EEGInfo

5-Day Introductory Course in Neurofeedback

2024

Neurofeedback: Scientific Basis and Clinical Practice

Course Description / Purpose

A comprehensive introduction to the clinical application of neurofeedback, including demonstration, discussion, and hands-on practical experience. You will acquire the knowledge and experience to begin working with this exciting technique for improving self-regulation and enhancing brain function. **Earn 34.5 CE's* by attending this course.**

An intensive hands-on introduction to the clinical practice of neurofeedback where you will:

- → Learn mechanisms of neurophysiological self-regulation and how specific patterns of disregulation lead to physical, emotional, cognitive, and behavioral symptoms
- → Gain experience with neurofeedback instrumentation that exercises the brain's mechanisms of self-regulation and improves brain function
- → Learn about assessment tools that allow new insight into your client's symptoms and guide neurofeedback training
- → Begin empowering your patients to function better and increase their ability to benefit from other therapies

Presented by

Virginia Rojas-Albrieux

Psychologist, Director of Education EEG Institute

Virginia Rojas-Albrieux is a psychologist and has worked with neurofeedback and the Othmer Method for 15+ years. She's taught the Othmer Method both in Spanish and English in several Latin American countries, the US and India.

Siegfried Othmer, PhD, BCN

Chief Scientist, EEG Institute

Siegfried Othmer continues to be involved in the development of new clinical modalities to promote self-regulation, as well as to evolve a framework for the understanding of our methods. He also works to promote the field in general and to enhance professional training in neurofeedback.

Kurt Othmer, BA

Owner/President, EEG Info

With bachelor's degrees in psychology and economics, along with a minor in music from the University of Montana, Kurt Othmer started The Brian Othmer Foundation in 2002, and EEG Info in 2003. As the son of Sue and Siegfried Othmer, and the younger brother of Brian Othmer, he brings the same dedication to helping families access the best mental health services and information.

Darla Meulemans, MA, CADC III, QMHP-C, OMC

Neurofeedback Practitioner, Portland Oregon

Darla Meulemans is a certified Othmer Method Neurofeedback Practitioner who holds certifications in Addiction Behavioral Medicine, Mental Health, and Holistic Nutrition. She's been doing NFB since 2007 and joined our teaching team shortly after traveling to India in 2018 where she co-taught a successful & well-received Intro to Neurofeedback class for the teachers and counselors at The Tibetan Children's Villages, alongside Virginia Rojas-Albrieux.

Who Should Attend?

- → Psychologists
- → Social workers
- → Family therapists
- → Psychiatrists
- → Educators
- → Nurses
- → PTs and OTs
- → Neurologists
- → MFTs
- → LCSWs
- → LPCs
- → LMHCs

Prerequisites

Health and mental health practitioners with a Masters or above
Familiarity with the content of A Symphony in the Brain by Jim Robbins will be assumed

Continuing Education

Psychologists, MFTs and LCSWs - This course is co-sponsored by Amedco and the EEG Institute. Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and its content. 34.5 credit hours.

Nurses - Provider approved by the California Board of Registered Nursing, Provider Number 15652 for 25.5 contact hours.

Satisfactory Completion: Participants must have paid the tuition fees, signed in and out each day, attended the entire seminar, and completed an evaluation, to receive a certificate of completion/attendance. Certificates will be provided at the end of the course.

Cancellation/Refund Policy

Cancellations must be received 10 days prior to the workshop. Cancellations made within the 10-day period will be subject to a $200.00 course materials and processing fee. If you cannot attend, a qualified substitute may attend in your place or you can choose to attend one of the other scheduled workshops. EEG Info reserves the right to cancel any event with due cause; a full refund will be issued for any registration fees or deposits paid. Attendees are also allowed to transfer to a future course.

Contact Information

To cancel your registration or sign up for a different workshop, call EEG Info at 866.334.7878.

Information for special needs participants

This program will be accessible to individuals with disabilities, according to requirements of the Americans with Disabilities Act. Please contact EEG Info if you need further information or if you have requests for special needs participants.

