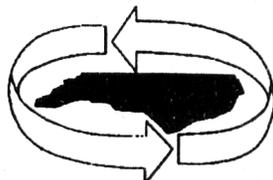


North Carolina Biofeedback Society's

www.ncbiofeedback.org



2011 Conference

Presents

**“Coping with Stress
In
Difficult Times”**

October 28-30, 2011

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, October 28, 2011*

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 **Heart Rate Variability – Theory, Technology, and Techniques**
Peder Fagerholm, PhD BCIA-C/BCIA-EEG Certified
Heart Rate Variability (HRV) is increasingly being recognized as a safe and effective low cost modality for dealing with stress illnesses. In this presentation, basic HRV theory will be reviewed, various HRV technologies introduced, and practical applications demonstrated. Attendees will have opportunities to hands-on try out the various tools and programs. (1.0 CE/CME-Basic-Intermediate)

9:30-10:30 **Understanding the Effects of Stress on the Visual System**
Steven L. Haleo, OD, FCOVD
Stress during difficult times can lead to loss of sight, the loss of things right in front of you and even changes in the brain & retina.--Evolution has put undue stress on our vision system. Understanding how stress can affect the visual system; and the signs and symptoms of visual stress is valuable. Learn 3 activities the help restore visual function. (1.0 CE/CME-Basic-Intermediate)

10:30-11:00 **Break—Exhibits--Meet & Greet Presenters** (0.5 CE/CME)

11:00-12:00 **Consciousness Based Health Care - The Body Talk System**
Holly Steflik, LMBT, M. Ed., Animal Talk, CBI, BAT, CBP
BodyTalk is an astonishingly simple and effective holistic therapy that allows the body's energy systems to be re-synchronized so they can operate as nature intended. Each system, cell, and atom is in constant communication with each other at all times. Through exposure to the stresses of day-to-day life, however, these lines of communication can become compromised or disconnected, which then leads to a decline in physical, emotional and/or mental well-being. Reconnecting these lines of communication enables the body's internal mechanisms to function at optimal levels, thus repairing and preventing disease while rapidly accelerating the healing process. In this way, BodyTalk stimulates the body's innate ability to balance and heal itself on all levels.

The BodyTalk System is a state-of-the-art approach to integrative mind/body medicine by combining Western medicine's scientifically supported research in fields such as neuroscience, epigenetics, and psychoneuroimmunology along with a large number of highly recognized ancient and modern healing methods and principles of knowledge, such as Traditional Chinese Medicine and Acupuncture, yoga and meditation philosophies, Chiropractic, consciousness studies and Energy Psychology. (1.0 CE/CME-Intermediate)

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

1:00- 4:15* **Using distance Telemental Health, with Virtual Reality , Avatars and Biofeedback for 21st Century Counseling and stress reduction. Ethics, Legalities, Implementation and Possibilities.**
Dr Sherrie Raz
This session will be an introductory learning event, covering the ethics, legalities and implementation of Telemental Health in Biofeedback. Discussion will encompass the extent to which Biofeedback is used in Telemental Health with virtual reality, and Avatars. As well, future applications of these modalities will be discussed. There will be a

presentation by a specialist Virtual Reality Company demonstrating Virtual Reality applications for the 21st Century and distance Biofeedback apparatus being used at present. (3.0 CE/CME-Basic)

*[3:15- 3:30] **Break—*Exhibitors** (0.25 CE/CME)

4:15- 6:30* **Using Photic Stimulation With Neurofeedback**

Richard Soutar, Ph. D., BCIA-EEG

Research into the effects of photic stimulation and entrainment with respect to qEEG and Neurofeedback began with the work of Lubar et al (1999), Budznski (1999), and Siever (2000). Clinical application methods in conjunction with neurofeedback were explored and proposed by Soutar (1999) and presented in various ISNR workshops. Siever noted that the research into photic stimulation goes back to the 1940s and provided evidence that the volume of it was considerably underestimated. Siever (2000), Joyce (2000) and Cantor & Stevens (2010) have also demonstrated its efficacy and potential as a standalone technology, while Collura (2000) has proposed a useful model providing a mechanism of action. Entrainment has been emerging as an adjunct to neurofeedback for the last decade and presently many equipment manufacturers are beginning to offer more integrated systems utilizing both of these technologies. With the emergence of this integrated technology comes growing interest of its potential clinical application. Based on over a decade of intensive use at the clinical level, this workshop briefly reviews the literature and explores different avenues of implementation of photic stimulation in the context of neurofeedback. Topics include the use of qEEG and photic entrainment for assessment as well as neurofeedback training, the different methods of implementing NFB and entrainment, and the utilization of entrainment neurofeedback with other biofeedback modalities.

