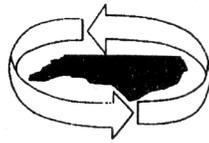


North Carolina Biofeedback Society's
www.ncbiofeedback.org



2008 Conference

Presents

*“Pain & Stress-related
Disorders:
Diverse Applications
Of Biofeedback”*

November 7-9, 2008

*Lake Junaluska Conference & Retreat Center
Lake Junaluska, NC*

800-222-4930

www.lakejunaluska.com

Please join us for collegiality, education, and inspiration.

PROGRAM

Friday, November 7, 2008

7:30- 8:30 **Breakfast in Lambuth Dining Room—Meal Ticket**

8:00- 8:45 **Registration in Lambuth International**

8:30- 8:45 **Welcome**

Betty Wolfe and Jeanne Gresko, Co-Presidents of NCBS (0.25 CE/CME)

8:45-10:45 **Trauma and the Brain**

Ed Hamlin, Ph. D.

A traumatic brain injuries (TBI) occurs when a sudden physical trauma damages the brain. Due to a number of common causes ranging from sporting injuries, car accidents, combat, and falls, the number of people being affected by TBI's is fairly large. Milder forms of these injuries often go undiagnosed, but consequences can be highly significant. Symptoms associated with TBI's are often confused for psychiatric or emotional disturbances, attention deficits, or malingering. In this workshop we will review the types of problems frequently encountered as a consequence of head trauma, the underlying anatomical and physiological disruptions, and what can be done to help a person overcome or compensate for the impairments the experience with a particular emphasis on EEG biofeedback and computerized cognitive training. (2.0 CE/CME-- Beginner-Advanced)-

10:45-11:00 **Break—Meet & Greet Presenters** (0.25 CE/CME)

11:00-12:00 **Headache Update**

Bob Grove, Ph. D. (courtesy of BMI)

An update of discoveries in the causes and treatment of headaches emphasizing nonpharmaceutical interventions will be presented along with a review of primary and secondary headache disorders. Assessment issues will include stress profiling. Behavioral issues, i.e., stress, posture, and physical activity will be assessed using the Stress Scan Inventory, a rapid paper-pencil form that guides biofeedback. The use of pain diagrams, physical exams, and psychometric assessments will be linked to the use of headache diaries. He will introduce a new static Cram Scan (sEMG muscle scan) and review the use of dynamic movement stress profiles to help isolate the underlying neuromuscular causes of certain headaches. Treatment alternatives, i.e., stability training, postural retraining, triggerpoint therapy, and neurofeedback, will be demonstrated and/or discussed. (2.0 CE/CME-- Beginner-Advanced)-

12:00- 2:00 **Lunch in Lambuth Dining Room—Meal Ticket --*Exhibitors** (1.0 CE/CME) & Free Time

2:00- 3:00 **Headache Update(cont'd)**

Bob Grove, Ph. D.

3:00- 3:30 **Break—*Exhibitors** (0.25 CE/CME)

3:30- 5:00 **Successful Treatment of Fibromyalgia and Other Pain Disorders**

Richard Soutar, Ph. D.

Fibromyalgia and other pain disorders have progressively proven responsive to EEG Biofeedback as its techniques have advanced. Fibromyalgia in particular is very responsive to neurofeedback protocols. Recently Barry Sterman has also identified a specific brain location involved in the experience of pain as particularly useful in reducing pain when using neurofeedback protocols. This presentation will review two case studies involving Fibromyalgia and leg and foot pain and how they were successfully treated using neurofeedback. Participants will be able to identify locations involved in the experience of pain in terms of Brodmann areas and the 10-20 system and EEG frequencies involved in the pain experience, develop Neurofeedback protocols effective in dealing with pain, identify external factors that contribute to pain experience and that may confound Neurofeedback protocols, and learn how pain and emotion are integrated, i.e., strong emotions trigger migraine and seizure. (1.5 CE/CME—Beginner-Advanced)-

5:00- 5:45 **Social/reception—Time to network and have fun**

5:45- 7:00 **Dinner in Lambuth Dining Room—Meal Ticket**

Saturday, November 8, 2008

7:30- 8:30 **Breakfast in Lambuth Dining Room—Meal Ticket**

8:00- 8:45 **Registration—*Exhibits** (0.75 CE/CME)

8:45-10:45 **The Psychophysiology and Treatment of Stress Related Disorders**

Paul Michael Ramirez, Ph.D., BCIA(C) Fellow and Susan Intemann, M.A., LPC

This presentation will review major theories of stress and current knowledge regarding the psychophysiology of stress and anxiety related disorders. Both neuroanatomical and neurochemical aspects will be discussed as well as phenomenological presentations of selected anxiety-related disorders. This will be followed by a discussion of specific biofeedback treatment strategies which can be utilized to ameliorate the phenomenological presentation of stress-related disorders, including PTSD and other Anxiety Disorders. (2.0 CE/CME-Beginner-Advanced)-

