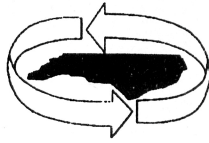


*North Carolina Biofeedback Society's*



*2007 Conference*

*Presents*

*“Tools & Technology:  
Teaching Ourselves  
& Others”*

*October 19-21, 2007*

*Guilford Convention Center/Holiday Inn Express  
Greensboro, NC*

*Please join us for collegiality, education, and inspiration.*

# PROGRAM

**Friday, October 19, 2007**

- 8:15-8:45 **Registration--\*Exhibitors**
- 8:45-9:00 **Welcome**  
**Susan Intemann, MA, LPC, President NCBS**
- 9:00- 9:50 **Neurofeedback/Biofeedback Lab I: Equipment Basics: Multi Bio-Signal Feedback Bio/NeuroFeedback Systems: Introduction to J & Js Physiolab and BioExplorer.**  
**Robert Grove, PhD**  
Therapeutically meaningful signal, BF vs. NF, a brief look at the legal and ethical issues, two kinds of “feedback” goals—thresholds and on-target times, post reinforcement pause for learning/consolidation, shaping combined signals, and instructions as BF. Special considerations—Bio/neurofeedback games and capnometry used to integrate NF and BF. Practicum: Kinds of sensors and hook ups; how to check impedance with and without a subject; and Physiolab vs. BioExplorer. *(1.0 CE/CME—Beginner/Inter-mediate)\*\**
- 10:00-12:00 **Neurofeedback Equipment Lab I: NF and CoModulation with Physiolab— Plus Bio-Signals Used Along With NF**  
**Robert Grove, PhD and Gresham Moore, MS**  
Contemporary developments in NF protocols and what to look for. What’s new in selecting training screens for client education, use of pre-set protocols, and making your own. Examples of making a meaningful report from NF data. Comodulation NF and SKIL 2. Comparing research software-BioExplorer, BioEra and LabView. Practicum: Hooking up sensors and running a NF session. *(2.0 CEs/CMEs –Beginner/Intermediate)\*\**
- 12:00-1:00 **Catered Lunch--\*Exhibitors** *(1.0 CE/CME)*
- 1:00-3:00 **Biofeedback Equipment Lab: Peripheral BF with Physiolab**  
**Robert Grove, PhD and Gresham Moore, MS**  
Arousal theory in peripheral psychophysiology. Peripheral arousal detection and interpretation, including spectral HRV and Cardio-Respiratory Synchrony Training (RSA). Learn about and explore different arousal and recovery patterns as seen in Psychophysiological Stress Profiling and Interactive Stress Profiling. Examine arousal linked to heart rhythms, muscle-spindle tension, and breathing/blood gas (pCO<sub>2</sub>) mechanisms and the effects of stressors and relaxation strategies on peripheral signals. *(2.0 CEs/CMEs –Beginner/Intermediate)\*\**
- 3:00-5:00 **Biofeedback Labs: Group Practicum**  
**Robert Grove, PhD and Gresham Moore, MS**  
Practicum: Small groups guided through several basic BF/NF software systems. The final composition will depend on a needs analysis of the participants. We encourage you to bring your own system, too. One of the labs will examine autonomic stress management and cardio-respiratory (HRV/RSA) BF and use of a capnometer as well. Another lab will feature EEG protocols. Another lab will feature systems run on BioExplorer, the “Swiss Army knife” all-purpose BF/NF development kit. Data will be collected and used to generate a report of findings. A separate module will explore the link of sEMG muscle amplitude to spectral sEMG (mean-median) muscle fatigue. Local fatigue is linked to local blood flow and techniques to stabilize pCO<sub>2</sub> levels (capnometry) and increase local blood flow in muscle beds will be examined. At the end, participants will be brought together to assess what they learned. Suggestions for further training will be provided. *(2.0 CEs/CMEs –Beginner/Intermediate)\*\**

