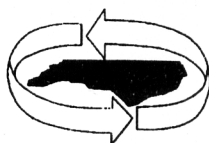


North Carolina Biofeedback Society's
www.ncbiofeedback.org



2009 Conference

Presents

*“Visions of the Future
Thru
Biofeedback”*

November 6-8, 2009

*Clarion Airport Hotel
Greensboro, NC*

336-299-7650

www.clariongreensboro.com

Please join us for collegiality, education, and inspiration.

PROGRAM

Friday, November 6, 2009

6:30- 8:30 **Breakfast in Terrace Room**

8:00- 8:30 **Registration**

8:15- 8:30 **Welcome**

Pat Benfield, President of NCBS (0.25 CE/CME)

8:30- 9:30 **The Spoils of War: TBI in Returning Veterans**

Paul Michael Ramirez, Ph.D., BCIA(C) Fellow

This presentation will focus on neurophysiological, neuropsychological and emotional aspects of Traumatic Brain Injury (TBI), with an emphasis on combat related TBI injuries. In addition to mechanical and neurophysiological damage to the brain that occurs in a TBI (e.g., in “Blast” injuries secondary to IEDs), cognitive difficulties and emotional sequelae often seen in returning veterans who are victims of TBI will be discussed as well as their implications for treatment planning. (1.0 CE/CME-Intermediate)

9:30-10:00 **Break—Exhibits--Meet & Greet Presenters** (0.5 CE/CME)

10:00-12:00 **Peripheral and EEG Biofeedback: Applications in Military Medicine**

David Hagedorn, PhD, BCIA-EEG

...Approximately 1.6 million U.S. military personnel have deployed to Iraq or Afghanistan for Operation Iraqi Freedom and Operation Enduring Freedom through mid-2007. An estimated 12-22% are exposed to injuries resulting in TBI but the actual incidence is largely unknown due to overlapping PTSD symptoms similar to those of mTBI making the assessment and treatment complex....Research suggests that those with PTSD may have an altered neurobiology. Also HRV has been reported in a variety of clinical anxiety conditions, including combat-related PTSD. Efferent parasympathetic output from the vagus cranial nerve (vagal tone) is the major contributor to HRV power, and an index of the parasympathetic/sympathetic balance.

Normal vagal tone is necessary for maintenance of the physiological background necessary for initial perception and registration of environmental stimulation and events, suggesting that PTSD also has an underpinning of physiological abnormality (lower HRV) which may also adversely affect early stage information processing. Evidence that there are deficits in attention (ATTN) and immediate memory (IM) associated with PTSD in combat veterans can be found in the literature....The applications of neuroscience technology, namely peripheral and EEG biofeedback assessment and treatment modalities, are increasingly proving to be efficacious and complementary to current military and civilian medical care. (2.0 CE/CME-- Intermediate)-

12:00- 1:00 **Lunch in Salon B---Exhibitors** (0.5 CE/CME)

1:00- 3:00 **NeuroChemistry for the Biofeedback Practitioner**

Tom Gross, DC, DACNB, BCIA-EEG

This lecture is designed to expose feedback practitioners to fundamental biochemical considerations in neurotransmitter function as well as their assessment and intervention. A simple written instrument will be distributed and taught so as to enable the biofeedback practitioner a reasonably accurate clinical decision-making tool in order to help direct nutritional and lifestyle interventions to optimize brain chemistry and support the efficacy of biofeedback therapy. (2.0 CE/CME—Intermediate)-