Schedule

MONDAY

7:15 - 8:00	Registration and Breakfast (meal included)
8:00 - 8:30	Welcome and Introductions
8:30 - 9:45	Neurofeedback Software (Hands-On)
10:00 - 11:00	Assessment
11:10 - 12:15	10-20 electrode placements
12:15 - 1:00	***Lunch break (meal included)***
1:00 - 1:50	QIK Test #1
1:50 - 2:40	Baseline Testing
2:50 - 3:25	QIK EEG Expert Report Interpretation
3:30 - 5:00	Functional Assessment and QIK Test Norms
5:00	***End of the day***

TUESDAY

7:00 - 8:00	Breakfast (meal included)
8:00 - 9:00	Starting sites and training frequency
9:10 - 10:00	ILF Demo Session
10:00 - 11:00	Group Discussions - Report folders, Starting site indicators
11:00 - 12:30	Session #1
12:30 - 1:15	***Lunch break (meal included)***
1:15 - 2:30	Patterns of disregulation, Arousal, activation and reward, Instabilities and disinhibition
2:40 - 3:30	Group Discussions - Training effects and session plan
3:30 - 5:00	Session #2
5:00	***End of the day***

WEDNESDAY

7:00 - 8:00	Breakfast (meal included)
8:00 - 9:30	Localized disfunctions
9:40 - 10:40	Group Discussions
10:40 - 12:15	Session #3
12:15 - 1:00	***Lunch break (meal included)***
1:00 - 2:30	Basic sites and training frequencies, Learned fears and habits
2:40 - 3:30	Group Discussions
3:30 - 5:00	Session #4
5:00	***End of the day***

Schedule Continued

THURSDAY

7:00 - 8:00	Breakfast (meal included)
8:00 - 9:30	Symptom profiles
9:40 - 10:40	Group Discussions
10:40 - 12:15	Session #5
12:15 - 1:00	***Lunch break (meal included)***
1:00 - 2:30	Symptom profiles continued
2:40 - 3:30	Group Discussions
3:30 - 5:00	Session #6
5:00	***End of the day***

FRIDAY

7:00 - 8:00	Breakfast (meal included)
8:00 - 9:30	Clinical summary & reassessment
9:40 - 10:40	Group Discussions
10:40 - 12:15	Session #7
12:15 - 1:00	***Lunch break (meal included)***
1:00 - 1:50	QIK Test #2
2:00 - 3:00	Group Discussions - Review personal pre-post test and training results
3:00 - 4:00	Next Steps
4:00	***End of the day***

Learning Objectives Upon completion of this course, participants should be able to:

Day 1

1. Discuss the different parts of the Neurofeedback Assessment and how this process culminates in establishing a treatment plan.
2. Use neurofeedback instrumentation in simulation mode, and record session notes.
3. Describe the International 10-20 System of Electrode Placements and locate sites indicated for EEG training.
4. Set up symptom tracking for a client on EEG Expert and enter data over neurofeedback sessions to produce graphs showing progress with training.
5. Explain how to administer the QIK CPT and create a report on EEG Expert to be used as a pre-post neurofeedback training measure.
6. Discuss the use of Continuous Performance Test data with neurofeedback.

Learning Objectives Continued

Day 2

1. Describe how to find an effective starting site and training frequency based on clinical symptoms and response to training.
2. List three common symptoms indicating the need for a higher training frequency and three different symptoms indicating the need for a lower training frequency.
3. Describe how the training signal and inhibit frequency bands impact feedback during a session.
4. Discuss physiological arousal, its relationship to selected training frequency, and how it differs from reward deficits.
5. Identify instabilities and disinhibition as patterns of disregulation and how they manifest in the form of symptoms.

Day 3

1. Discuss the role of the pre-frontal cortex in inhibiting primitive sub-cortical behaviors and symptoms indicating a need for pre-frontal training.
2. Explain the role of developmental trauma in disrupting right brain development and the need for right brain ILF neurofeedback with developmental and attachment disorders.
3. Discuss the importance of multimodal association areas of the cortex throughout life and the rationale for these areas as our basic training sites.
4. Discuss considerations in adding basic training sites – when to add, and when to keep or drop a new site.

Day 4

1. Describe expected neurofeedback training effects with placements targeting right-back, right-front, left-front, and left-back quadrants of the cortex.
2. Discuss symptom profiles like Sleep, Attention, Anxiety and Depression, Developmental Disorders, Pain, and Peak Performance and how they are understood from a neurofeedback perspective.
3. Explain how the efficacy of specific medications relates to modes of disregulation.

Day 5

1. Outline the steps of the neurofeedback process from assessment to reassessment.

Learning Objectives Continued

2. Describe essential topics to discuss with your clients such as expectations about neurofeedback, duration, and completion of the process.

3. Describe the rationale for communicating with a client's prescribing physician and other treating professionals.

4. Explain how QIK CPT results can help us understand a client's ability to attend and respond in boring and stressful situations, and how those measures might change with neurofeedback.