- 5:00-5:45 **Psychophysiology, Interactive Biofeedback and the Neuroscience of Relationships**  
**Robert Grove, PhD**  
 A revolution, a paradigm shift, is occurring, merging psychophysiology, neuroscience and relationship science. The traditional science of individual brains has been found to be incomplete; how those brains react with others is the new neuroscience. I wish to highlight that revolution, link it to new understandings about sexual dimorphism in relationship conflict styles, review the few studies on interactive feedback, and suggest a framework to advance the use of BF in groups. (1.0 CE/CME—Beginner/Intermediate)\*\*
- 5:00-6:45 **NCBS Board Strategic Planning with Susan Antelis**—Members are invited to participate especially if interested in participating on the NCBS Board.(2.0 CEs/CMEs –Beginner, Intermediate, Advanced)\*\*
- 7:00-8:15 **Catered Dinner sponsored by NCBS—Time to network and have fun**

## Saturday, October 20, 2007

- 8:00-8:30 **Registration—Exhibits** (0.5 CE/CME)
- 8:30-10:30 **Build It & They Will Come: The Art & Craft of Marketing Your BF Skills**  
**Susan Antelis, MPS, Sr. Fellow BCIA-C, LMHC**  
 Participants will be provided concrete marketing suggestions and techniques specific to BF with inspiration to continue to promote this valuable therapeutic modality. Promotional and Resource material will be shared in the handouts. Methods of interdisciplinary outreach and communication will also be explored.  
 Recommended reading: **Building Your Ideal Private Practice: How to Love What You Do and Be Highly Profitable Too!** and **Twelve Months to Your Ideal Private Practice: A Workbook** –both by Lynn Grodzki  
 Participants may schedule individual consultations w/ Susan for further development of personalized marketing for your practice at \$75/hr. (2.0 CEs/CMEs—Beginner, Intermediate, Advanced)\*\*
- 10:30-10:45 **Break, Exhibits** (0.25 CE/CME)
- 10:45-12:00 **Functional Neuroanatomy & Clinical Syndromes for the BF Practitioner**  
**Paul Michael Ramirez, PhD, BCIA(c) Fellow**  
 This presentation will familiarize participants with functional neuroanatomical correlates of brain-behavior relationships as well as common neurologic syndromes affecting cognition, personality, and physical functioning. A better understanding of such brain-behavior relationships should lead to more efficacious treatment planning. (1.25 CEs/CMEs—Beginner/Intermediate)\*\*
- 12:00-2:00 **Catered Lunch, Welcome & Annual NCBS Meeting** (2.0 CEs/CMEs)\*\*
- 2:00-2:30 **Free time to relax, walk, network/Exhibits** (0.5 CE/CME)
- 2:30-3:45 **Psychopharmacology for the BF Practitioner**  
**Paul Michael Ramirez, PhD, BCIA(c) Fellow**  
 Participants will become familiar with the major classes of psychotropic medications and the side effects most often associated with these classes. Also participants will become more familiar with psychotropic medications that many of their patients take and the effects of these medication on their patient’s functioning. (1.25 CEs/CMEs—Beginner/Intermediate)\*\*
- 3:45-4:00 **Break/Exhibits** (0.25 CE/CME)

4:00-6:00 **Functional Considerations in Neurological Disorders**  
**Tom Gross, DC, DACNB, BCIA-EEG**  
This presentation will contrast current scientific and philosophical perspectives in the field of medicine. Important strategies to reduce key initiators of Excitotoxicity leading to Neurodegenerative Conditions will be discussed. Hands on techniques for neurological evaluation will be demonstrated interactively. An in-depth analysis of the NeuroEndocrineImmunoGastrointestinalHepatic Axis will be discussed and nutritional protocols will be suggested for improved outcomes in chronic and difficult cases. *(2.0 CEs/CMEs—Beginner/Intermediate)\*\**

6:00-6:30 **Networking, Exhibitors** *(0.5 CE/CME)*

6:30-on **Dinner on Own**

## Sunday, October 21, 2007

8:15- 8:30 **Registration**

8:30-10:00 **Functional Perspectives in AD/HD Theory, Evaluation and Management**  
**Tom Gross, DC, DACNB, BCIA-EEG**

