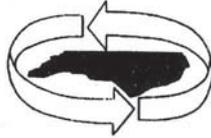


*North Carolina Biofeedback
Society's*

www.ncbiofeedback.org



*2010 Conference
Presents*

*“Mind-Body
Balance”*

November 5-7, 2010

*Clarion Airport Hotel
Greensboro, NC*

336-299-7650

www.clariongreensboro.com

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

PROGRAM

(Tutorials are available on Friday and Saturday only!)

Friday, November 5, 2010*

- 6:30- 8:30 **Breakfast in Terrace Room**
- 7:45- 8:15 **Registration**
- 8:15- 8:30 **Welcome, Pat Benfield, President of NCBS** (0.25 CE/CME)
- 8:30- 9:30 **How to be a Good Cro-Magnon, Sylvia L. Whitmire, MA, LPC, BCIA-C**
Using the "visualization" of the modern human, Cro-Magnon, the therapist can inspire compliance and comprehension about a healthy lifestyle involving sleep, nutrition, exercise, and stress management. A brief history of how and where the human brain evolved so rapidly gives insight into the reason for healthy activities. Education about the composition of neurons links healthy brain to happy life. This is a very effective approach for anyone who has a "brain". Participants will be able to teach their clients about Cro-Magnon life style and nutritional needs and neuron structure and its link to nutrition and give clients incentive for compliance to treatment. (1.0 CE/CME-Basic)
- 9:30-10:00 **Break—Exhibits--Meet & Greet Presenters** (0.5 CE/CME)
- 10:00-12:00 **Implementing Comprehensive NFB: A Bio-Psycho-Social Perspective**
Richard Soutar, Ph. D., BCIA-EEG
In conducting neurofeedback at the clinical level, practitioner confidence is best derived from accuracy in assessment, protocol derivation, and progress evaluation. Providing evidence for decisions in each of these arenas is also critical for client confidence in the neurofeedback process, continued client participation in that process and, consequently, successful outcomes. Quantitative methods for relating symptoms to location, deriving training strategies, and monitoring symptom progress from a bio-psycho-social perspective will be proposed. A method for integrating statistical questionnaires and qEEG for this purpose will be presented. (2.0 CE/CME—Intermediate & Advanced)
- 12:00- 1:00 **Lunch in Salon B---Exhibitors** (0.5 CE/CME)
- 1:00- 3:00 **Stress Effects on Health, Carol Shively, Ph. D.**
Social stress has a number of effects on the way the body functions and may increase the likelihood of several diseases. We have studies the effects of social stress in small groups of monkeys for many years. In this presentation I will discuss 1) the effects of social stress on visceral obesity, metabolic syndrome, and CHD; and 2) social stress, depression, and CHD. Participants will be able to understand better why it is important to reduce social stresses and to learn to modulate the body's response to social stress. (2.0 CE/CME-Basic & Intermediate)
- 3:00- 3:30 **Break—*Exhibitors** (0.5 CE/CME)
- 3:30- 4:30 **Preliminary Findings: QEEG on a Sample of Graduate Students**
Robert E. Longo, MRC, LPC, NCC, BCIA-EEG
The presentation will provide an overview of preliminary finds of QEEG on 52 graduate students at the Counseling & Education Dept. UNC-Greensboro. The Presentation will review sample characteristics, types of data and analyses collected on a sample of 52 graduate students including physiological data, QEEG, emotional analysis and cognitive analysis using the NEWMIND Mapping System. Samples of brain maps will be presented and implications for future studies presented and discussed. (1.0 CE/CME-Beginner-Advanced)
- 4:35- 6:35 **Measuring the Mind-Body Balance A Psychophysiological Assessment Procedure, Peder Fagerholm, PhD BCIA-C/BCIA-EEG**
Measuring the mind-body balance can provide important insights into how the mind and body are interacting. It can be a basis for treatment and provide a starting point or baseline by which to gauge progress. Simultaneous recording of the physiological measurements allows for comparisons not available in separate recordings. This presentation consists of five parts: a short discussion of the definitions of biofeedback and modalities used for this demonstration, a demonstration of the placement and attachment of the various sensors for each of the modalities, demonstration of recording procedures designed to maximize data gathering, an analysis of the data for each modality followed by a comparison between the modalities for the purposes of understanding mind - body balances and potential problems, and a question and answer period. (2.0 CE/CME-Intermediate)
- 6:35- 7:30 **Social w/ Heavy Hors D' Oeuvres in Salon B—Exhibitors—Time to network and have fun** (1.0 CE/CME)

Saturday, November 6, 2010*

- 6:30- 8:30 **Breakfast in Terrace Room**
- 8:00- 8:30 **Registration—Exhibits** (0.5 CE/CME)