(2.0 CE/CME-Beginner-Intermediate)

*[5:00- 5:15] **Break—*Exhibitors** (0.25 CE/CME)

6:30 - 7:30 **Social w/ Heavy Hors D' Oeuvres in Salon B—Exhibitors--Time to network and have fun
Or until (1.0 CE/CME)**

Saturday, October 29, 2011

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

8:00 - 8:30 **Registration—Exhibits** (0.5 CE/CME)

8:30-10:30 **Lyme-Alzheimers Connection: A Model for Brain Degeneration**

Helena E. Kerekhazi, MS, NRNP

It is established that chronic spirochetal infection can cause slowly progressive dementia, brain atrophy and amyloid deposition in late neurosyphilis. Recently it has been suggested that various types of spirochetes, in an analogous way to Treponema pallidum, could cause dementia and may be involved in the pathogenesis of Alzheimer's disease (AD). (2.0 CE/CME-Beginner-Intermediate)

10:30-11:00 **Break-Exhibitors** (0.5 CE/CME)

11:00-12:00 **Part I: To Fit In or Not: Integrating social and emotional communication interventions and software, neurofeedback, HRV and Alpha-stim to improve behavioral outcomes in children and adolescents.**

Emily Stevens, LPC, PMHC, BCN

Social competence has become the topic of conversation among parents and professionals around the country as more and more children are reported to be socially struggling, awkward and behaviorally acting out. From Aspergers to oppositional defiant there is key research that provides clinicians with information to increase their treatment efficacy. The role of social anxiety is significant in the long term development of emotional issues and addiction. By combining emotional communication interventions with anxiety management not only does a clinician assist with treatment but also prevention. A comprehensive brain-based approach to treatment includes integrating social/emotion communication software with neurofeedback, HRV and Alpha-stim, a clinician can increase outcome and behavioral change. Participants will review screening tools, outcome measures, interventions, software and protocols. (1.0 CE/CME-Basic & Intermediate)

12:00- 2:00 **Business Meeting & Lunch** in Salon B sponsored by NCBS (2.0 CE/CME)

2:00- 5:45* **Removing Pre-Treatment Stress through Preparing the Brain for Success – Positioning the Brain for Change**

Stephanie C. Shipper, Certified Trainer of TFHKA, VP of TFHKA of America

This workshop features a unique well-researched synthesis of stress-calming strategies that optimize the quality, delivery, and success of your sessions with clients. Taught in an easy see, question, experience model....people attending leave confidently using the methods taught....energized by the clear and visible results.

Methods taught include a protocol of orchestrated learning utilizing excerpts from:

*Dr. Paul Dennison's Brain Gym for optimal learning

*Neuro-vascular points for calming and equilibrium

*Muscle testing for calibration of subconscious responses in treatment

*Positive goal-setting utilizing the client's greatest desires and outcomes (3.5 CE/CME-Basic-Intermediate)

*[4:00-4:15] **Break—Exhibitors** (0.25 CE/CME)

5:45- 6:45 **Part II: To Fit In or Not:** Emily Stevens, LPC, PMHC, BCN (1.0 CE/CME-Basic & Intermediate)

6:45- 7:45 **Expert Panel—Answering Questions About Your Difficult Case**

Richard Soutar, Stephanie Shipper, Helena Kerekhazi and other experts pending

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. (1.0 CE/CME-Basic-Intermediate)

7:30 until **Dinner on Your Own**

Sunday, October 30, 2011

6:30- 8:45 **Breakfast in Terrace Room**

9:00- 12:00 **Biofeedback and Neurofeedback Ethics**

Rob Longo, MRC, LPC, NCC

This presentation will cover ethical issues related to biofeedback and neurofeedback and related interventions. Standards of care will also be addressed. This workshop will address the need for ethics, ethics as applied to practicing biofeedback and neurofeedback, and some of the ethical dilemmas we face as practitioners. The workshop will also address some of the ethical issues we face in the future as practitioners of biofeedback and neurofeedback. (3.0 CE/CME Intermediate)

10:15-10:30 ****Break for Checking Out**

12:00 – 1:00 **Panel Discussion** (1.0 CE/CME)

1:00-1:30 **Wrap-up and Good-byes** (0.5 CE/CME)

Tutorials are available with vendors and experts 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.

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.

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

Gold Sponsorships:

New Mind Center

Stens

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, HeartMath, New Mind Center and many other places---so be prepared to make bids and purchase a few things!

THE PRESENTERS

Peder Fagerholm, PhD, BCIA-C/BCIA-EEG Certified, is a Clinical Psychophysiology 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.