Learn about the current scientific perspectives supporting drug-free interventions in AD/HD, ASD and their related co-morbidities. Strengths and limitations of various therapeutic interventions will be discussed and diagnostic and treatment strategies for functional neurological rehabilitation will be suggested for practical application. *(1.5 CEs/CMEs—Beginner/Intermediate)\*\**

10:00-10:30 **Break/Check out at Hotel—(Don't have to check out until after 12:30)**

10:30-12:00 **Motivate with Your Words: Language Patterns that Accelerate Healing**  
**Adele F. Michal, MA**

Learn language patterns that accelerate healing and motivate your clients to comply with therapeutic protocol. You will experience three simple, yet influential, language patterns in interactive exercises with your peers. In addition to gaining new ways to motivate your clients, you will leave this session inspired to put your conference learning into action in your practice. You may be surprised at how easy it is to motivate your clients and yourself with your words! *(1.5 CEs/CMEs—Beginner/Intermediate)\*\**

12:00-12:30 **Closing Remarks, Evaluations, & Farewells** *(0.5 CE/CME)*

**Robert Grove and Gresham Moore will be attending the entire conference. This will give us more time to get those unanswered questions answered or to arrange additional tutorial assistance with either of them. Both are very proficient with different types of equipment. That is why you need to let us know what systems you have and/or plan to bring.**

**Intended Audience:** Psychologists, counselors, marriage and family therapists, social workers, physicians, physicians' assistants, nurses, case managers, biofeedback practitioners, educators, physical and occupational therapists, recreation therapists, holistic practitioners, massage therapists, Community Supports practitioners, and anyone interested in "cutting edge" therapeutic techniques, information and/or personal growth.

2007 North Carolina Biofeedback Society Conference

“Tools & Technology—Teaching Ourselves & Others”

October 19, 20, & 21, 2007

Name \_\_\_\_\_

Credentials \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Specialty area \_\_\_\_\_

List of your current equipment/software: (Identify what you plan to bring) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

List of no more than 2 questions you hope to get answered during the pre-conference lab and workshop: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\*MEAL PLAN : Regular \_\_\_\_\_ Vegetarian \_\_\_\_\_ Vegan \_\_\_\_\_

**Special Services:** If you have a disability which may require special accommodations in order to fully participate in the Conference please contact Sue at (919) 782-0948 to discuss your specific needs

Go to [NCBiofeedback.org](http://NCBiofeedback.org) to download additional registration forms or to obtain further information.

**HOTEL AND TRAVEL** The conference will take place at the Guilford Convention Center/Holiday Inn Express, Greensboro, NC. We have secured special rates for the hotel as long as they last at a discounted rate of \$69/night + 9.75% tax. You request king, queen, or double. Cost includes a full hot breakfast bar each day. Snacks are furnished also.

**For reservations, call Hotel phone # 800-284-1493.**

Go to <http://www.gsoex.com> for more information.

**Conference Registration**

	<b><u>Regular (9/30/07)</u></b>	<b><u>Late</u></b>	<b><u>Total</u></b>
<b><u>Members</u></b>			
Pre-Conference	\$125	\$150	_____
Conference/Sat.& Sun.	\$250	\$275	_____
<b><u>Non-Members</u></b>			
Pre-Conference	\$175	\$200	_____
Conference/Sat.& Sun.	\$325	\$375	_____
<b><u>Students</u></b>			
Half price of Pre-Conference &/or Conference Fees			_____
<b><u>NCBS Membership</u></b>	Professionals	\$50	_____
	Students	\$20	_____
**** Group Rate Discount	(name/group_____)		_____
<b><u>TOTAL PAYMENT</u></b>			_____

Late registration also available at conference site.

\*Registration includes lunches Friday and/or Saturday; reception and banquet Friday night.

Students should include a copy of their student identification card with registration.

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

CEs/CMEs: Friday – up to 10hrs    Saturday – up to 10.5 hrs    Sunday –up to 3.5 hrs

**Cancellation Policy:** Cancellations received in writing by October 1, 2007, will be issued a refund less a \$50 processing fee. NO refunds will be granted after October 1, 2007. Refunds are processed following the conference.