3:00- 3:30 **Break—*Exhibitors** (0.5 CE/CME)-

- 3:30- 5:00 **HRV's Place in Biofeedback & Neurofeedback**
Peder Fagerholm, PhD, BCIA-C/BCIA-EEG Certified
 HRV has been shown effective as a stand alone treatment and has been proven to be even more powerful when used in conjunction with other modalities of BF and NF. This presentation will provide information on how HRV works, why it works, and how to do it. *(1.5 CE/CME-Beginner-Advanced)*-
- 5:00- 5:20 **A Randomized Controlled Study of the Effectiveness of Casual Video Games in Reducing Stress & Improving Mood & Cognition in People Age 50 & Older**
Bennie Stover, Graduate Research Assistant in ECU Psychophysiology Lab and Biofeedback Clinic
 To determine casual video games (CVGs) effectiveness in reducing stress and improving mood and cognition. Monitoring EEG symmetry, heart rate variability, respiration and saliva indicating changes in stress and mood. Additional instruments used are Perceived Stress Scales and Profile of Mood States. Cognition is measured via Trail Making Tests. Recruiting 60 participants from Greenville, NC community. Experimental group play one of three CVGs for 20 minutes. Control group watch DVD on parental discipline of adolescent growth for 20 minutes. Results will collaborate with prior research on CVGs, providing insight on future stress management techniques and cognitive improvement exercises. *(0.33 CE/CME-Intermediate)*-
- 5:20- 5:40 **Basic ReTraining**
Matthew Fish, Graduate Research Assistant in ECU Psychophysiology Lab and Biofeedback Clinic
 The Basic ReTraining program is a cooperative program between East Carolina University and the United States Marine Corps Wounded Warrior Battalion designed to increase Marine and Corpsman performance utilizing biofeedback modalities which are combined (circuit training) to effect similar outcomes; improved control of the central and autonomic nervous systems. Each participant is implemented with their own individual training program (ITP) which includes a thorough physiological, biochemical, and psychological evaluation. Injuries dealt with in program include Traumatic Brain Injury and Post Traumatic Stress Disorder. The poster will also give a detail look at the methodology of the program. *(0.33 CE/CME-Intermediate)*-

5:45- 7:15 **Social w/ Heavy Hors D' Oeuvres in Salon B—Exhibitors--Time to network and have fun**
(1.5 CE/CME)-

Saturday, November 7, 2009

- 6:30- 8:30 **Breakfast in Terrace Room**
- 8:00- 8:30 **Registration—*Exhibits** *(0.5 CE/CME)*
- 8:30- 9:30 **QEEG Pre-Post Tx Outcomes on Adolescents with Peripheral BF & NF**
Robert E. Longo, MRC, LPC, NCC, BCIA-EEG
 This session will address treatment outcomes on adolescent males and females with a variety of disorders, who have undergone Peripheral Biofeedback and/or Neurofeedback in a residential setting. QEEG mapping was used to establish pre-treatment baselines and post treatment outcomes. The Biofeedback Software and hardware used was The Wild Divine Project "Healing Rhythms" and Neurofeedback was conducted with BrainMaster equipment using 2 Channel Bipolar Montages. Case examples and illustrations are included in the presentation. *(1.0 CE/CME—Intermediate)*
- 9:30-10:10 **The Role of Biofeedback Practitioners in Health Care Reform**
Carmen Russoniello, Ph.D., LPC, LRT, BCIA-C
 This session will cover President Obama's vision for a reformed health care system and the role of biofeedback in this system. The session will also cover methods that can be used by individual practitioners, biofeedback societies and others to help promote biofeedback's role in the reformed health care system. *(0.67 CE/CME-Beginner-Advanced)*
- 10:10-10:30 **Break-*Exhibitors** *(0.33 CE/CME)*