10:45-11:00 **Break-*Exhibitors** (0.25 CE/CME)

11:00-12:00 **Sharing Success**

Betty Wolfe, M-Div, BCIA-C

This is a time to share our resources. **Please bring** 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)

12:00- 2:00 **Business Meeting & Catered Lunch in Lambuth International Meeting Room**
Sponsored by NCBS (2.0 CE/CME)

2:00- 2:30 **Free Time—*Exhibitors** (0.5 CE/CME)

2:30- 4:30 **Stress: Neurophysiological Basis for Far Reaching Consequences**

Tom Gross, DC, DACNB, BCIA-EEG

Traditional theories regarding Stress, which have shaped thinking in society and medicine for over 60 years, are now obsolete. Modern research in neurobiology has implicated a central neurological locus in the control and regulation of the stress response. Improved understanding in cell signaling has lead to a more comprehensive understanding of the vast influences of stress on health. This understanding can help demystify the astonishing diversity of “Stress-Related Disorders”. A modern understanding of stress can assist the astute clinician in guiding appropriate intervention strategies in unwinding the adverse effects of stress on health. Attendees will understand current versus traditional models of stress, diverse influences on central regulation, methodology for screening potential influences in specific cases, and strategies to intervene and manage numerous diverse aspects of stress related illness (2.0 CE/CME-- Beginner-Advanced)-

4:30- 5:15 **T'ai Chi Chih**

Sue Intemann, MA, LPC

T'ai Chi Chih, which can best be described as a moving meditation, is suited to help with chronic pain conditions. Moving with softness and continuity is the goal. We have in each of us a life force called the Chi. The gentle, repetitive movements found in T'ai Chi Chih can help remove the blockages that keep the Chi from flowing naturally. As we free ourselves from the tensions brought on by the stress and worries of our daily life, a sense of stillness and well-being can emerge. Presenter will introduce audience to concepts of T'ai Chi Chih and Mindfulness in the treatment of aggravators and perpetuators of chronic pain conditions. (0.75 CE/CME-- Beginner-Advanced)-

5:30- 7:30 **Dinner in Lambuth Dining Room—Meal Ticket**

THE PRESENTERS

Bob Grove, PhD, ran the Headache Laboratory at UCLA for seven years. He was working with the late Dr. Jeffery Cram, godfather of sEMG feedback, when Jeff died two years ago. Dr. Grove specializes in the detection and use of spectral EMG fatigue patterns for neuromuscular headache rehabilitation.

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 to download new free software and check out research, articles, downloads, etc.

Tom Gross, DC, DACNB, has over 13 years of clinical experience treating chronic illness. He has integrated metabolic and cellular diagnostics with in-depth nutritional and neurological interventions to restore optimal health. This functional approach has helped many people recover and yields itself perfectly to modern understandings in the processes of stress and overcoming stress related illness.

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

Also Dr. Gross 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 is a Board member of NC Biofeedback Society and a member of the ISNR.

Dr. Gross is clinical director and attending physician at Mills River Family Chiropractic, PA, in Asheville, NC; 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. He is also recognized on the www.brainmeeting.com.

Ed Hamlin, PhD, is a clinical psychologist who has specialized in neuropsychology for the past 20 years. He has worked in both in-patient and out-patient settings with individuals who have suffered acquired or traumatic brain injuries. He is a frequent presenter on topics involving brain functioning and procedures for improving it.

Sue Intemann, M.A., LPC, is a Licensed Professional Counselor who has practiced Biofeedback Therapy since 1986. She holds a BA in Social Work and a MA with emphasis in counseling and health behaviors and education from NCSU.

Sue is currently in private practice as a counselor specializing in the management of chronic pain disorders and serves as a military and family life consultant for the Department of Defense.

She has served as a treatment coordinator for a chronic pain clinic, a disaster response and recovery coordinator with the American Red Cross, and a child protective caseworker. Also she has worked in an outpatient physical therapy facility.

Sue is a board member and Chair of the Education Committee of NCBS and a member of the Licensed Professional Counselors Association of NC and the American Academy of Pain Management. She was trained in mindfulness through the Program on Integrative Medicine at UNC and is an accredited T'ai Chi Chih instructor.

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.

Richard Soutar, Ph. D. has over 15 years clinical experience treating clients with pain using Neurofeedback and qEEG at several clinics nationally. He is presently the Director of NewMind 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.

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.