Make checks payable to: **NC Biofeedback Society**, and postmarked no later than September 30, 2007 to: **Crystal Podger, 1985 Tate Blvd. SE, Ste. 152, Hickory, NC 28602**

## THE PRESENTERS\*

**Bob Grove, PhD**, is the Founder of Behavior Medicine Unit, Laval University Medical School; Co-Director of Clinical Psycho-physiology Department, VA.

He is in Private Practice and a Medical Unit Consultant for United States, Europe and Japan (1982 - present); Senior Fellow, BCIA; and Co-Founder, ISNR, a brain-behavior organization.

He developed Dysphagia Assessment and Stroke Rehab version in 1995; is Ex-President and current Board Member of Biofeedback Society of California. Currently he is consultant at Loma Linda Dental School and Co-principal at J&J Engineering."

"I have worked with almost every major disability, developing practical biofeedback tools along the way."

Go to [www.physiopilot.com](http://www.physiopilot.com) to download new software, check out research, articles, downloads, etc.

**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](http://www.bio-medical.com).

**Tom Gross, DC, DACNB**, is a Board Certified Chiropractic Neurologist. Dr. Gross is a specialist in neurology and brings deep insights into human metabolic biochemistry. He has specialized training in AD/HD, Autistic Spectrum Disorders, Vestibular Rehabilitation, and Applied Kinesiology.

Dr. Gross is Board certified in EEG BF/NF from the Biofeedback Certification Institute of America (BCIA). He has received specialized training in Quantitative Electroencephalography (QEEG) and EEG Biofeedback (Neurofeedback) from some of the leaders in this field. He is a member of the International Society for Neuronal Regulation and NCBS.

Dr. Gross is clinical director and attending physician at Mills River Family Chiropractic, PA, in Asheville, NC. He is Clinical Director of ABC Learning Lab, DBA, and founder of the Asheville Clinic for BrainBase, Inc. He is innovator, conceptualist and founder for the Institute for Applied Functional Neuroscience and Applied Functional Neuroscience.

Dr. Gross' website is [www.mrchiropractic.com](http://www.mrchiropractic.com). He is also recognized on the [www.brainmeeting.com](http://www.brainmeeting.com).

**Paul Michael Ramirez, PhD, BCIA ©Fellow**, currently enjoys academic appointments as Chairman of the Psychology Department, 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 the ProPhase Training Group, a company that provides consulting services for the pharmaceutical industry.

**Susan E. Antelis, MPS, BCIA-C, ATR-BC, LCAT, LMHC** is a Diplomat with the American Psychotherapy Association, NYS licensed Mental Health Counselor, and NYS Licensed & Board Certified Creative Arts Therapist. Susan is a BCIA Certified Senior Fellow since '82

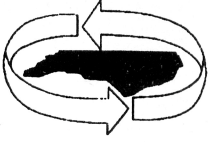
Practicing 28 years, Susan is Executive Director of NRBS, the Northeast Regional Biofeedback Society. Affiliated with CW Post, Long Island University, Susan is an Adjunct Professor supervising Internship Programs and Thesis Research. Susan has a private practice and mentors students and professionals wishing to add biofeedback to their practice/s. She has a website at [www.nybiofeedback.com](http://www.nybiofeedback.com).

**Adele Michal, MA**, holds a Master of Arts in Counseling Psychology and has been a Coach and Therapist since 1992. She was a Licensed Professional Counselor in Georgia from 2000 to 2005. Adele has extensive training in Language Patterns of Influence, NeuroLinguistic Programming, and other Mind/Body techniques for healing and performance enhancement. She has worked with athletes, students, abuse survivors, cancer patients, and business people to help them reach their goals and achieve comfort emotionally and physically. Today she specializes in helping small business owners and service professionals develop more business for fun and profit.

Adele received Neurofeedback in 1996 for brain trauma and PTSD following a collision with a drunk driver. She credits Neurofeedback with helping her regain executive brain functioning so that she again makes decisions quickly and well.

**\*For more detailed information about our presenters, go to [www.NCBiofeedback.org](http://www.NCBiofeedback.org)**

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