- 8:30-10:30 **Brain and Lyme Disease—It's in Your Backyard, Helena E. Kerekhazi, MS, NRPN**
The Great Imitator is what they called syphilis since it mimicked so many other diseases. We have a new spirochete that does at least the same damage as syphilis: it's called Lyme disease. Just like syphilis it passes through the umbilical cord and causes autism. The vector for the spread of Lyme disease and autism is identical! It's easy to miss because the tests to find it commonly used are not accurate. Learn the signs and symptoms of Lyme and its many even more damaging coinfections. Participants will learn the signs, symptoms, and treatments for Lyme Disease; how NFB and brain mapping is helpful in this process, and resources available for providers and those who have contracted Lyme Disease. (2.0 CE/CME—Basic-Intermediate)
- 10:30-11:00 **Break—Exhibitors** (0.5 CE/CME)
- 11:00-12:00 **The Importance of Cognitive Mediators in the Application of Biofeedback**
Edward A. Charlesworth, Ph. D.
Biofeedback machines give information about electrical activity of muscles, brain activity, pulse, blood flow, etc., but this information is of little use if the subject does not internalize cognitive mediators of states of self-control that may be utilized outside of the laboratory or clinic. This is why learned relaxation techniques need to be incorporated into a comprehensive program of biofeedback and self-control. Techniques such as progressive/deep muscle relaxation, autogenic training and imagery relaxation may allow the subject to learn self-control of physiological processes, while utilizing biofeedback to validate self-control. (1.0 CE/CME—Intermediate)
- 12:00- 2:00 **Business Meeting & Lunch in Salon B sponsored by NCBS** (2.0 CE/CME)
- 2:00- 3:00 **Hemispheric Balance: The Ultimate Reconnectivity, 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. (1.0 CE/CME-Intermediate)
- 3:00- 4:00 **Stress-related Visual Problems, Steven L. Haleo, OD, FCOVD**
21st century life demands more from our vision than ever before. Many children and adults constantly use their near vision at school, work, and home. Environmental stresses on the visual system (including excessive computer use or close work) can induce blurred vision, eyestrain, headaches, and vision induced stomachaches or motion sickness. (1.0 CE/CME-Basic-Intermediate)
- 4:00- 4:30 **Break—Exhibitors** (0.5 CE/CME)
- 4:30- 5:30 **Expert Panel—Answering Questions About Your Difficult Case Richard Soutar, Dan Chartier, Helena Kerekhazi, Tom Gross and 2 other experts pending** (1.0 CE/CME)
Here is your chance!!!! Bring your most difficult cases for our experts! (If at all possible, please provide a brief written description for the panel to be familiar with before the panel meets.)
- 5:30- 6:30 **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)
- 6:30 until **Dinner on Your Own**

Sunday, November 7, 2010

- 6:30- 8:45 **Breakfast in Terrace Room**
- 9:00- 12:00 **The Coordinated Allocation Resource (CAR) Model of Brain Functioning & Activation Database Guided EEG Biofeedback—(**15 “ break)**
Kirtley Thornton, Ph. D.
The presentation will cover the CAR model of electrophysiological functioning and its application to the remediation of auditory and reading memory in the learning disabled, ADD and traumatic brain injured populations. It will also present the findings of the model in terms of normal individuals, the interrelationships between the QEEG variables, developmental issues and specific examples of rehabilitation. (2.75 CE/CME—Advanced)
- 10:15-10:30 ****Break for Checking Out**
- 12:00-12:30 **Wrap-up and Good-byes** (0.5 CE/CME)

Tutorials are available with vendors and expert clinicians on Friday and Saturday in lieu of a presentation. You must sign up with the vendor or expert in order to get CE/CME for that time slot.

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, learning disorders, ADHD/ADD, anxiety disorders, migraines, stress-related disorders, attention and cognitive disorders, and other neurophysiological disorders. She is a qualified expert and leader in brain injury rehabilitation. She has used biofeedback for over 18 years and neurofeedback for 8 years. Pat is the current NCBS President and has served on the Board for 9 years as Secretary, Conference Planning Chairperson, and President. She has been a member of NCBS for almost 16 years.

Edward A. Charlesworth, Ph.D. is a licensed Clinical Psychologist, Director of Willowbrook Psychological Associates, P.C., past president of Stress Management Research Associates, Inc., and an international consultant to corporations and hospitals. Dr. Charlesworth is the author or co-author of four books: *Stress Management: A Comprehensive Guide to Wellness*, *Stress Management: A Conceptual and Procedural Guide*, *Mind Over Money*, and *Life Management* and author of the popular audiotherapeutic programs: "The Relaxation and Stress Management Program" and "Stress Management Training Program." Other scientific articles he has written include topics such as biofeedback and self-control, drug abuse, hypertension, cardiovascular disease, hypnotherapy, personality and psychotherapy. He is an active member of many professional and civic organizations and Diplomat of the American Academy of Behavioral Medicine and member of the Psi Chi Psychology Honor Society. The concept of preventive health care is a major ingredient in his personal as well as therapeutic philosophy. He is in demand as a speaker on topics of positive lifestyle changes and has inspired audiences from Switzerland to the Philippines.