Chelsea Wakefield, MSW, has a Masters Degree in Social Work and is Licensed Clinical Social Worker. She is a Certified Jungian Dreamgroup Leader (Haden Institute Graduate and Faculty) and has extensive post-graduate training in Jungian Psychology, Transactional Analysis/Redecision Therapy, Voice Dialogue™, and Pesso-Boyden Psychomotor System. Chelsea is the originator of the workshop and soon to be published book "Negotiating the Inner Peace Treaty™", a method of resolving inner conflicts and harnessing the power, creativity, and potential of our inner self system.

Betty Wolfe, M-Div, BCIA-C holds a Masters of Divinity from Duke Divinity School and is a BCIA-C Senior Fellow. She has 30 years of clinical experience in biofeedback and stress regulation. Betty currently works in a private practice in Durham, NC, and in the UNC Healthcare MedWell Behavioral Medicine Program in Chapel Hill, NC. She utilizes the biofeedback modalities of EMG, HRV, skin temperature, and skin conductance to support children, adolescent and adults as they develop and improve pain and stress regulation skills.

In November 2006, Betty completed a four-year training course in **The Feldenkrais Method®** of teaching and learning through movement. As a Guild Certified Feldenkrais Practitioner^{cm} she offers public **Awareness Through Movement®** classes and private Functional Integration® lessons.

2008 NCBS Conference (November 7, 8, & 9, 2008)

Conference Registration Form

“Pain & Stress-related Disorders: Diverse Applications of Biofeedback”

Name _____ Credentials _____

Full Mailing Address _____

Phone _____ Email _____

Specialty areas _____

List of your current equipment/software: _____

List of no more than 2 questions you hope to get answered during the conference, exhibits, and workshop: _____

*MEAL PLAN : Regular _____ Vegetarian _____

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

	<u>Regular (10-06-08)</u>	<u>Late</u>	<u>Total</u>
Members Conference	\$300	\$325	_____
Per Day Attendance	\$125/day	\$150/day	_____
NonMembers Conference	\$350	\$375	_____
Per Day Attendance	\$175/day	\$200/day	_____
Students Half price of Fees above as member or non-member			_____
OR \$50 if willing to help with registration/volunteer			_____
NCBS Membership Professionals		\$50	_____
**Students		\$20	_____
**** Group Rate Discount (name/group _____)			_____
<u>TOTAL PAYMENT</u>			_____

******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 7.25 hrs Saturday – up to 9.25 hrs Sunday –up to 3.0 hrs

Cancellation Policy: Cancellations received in writing by October 15, 2008, will be issued a refund less a \$50 processing fee. NO refunds will be granted after October 15, 2008. Refunds are processed following the conference.

Make checks payable to: **NC Biofeedback Society**, and postmarked no later than October 6, 2008, 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 Betty Wolfe at bettywolfe@lessonswithease.com to discuss your specific needs

Other Information

LODGING & MEALS The conference will take place at the Lake Junaluska Conference & Retreat Center, Lake Junaluska, NC. We have secured special rates at the Center's Lambuth Inn as long as they last at a discounted rate of \$55 (single), \$34/person (double), \$27/person (triple), or \$23/person (quad) per night + \$1/person/night common area fee. Kids under 11 can stay free.

Meal tickets cost \$55/person and \$27.50 for kids ages 6-11 and covers 6 meals (Fri.-Sun. BF, Fri. Lunch & dinner, and Sat. dinner. Sat. lunch is covered by NCBS.) Snacks are furnished also.

For reservations, call 800-222-4930, "1" and then Individual Reservations and tell them you are with NCBS. A \$35 deposit is due by October 7, 2008. Also if you are interested in sharing a room with someone and you don't know who might be there, let Registration know and it will be worked out when you arrive if possible.

If arriving before 5:00pm, check in at the Bethea Welcome Center, 91 N. Lakeshore Dr., Lake Junaluska, NC. If arriving after 5:00pm, check in at the Lambuth Inn front desk.

Asheville International Regional Airport (about 0.5 hour drive--off 26 and then onto I-40). If you need shuttle service, contact Laura Cuzzo at 828-734-0245 or 800-222-4930 x740. Cost \$100 for round trip.

Nearby Hotels: Waynesville (1-2 miles)	Super 8	1 star	\$71.96
	Days Inn	2 stars	\$71.96
Maggie Valley (3-4 miles)	Ramada	2 stars	\$53.19
	Scottish Inn	1 star	\$45.00
	Best Western/Smokey Mt. Inn	2 stars	\$55.50

Day Commuters can purchase meal tickets at the Lambuth Inn front desk. Additionally there is a \$5/person/day fee that will be collected at NCBS registration table each morning and will turn into the front desk.

Directions Coming from the East –Travel I-40 West through Asheville for about 20 miles, Take exit 27 onto US 19-23 for 3-4 miles, (**Do not take exit 104 -- it is easy to get lost!**) Take exit 103 and drive about 1 mile until you see Lake Junaluska Conference and Retreat Center front entrance gates on the right. Bear right and follow the main road to the Bethea Welcome Center.