- 10:30-11:30 **The Default Brain, Self, Ego and Disorder**
Richard Soutar, PhD, BCIA-EEG
 Recently neuroimaging labs have uncovered a default mode of operation in the human brain that appears to correlate with the self or ego. This suggests that there is a normal range of default functioning or “idling” in the brain and that qEEGs reflect abnormal functional connections due to disorder as they assess this default mode. This presentation will briefly review this research and seek to relate default mode abnormalities with socio-emotional behavior as well as abnormalities in peripheral biofeedback measures. *(1.0 CE/CME—Intermediate)*
- 11:30- 1:30 **Business Meeting & Lunch in Salon B**
Sponsored by NCBS (2.0 CE/CME)
- 1:30- 3:30 **Failure to Progress: Factors that Impede Tx of Neuropsychiatric Illness**
James Edward Lee, MD
 Participants will learn to identify which patients are not progressing as expected in the treatment of their neuropsychiatric illnesses, the kinds of factors that can interfere with optimal treatment of these conditions, and treatment approaches that can address the factors that can interfere with optimal treatment outcome.
(2.0 CE/CME-Beginner-Advanced)
- 3:30- 4:00 **Break—*Exhibitors** *(0.5 CE/CME)*
- 4:00- 5:00 **Expert Panel on Approaches to Treating Returning Veterans With TBI**
James Edward Lee, MD; Paul Michael Ramirez, Ph.D., BCIA(C) Fellow; Carmen Russoniello, PhD, LPC, LRT, BCIA(C); and 2 other experts pending (1.0 CE/CME)
- 5:00- 6:00 **Traumatic Brain Injury & Hidden Visual Problems**
Steven L. Haleo, OD, FCOVD
 Often visual problems resulting from Traumatic Brain Injury are overlooked during initial treatment of the injury. Frequently these problems are hidden and neglected, lengthening and impairing rehabilitation. Vision is the most important source of sensory information. Consisting of a sophisticated complex of subsystems, the visual process involves the flow and processing of information to the brain. Because there is a close relationship between vision and the brain, Traumatic Brain Injury can disrupt the visual process, interfering with the flow and processing of information. The result is a vision problem. Participants will learn what are the common visual symptoms often associated with brain injury; how to identify the symptoms and causes of visual information acquisition and processing that interfere with their rehabilitation services; the use of lenses, prisms, & vision therapy to enhance a patient's visual capabilities, reduce visual stress, prevent & rehabilitate vision problems. *(1.0 CE/CME-Beg-Adv)*
- 6:30 until **Dinner on Your Own**

Sunday, November 8, 2009

- 6:30- 8:00 **Breakfast in Terrace Room**
- 8:00-10:00 **Neurodegeneration and Clinical Nutrition**
Tom Gross, DC, DACNB, BCIA-EEG
 Neurodegeneration is an increasingly common threat rotting our society of their potential and obstructing the outcomes for the biofeedback practitioner. Various levels of neurodegeneration are highly probable within the patient population accessing peripheral biofeedback and neurofeedback. This lecture will expose the biofeedback practitioner to fundamental concepts of neurodegeneration and are inflammation as well as present viable nutritional and lifestyle alteration intervention strategies to protect our patients and enhance our outcomes. *(2.0 CE/CME-Intermediate)-*
- 10:00-10:30 **Break for Checking Out**
- 10:30-11:30 **Sharing Success**

Pat Benfield, MHDL, CRT, CBIS-CI, CCAA, (BCIA-EEG)

This is a time to share our resources. **Please bring** tips, ideas, techniques to demonstrate, book titles and authors, copies of handouts, and success stories from your clinical work, from your use of biofeedback software and protocols, or from marketing your services to share with our community of practitioners. We will facilitate discussion to include vendors, speakers and conference attendees. Let's have fun and plant the practical seeds of successful energy and ideas! (1.0 CE/CME—Beginner-Advanced)

11:30-12:00 **Wrap-up and Good-byes** (0.5 CE/CME)

They've done it again!! Many thanks to...

Platinum Sponsor:
Stens

Bronze Sponsor:
Bio-Medical Instruments

Stens is a vendor and sponsor. He will have the **NEXUS** and will also be available to assist you with any questions, instruction and/or tutorial assistance.

Bio-Medical Instruments is a vendor. Gresham Moore will be available to demonstrate new equipment and software and instruct, tutor, and/or troubleshoot. Some of the equipment that will be featured: the new **ProComp, J & J, and BioExplorer**. BMI may also have **BrainMaster** equipment as well.

So bring your equipment!

The following is sampling of items available for the Silent Auction- so be prepared to buy a few things!

Stens: 3 One day workshops for the Silent Auction (each valued at \$225.00)

BMI: Items to be determined

Heart Math: 2 books and an emWave PC Stress Reliever System

THE PRESENTERS

Pat Benfield, MHDL, CRT, CBIS-CI, CCAA, is in private practice in Hickory where she uses neurofeedback and biofeedback to help children and adults with brain injuries, anxiety disorders, migraines, stress-related disorders, strokes, attention and cognitive disorders, and other neurophysiological disorders. She has used biofeedback for over 17 years and neurofeedback for 7 years. Pat is the current NCBS President and has served on the Board as Secretary for 6 years. She has been a member of NCBS for almost 15 years.

