00pm – 6:00pm
Trend Lines
Imagery for Alpha-Theta
  Formulating Suggestions
  Post-session processing and integration

Practice session 4: Alpha-Theta 1-channel with guided imagery
Discussion of Training effects

DAY 3: Alpha-Theta

8:00 – 9:00am Breakfast

9:00am – 12:30pm
Alpha Theta with Children
Individual adjustments
  Alpha reward frequency adjustments
  Awake-state training pre or post AT
Technical setup 2-channel Technical setup
Reflections

Practice session 5: Alpha-Theta 2-channel with Imagery
Discussion Results

12:30 – 2:00pm Lunch

2:00pm – 6:00pm
Helpful tools
Case Studies
Suggested Use for Alpha/Theta
Typical Transformational Experiences
Common Experiences
Impediments to Successful Session
Abreactions

Practice session 6: Alpha-Theta 2-channel with guided imagery
Discussion Results