"Whatever modicum of success that is reflected in my life is related to the concept that we can all contribute something to this world to make it a better place."

Peder Fagerholm, PhD, BCIA-C/BCIA-EEG Certified, is a Clinical Psychophysicologist who has been in private practice since 1996 & is Board Certified in BF & NF. At times he has worked at Psychological Sciences Institute with Dr. Cantor & at New Mind Neurofeedback Center with Dr. Soutar. Following his initial training with EEG Spectrum in 1996, he has attended numerous additional trainings with the Stens BF group, Q-Metrx, & at the ISNR, AAPB, & NCBS conferences. He works with all age groups and conditions which can be appropriately treated by applied psychophysiology. Dr. Fagerholm has a unique background as a foundation for psychophysiology. He has a BS in Industrial Arts Ed (Electronics), a MS in Secondary Ed: Guidance & Counseling, an EdS in Adult Ed Program Management, & a PhD in Vocational Leadership. Additional multidisciplinary studies in psychology, computer based training, and technical education fill out his academic background. He is an electronic hobbyist (45+ yrs) & an Amateur Radio operator (40 yrs). He was an Asst Chief of Staff, Electronics & Space Warfare Officer for a carrier battle group, retired from the Navy as a Surface Warfare Officer in 2003 (32 yrs) & from IBM in 2004 as a Field Engineer, and has been an Adjunct Associate Professor of Aviation Sciences with Embry Riddle Aeronautical University and of Graduate Studies with Central Michigan University.

Tom Gross, DC, DACNB, FACFN, FABCDD, BCIAC-EEG, has over 15 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. 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. Board Certified in EEG BF/NF from the Biofeedback Certification Institute of America (BCIA). He has received specialized training in Quantitative Electro-cephalography (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.

Steven L. Haleo, OD, FCOVD, is a board certified neuron-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.

Helena E. Kerekhazi, MS Ed, NRNP (PhD Neuropsychology Candidate) has over 25 years of clinical experience and is in private practice in New York as a Certified NF and Brain Mapping provider. Helena specializes in brain mapping for Lyme. She can tell by a brain map, done with qEEG, if one has Lyme, co infections and other traumas that may be present such as past concussions etc. as well as recommend supplements and protocols that would be best for that individual. Additionally she maintains a current license as a Special Ed Teacher in NY State and uses her extensive knowledge in this field to treat LD, ADD/ADHD, and Autism and is able to distinguish from behavioral issues.

Robert Longo, MRC, LPC, NCC, BCIA-EEG, is in private practice in Lexington, NC, providing Biofeedback, Neurofeedback and QEEG services since 2007. Rob is certified in Neurofeedback and has conducted over 200 QEEGs on persons between the ages of 7 and 77 years of age. His research was conducted in conjunction with UNC-G Department of Counseling & Education faculty and Dr. Richard Soutar of New Mind Center, Atlanta, GA. Rob has published books and presented on his work both nationally and internationally.

Carol Shively, Ph.D., is Professor of Pathology (Comparative Medicine); Psychology; Physiology & Pharmacology; Design, Epidemiology, Biostatistics, and Clinical Research Ethics Program at Wake Forest University School of Medicine, Winston Salem, NC. She also serves on the faculty at Wake Forest University's Comprehensive Cancer Center, Center for Investigative Neuroscience, & Women's Health Ctr of Excellence and is Assistant Director of Diversity of the Wake Forest University Primate Center. She has 73 peer-reviewed journal articles published and is presently involved in 6 ongoing research projects as a principal or participating investigator on topics related to depression, effects of estrogen on the advancing stages of atherosclerosis, aging & physical functioning, prevention of physical disabilities in later life, and stress-activated signaling to prostate cancer.