Peder Fagerholm, PhD is in private practice where he uses applied psychophysiology (neurofeedback and biofeedback) to help children and adults with attention difficulties, brain injuries, migraines, stress-related illnesses, strokes, etc. His staff development and team building seminars are based on personality type and learning style instruments. He uses those same skills as a staff member at Anchor Point Counseling Center and New Mind Neurofeedback Center.

Matthew Fish, BS, BCIAC, is a Graduate Research Assistant in ECU Psychophysiology Lab and Biofeedback Clinic and program director of Basic ReTraining.

Tom Gross, DC, DACNB, FACFN, FABCDD, BCIAC-EEG, has over 14 years of clinical experience working with challenging metabolic and neurologic cases and treating chronic illnesses. He has integrated metabolic and cellular diagnostics with in-depth nutritional and neurological interventions to restore optimal health.

Tom is a Board Certified doctor of Chiropractic, Diplomat in Chiropractic Neurology, Fellow of the American College of Functional Neurology, and Fellow of the American Board of Childhood Developmental Disorders. As a specialist in neurology, Tom brings deep insights into human metabolic biochemistry and has specialized training in AD/HD, Autistic Spectrum Disorders, Vestibular Rehabilitation, and Applied Kinesiology.

Also Tom is Board Certified in EEG BF/NF from the Biofeedback Certification Institute of America (BCIA). He has received specialized training in Quantitative Electro-encephalography (QEEG) and EEG Biofeedback (Neurofeedback) from some of the leaders in this field. He has a BA in Psychology and a BS in Human Nutrition. He is a Board member of NC Biofeedback Society and a member of the ISNR.

Tom is in private practice in the Asheville, NC, area. His website is www.mrchiropractic.com. And is also recognized on the www.brainmeeting.com.

David Hagedorn, Ph.D., BCIA-EEG is a clinical health psychologist with specialized training and experience in neuroscience. He is BCIA certified as an electroencephalography biofeedback practitioner and an approved BCIA mentor. He works for Science Applications International Corporation to facilitate clinical mental health and neuroscience instruction and research for the Naval Hospital Family Medicine Program at Camp Lejeune, North Carolina. Dr. Hagedorn previously provided private practice neurotherapy and clinical psychology services in Michigan, Oklahoma, and Texas. He is licensed in several states to include North Carolina and South Carolina. In addition to traditional psychological and neuropsychological testing and psychotherapy skills, he has experience applying and teaching neurotherapy and biofeedback modalities for a wide range of clinical conditions to include mild traumatic brain injury (mTBI) and Post Traumatic Stress Disorder (PTSD). Dr. Hagedorn is international lecturer, consultant, and course instructor for Biofeedback Foundation of Europe and consults with anti-aging and integrative medicine physicians to provide neuroscience applications for peak or enhanced physical and mental performance. Dr. Hagedorn is involved in research and brain computer interface instrument applications using quantitative electroencephalograph (qEEG), event related potentials (ERP), transcranial direct current stimulation (tDCS), and transcranial magnetic stimulation (rTMS). Dr. Hagedorn is a technical and clinical contributor to an FDA approval project for brain computer interface equipment and software and is research reviewer, clinical mentor, and committee chairman for student members of the International Society for Neurofeedback and Research.

Steven L. Haleo, OD, FCOVD, is a board certified neuro-optometrist and is fellowship trained in binocular vision, visual perception, & vision rehabilitation. He has received Awards of National Recognition in his field for the last 3 years. One of his areas of research is Holographic Depth for non binocular patients. He is known for enhancing academic achievement & athletic success with improvements to visual performance. You can find more interesting information about him on his website www.VTCharlotte.com.