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 E. Longo, MRC, LPC, NCC, BCIA-EEG, is in private practice specializing in QEEG Brain Mapping, Biofeedback, and Neurofeedback, he is a contract neurofeedback clinician with Integrative Therapies in Greensboro, NC, and he serves as a consultant, educator, trainer, and author dedicated to working with youth and sexual abuse prevention and treatment. He was previously Director of Clinical Training/Stress Reduction Clinic & Biofeedback Lab, and Clinical Director (2005-2008); Old Vineyard Behavioral Health Services, a psychiatric hospital, in Winston-Salem, NC, and Corporate Director of Special Programming and Clinical Training for New Hope Treatment Centers, Charleston, South Carolina.

Holly Steflik, LMBT, M. Ed., Animal Talk, CBI, BAT, CBP, is a Licensed Massage Therapist, a Certified Body Talk Instructor and an Advanced BodyTalk Practitioner. She has a BA in Sociology and a M.Ed in Deaf Education. She has been practicing BodyTalk since 2005 and Massage Therapy since 1997. Holly works with all ages and especially enjoys working with young children and teens. Holly addresses a wide variety of psychological and physical conditions. Some include Autism, digestive disorders, insomnia, depression, anxiety, ADHD, musculoskeletal, chronic pain, migraines, heavy metal toxicity, pre/post natal, PTSD, and allergies to name a few. BodyTalk also works great for competing athletes and pre/post surgery to optimize the best possible results. Animals respond to BodyTalk with positive results as well.

Sherrie Raz, Psy. D., is a Doctor of Clinical Psychology and a licensed Mental Health Counselor in the state of Florida. She is the author of the RTA (The Role Transformation Assessment™), an assessment and therapy tool that supports mental health practitioners in patient diagnosis, and guides patients with regard to how they can respond to the roles they encounter in life in order to achieve healthy interpersonal and professional relationships. The RTA has also been used to guide performers to peak performance, when used with auditory bilateral stimulation, and relaxation (ANTS™) a therapeutic tool also devised by Dr. Raz. Dr. Raz is the founder and past president of the International Association for Psychology and the Performing Arts (IAPPA), an organization dedicated to the alliance of mental health practitioners and performing artists in promoting a healthy society through psychology and performance. She actively continues research, publication, membership and presentation in activities and organizations related to Role Transformation.

Stephanie Shipper, Certified Trainer of TFHKA, VP of TFHKA of America : Trainer and coach with skills in the practical applications of psychological assessment and diplomacy/mediation, specializing in issues of culture, gender, and language. Expertise in evaluating professionals, training professionals in extraordinary client skills/ goal setting and strategic interventions. Skilled in training teams/individuals in negotiation, diplomacy in conflict situations; and coaching individuals in client facilitation skills.

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.

Emily L. Stevens, LPC, PMHC, BCN, is a psychotherapist, consultant and speaker specializing in emerging brain-based research, educational interventions and clinical approaches into a comprehensive approach to treatment. She has worked with facilities developing specialized programs for youth with trauma and attachment issues, neurodevelopmental disorders including autism and aspergers and mental health disorders. She has trained practitioners all over the country to integrate cutting-edge brain-based therapy into their practice and has participated on several federal grants to show the efficacy and outcomes of specialized brain-based and cognitive improvement programs for ADHD, depression, “at-risk” youth and children with behavioral disorders.

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.

NBCC approved CEs/CMEs:

Friday – up to 10.75 hrs Saturday – up to 11.75 hrs Sunday –up to 4.5 hrs

APA/AAPB CEs/CMEs available:

Friday – up to 8.0 hrs Saturday – up to 8.5 hrs Sunday –up to 4 hrs

Cancellation Policy: Cancellations received in writing by October 6, 2011, will be issued a refund less a \$50 processing fee. NO refunds will be granted after October 18, 2011. Refunds are processed following the conference.

Make checks payable to: **NC Biofeedback Society**, and postmarked no later than October 3, 2011, 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.

2011 NCBS Conference (October 28-30, 2011)

Conference Registration Form

“Coping with Stress in Difficult Times”

Name _____ Credentials _____

Full Mailing Address _____

Phone _____ Email _____

Specialty areas _____

List of your current equipment/software: _____

List questions you hope to get answered during the conference _____

*MEAL PLAN: Regular _____ Vegetarian _____ (Registration covers the cost of snacks and meals.)

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

	<u>Regular (10-03-11)</u>	<u>Late</u>	<u>Total</u>
<u>Members</u> Conference	\$375	\$400	_____
Per Day Attendance	\$170/day	\$210/day	_____
<u>Nonmembers</u> Conference	\$400	\$450	_____
Per Day Attendance	\$185/day	\$235/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	\$30	\$35	_____
<u>NCBS Membership</u> Professionals		\$50	_____
**Students		\$20	_____
**** Group Rate Discount (name/group _____)			_____
<u>TOTAL PAYMENT</u>			_____