Richard Soutar, Ph. D., BCIA-EEG is a pioneer in the field of NFB, has published three books on the topic of NFB, and conducted workshops on many aspects of NFB at conferences and clinics in the U.S and Europe. As a former professor of psychology and sociology, he has had extensive experience in teaching and training at both the undergraduate and the graduate level. He has also been working continuously over the years as a clinician, director and business administrator of various neurofeedback clinics around the country and providing qEEG report services for other clinics. He developed the first BCIA certified internet training course for Neurofeedback in 1998 which continues presently to help professionals become BCIA certified. He has worked successfully with professional athletes and businessmen on peak performance as well as a wide spectrum of individuals with the traditionally labeled psychological and medical disorders. He has pioneered a variety of clinical screening and assessment tools for neurofeedback including, the MiniQ, the New Mind Expert qEEG Analysis System, the Interactive Self Inventory, and the NPC Symptoms Checklist. He has consulted with several equipment manufacturers on the development of the MiniQ, Distance Training, Training Screen Formats and DVD Training as well as the portable mini neurofeedback trainer, the Bioscan ABT. Presently he is practicing neurofeedback in Atlanta, GA and consulting on a several grants and research projects with Emory University, GA, the University of Central Florida, Orlando, The University of North Carolina, The University of Malaysia and the US Military for the treatment of PTSD and Depression.

Kirtley Thornton, Ph.D., is in private practice and has worked in the EEG biofeedback field for the past 15 years and has 2 patents. He has been publishing ground breaking research in the understanding of the quantitative EEG and its application to the LD, ADD/ADHD, and traumatic brain injured subject since the 1990s. He has developed the Neurocognitive approach to the improvement of brain functioning. The NeuroCognitive approach precisely defines the relationship between effective cognitive activity and electrophysiological variables and increases the cognitive effectiveness of the human mind with operant conditioning methodology of the brain's electrophysiology. The implementation of this approach has resulted in exponentially improved results over traditional approaches. He has published over 20 articles, a chapter in the book Evidence Based Practice Interventions, and a book No Child Left Behind regarding his research. During the past decade he has been nominated for 5 different awards for his scientific work and awarded two patents by the US patent office.

Sylvia Whitmire, MA, LPC, BCIA-C, is in private practice serving the Charlotte, NC, area, providing brain injury rehabilitation, counseling, and biofeedback. As an educator for 18 years, she was familiar with the learning and re-learning process and effective communication. She has practiced biofeedback for more than 12 years. She is a current member of the AAPB and NCBS. She as a NCBS Board member for the past 2 years and presently serving on the Conference Planning Committee.

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

**Gold Sponsorships: *Bio-Medical Instruments*
*New Mind Center***

***BrainMaster*
*Stens***

Bio-Medical Instruments' 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.

BrainMaster will have equipment available along with an expert clinician who will be available to assist you with any questions, tutorial assistance, and/or troubleshooting.

New Mind Center sponsored Richard Soutar, PhD to present and who will be available to assist you with any questions, tutorial assistance, and/or troubleshooting.

Stens will have their newest Nexus and other equipment available along with an expert clinician who will be available to assist you with any questions, tutorial assistance, and/or troubleshooting.

So bring your equipment!!!

Silent Auction items from Stens, BMI, BrainMaster, HeartMath, and many other places---so be prepared to make bids and purchase a few things!

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 10.75 hrs Saturday – up to 10.5 hrs Sunday –up to 3.25 hrs

Cancellation Policy: Cancellations received in writing by October 22, 2010, will be issued a refund less a \$50 processing fee. NO refunds will be granted after October 22, 2010. Refunds are processed following the conference.

Make checks payable to: **NC Biofeedback Society**, and postmarked no later than October 10, 2010, 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.

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.

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

2010 NCBS Conference (Nov. 5, 6 &7, 2010)
Conference Registration Form
“Mind-Body Balance”

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 (10-10-10)</u>	<u>Late</u>	<u>Total</u>
<u>Members</u>			
Conference	\$325	\$375	_____
Per Day Attendance	\$150/day	\$200/day	_____

<u>NonMembers</u>			
Conference	\$375	\$425	_____
Per Day Attendance	\$175/day	\$225/day	_____

<u>Students</u>			
Half price of Fees above as member or non-member			_____
OR \$50 if willing to help with registration/volunteer			_____

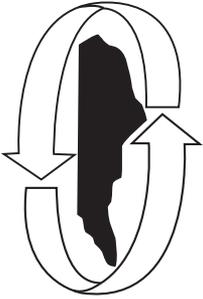
<u>Notebooks</u>			
Handouts will be accessible for you to download & place in provided notebook, however, if you want NCBS to print & provide copies of the handouts in your notebook, there will be an additional fee of \$25.00		\$25	_____

<u>NCBS Membership</u>			
Professionals		\$50	_____
**Students		\$20	_____

**** Group Rate Discount (name/group _____) _____

TOTAL PAYMENT _____

1985 Tate Blvd. SE, Ste. 152
Hickory, NC 28602



*North Carolina
Biofeedback Society*

invites you to.....

“Mind-Body Balance”

November 5-7, 2010

Greensboro, NC