(continued)

James E. Lee, MD, is a neuropsychiatrist and Medical Director at the Piedmont Neuropsychiatry Clinic. He works with challenging cases and provides Neuropsychiatric/medical evaluations, consultations, diagnosis and treatment, Clinical Research Trials, Pharmaceutical and Genetic Consultations, and legal evaluations including IMEs and testifying.

He treats adults, adolescents, and children. Diagnoses evaluated and treated include ADD/HD, depression, anxiety, PTSD, bipolar, mood, OCD, Asperger's, autism, sleep disorders, pervasive developmental delays, genetic and developmental syndromes, tics, Tourette's, brain injury, headaches, dementia, chronic fatigue syndrome, fibromyalgia, nutritional deficiencies, and neuropsychiatric difficulties in a wide variety of medical conditions.

Dr. Lee's contact information is 7731 Little Avenue - Suite 100, Charlotte NC 28226. Phone number is 704-542-4544 and fax is 704-542-4850. E-mail: jlee53@mindspring.com

Robert Longo, MRC, LPC, NCC, BCIA-EEG, in private practice providing Biofeedback, Neurofeedback and QEEG services. Rob has been using biofeedback and neurofeedback on children and adolescents for over three years and has published his work. He was the Director of the Stress Reduction Clinic and Biofeedback Lab at Old Vineyard Behavioral Health Services in Winston-Salem, NC, from March 2007 – December 2008. Rob has presented on his work and this topic both nationally and internationally.

Gresham Moore, BS, is a graduate of Columbia University and worked in financial and computer industries in the Silicone Valley for a number of years. Gresham has worked in the field of biofeedback for the last 7 years and is savvy with many different instrumentations.

He has received as well as assisted with certification trainings as a former employee of Stens and present employee with **Bio-Medical Instruments Inc., J & J, and Thought Technology**. He asked that you check out BMI's website at www.bio-medical.com.

Paul Michael Ramirez, PhD, BCIA(C) Fellow, has almost 30 years experience as a clinical neuropsychologist. He has 25 years experience working with patients presenting with anxiety and 14 years experience supervising therapists working with anxiety patients.

He enjoys academic appointments as Professor within the Doctoral Program in Clinical Psychology and Professor within the Graduate Pharmaceutical Sciences Division of the Arnold and Marie Schwartz College of Pharmacy at Long Island University's Brooklyn, NY campus.

He teaches Clinical Neuroscience, Psychopharmacology, Psychopathology, Clinical Neuropsychology and Neuropsychological Assessment. Prior to coming to LIU, Dr. Ramirez was on the Psychiatry faculty of the Columbia University College of Physicians and Surgeons.

Dr. Ramirez is also the Chief Executive Officer for **CNS Ratings**, a company that provides consulting services for the pharmaceutical industry. Also Dr. Ramirez serves as a Board member for the NC Biofeedback Society and on the Board of Directors of the New York Academy of Traumatic Brain Injury.

Carmen Russoniello, Ph.D., LPC, LRT, BCIAC, is an ECU Professor of Recreation and Leisure Studies and an Associate Fellow Biofeedback Certification Institute of America. His areas of expertise are biofeedback, therapeutic fun, and Post Traumatic Stress Disorder. He is President-Elect of the AAPB and has been a Board Member.

Richard Soutar, Ph. D., BCIA-EEG has over 15 years clinical experience treating clients with pain using Neurofeedback and qEEG at several clinics nationally. He is presently the Director of New Mind Neurofeedback Services in Atlanta, Georgia.

Dr. Soutar co-authored a book MindFitness Training: Neurofeedback and The Process with the neurofeedback pioneer Adam Crane and authored one of the first textbooks for the field entitled Doing Neurofeedback. He also published a new book entitled the Automatic Self on the topic of brainwave training and transformation.

Dr. Soutar has worked with professional athletes, trainers, managers, medical practitioners, as well as psychologists to assist them in successfully achieving their performance goals. He also trains medical doctors, counselors, and professional psychologists in neurofeedback and related technologies and holds regular workshops internationally for other professionals in his field in areas of human transformation technologies, neurofeedback, and audiovisual entrainment. Dr. Soutar is also the author of the only comprehensive web course for neurofeedback training that is BCIA certified for didactic hours.

Bennie Stover, BS, is a Graduate Research Assistant in ECU Psychophysiology Lab and Biofeedback Clinic. He has a major in Recreation Therapy and a minor in Business Administration and is a casual Video Gamer.

Registration Information

******Group Rates** ~ Discount of an additional \$25/person for 2 or more on full registration (send together or reference group name).

**Students should include a copy of their student identification card with registration. Late registration also available at conference site.

CEs/CMEs: Friday – up to 10.4 hrs Saturday – up to 10.0 hrs Sunday –up to 3.5 hrs

Psychologists: *The Association for Applied Psychophysiology and Biofeedback is approved by the American Psychological Association to offer continuing education for psychologists. AAPB maintains responsibility for the program. (NBCC APPROVAL #: SP-1710)*

Cancellation Policy: Cancellations received in writing by October 23, 2009, will be issued a refund less a \$50 processing fee. NO refunds will be granted after October 23, 2009. Refunds are processed following the conference.

Make checks payable to: **NC Biofeedback Society**, and postmarked no later than October 10, 2009, to: **Crystal Podger, 1985 Tate Blvd. SE, Ste. 152, Hickory, NC 28602**

Special Services: If you have a disability which may require special accommodations in order to fully participate in the Conference, please contact Crystal Podger to discuss your specific needs at cpodger@braininjuryspecialists.com.

Other Information

LODGING & MEALS The conference will take place at the **Clarion Hotel Greensboro Airport**, Greensboro, NC. We have secured special rates at the Clarion as long as they last at a discounted rate of \$79 (single or doubles).

Hot complimentary breakfast bar is provided each day in the Terrace Room. The Conference registration fee covers the cost of meals and snacks except for Saturday's dinner.

For reservations, call 336-299-7650, and tell them you are with North Carolina Biofeedback Society.

Free Shuttle service is provided to and from the airport. Special arrangements can be made for trips to local spots and to/from airport if you are departing/arriving at a time that normal shuttle service is not running.

Directions to the Clarion Hotel Greensboro located at 415 Swing Road, Greensboro, NC 27409.

From Durham/I-40 West/I-85 South- Drive I-40 West/I-85 South to exit # 131, I-40 West/Business I-85 South. Follow through Greensboro to exit #213 Guilford College Road. Drive through the light and the Clarion Hotel is on the right hand side.

From Winston Salem/I-40 East- Follow I-40 East and avoid exit # 214 Wendover Blvd to Guilford College Road. Follow to the second exit # 212 B I-40 East and then take exit #213 Guilford College Road. Turn Right at the stop light. Turn left at Swing Road.

From Charlotte/I-85 North- Drive I-85 North to exit # 120B PTI Airport/I-40 West Winston Salem. Avoid exit # 214 Wendover Blvd to Guilford College Road. Follow to the second exit # 212 B I-40 East and then take exit #213 Guilford College Road. Turn Right at the stop light. Turn left at Swing Road.

2009 NCBS Conference (November 6, 7, & 8, 2009)

Conference Registration Form

“Visions of the Future Thru Biofeedback”

Name _____ Credentials _____

Full MailingAddress _____

Phone _____ Email _____

Specialty areas _____

List of your current equipment/software: _____

List questions you hope to get answered during the conference _____

: _____

*MEAL PLAN : Regular _____ Vegetarian _____

Go to NCBiofeedback.org to download additional registration forms or to obtain further information.

	<u>Regular (10-10-09)</u>	<u>Late</u>	<u>Total</u>
<u>Members</u> Conference	\$300	\$325	_____
Per Day Attendance	\$125/day	\$150/day	_____
<u>NonMembers</u> Conference	\$350	\$375	_____
Per Day Attendance	\$175/day	\$200/day	_____
<u>Students</u> Half price of Fees above as member or non-member			_____
OR \$50 if willing to help with registration/volunteer			_____
<u>NCBS Membership</u> Professionals		\$50	_____
**Students		\$20	_____
**** Group Rate Discount (name/group _____)			_____
<u>TOTAL PAYMENT</u>			_____