

Mastering Neurofeedback & the Othmer Method:

A Review and Practice Course

Course Description / Purpose

This 3 and ½ day course is designed to help practitioners who have completed either the 5-day In-Person Introductory Course in Neurofeedback, the 6-week Distance Intro Course, or the Blended Introductory Course, to solidify their understanding of the Othmer Method clinical model and methodology. The course provides a comprehensive review of the fundamentals of the Othmer Method of Neurofeedback, including the patterns of dysregulation, arousal indicators, and case studies. In addition, you will discuss clinical decision-making, protocol development, and frequency optimization with colleagues, and conduct neurofeedback training sessions. The course aims to refresh your knowledge and experience of using neurofeedback to improve self-regulation and enhance brain function.

Earn CE's by attending this course (TBD).

Intensive, hands-on training to take your clinical skills to the next level so you can provide the highest level of care to your clients. In this course, you will:

- Review key material from your introductory course like the fundamentals of Othmer Method Infracore Neurofeedback
- Examine our clinical model while receiving the latest approach to optimizing your clients' Neurofeedback protocols
- Improve your practical skills in electrode placement and how to adjust training sites and frequency, based on clients' clinical presentation
- Gain proficiency in interpreting client responses & adjusting protocols so you empower your clients to function better while enhancing their capacity to benefit from other therapeutic interventions
- Increase your confidence in assessment & protocol development
- Re-optimize your own training protocols
- Network with other professionals in your field, exchange ideas and learn from their experiences.

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.

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

Neurofeedback Practitioner, Oregon

Darla Meulemans is a certified Othmer Method Neurofeedback Practitioner who holds additional credentials in Mental Health, Addiction Behavioral Medicine, and Holistic Nutrition. She's been doing NFB since 2007 and joined our teaching team in 2018, shortly after traveling to India to introduce Neurofeedback to the Teachers & Counselors at The Tibetan Children's Villages, alongside Virginia Rojas-Albrieux.

Gayle Dizon, RN, PHN, MSN

Neurofeedback Practitioner, EEG Institute

Gayle Dizon is a registered public health nurse with a bachelor's in psychology and a bachelor's and master's in nursing. Her background includes Neuro Med-Surgery, Palliative care, and five years of experience in Neurofeedback at the EEG Institute.

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.

Who Should Attend?

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

Health and mental health practitioners with a Master's Degree or above, or under the supervision of a licensed professional.

Prerequisites:

Must have attended an EEGInfo Introduction to Neurofeedback Course

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.

Nurses

Provider approved by the California Board of Registered Nursing, Provider Number 15652.

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

DAY 1

- 7:00-8:00** Registration & Breakfast (included)
- 8:00-8:30** Welcome and Introductions
- 8:30-9:30** The Othmer Method, Our Clinical Model & Patterns of Disregulation I: Arousal, Activation and Reward
- 9:30-9:45** Break
- 9:45-10:10** Pattern of Disregulation 2: Instabilities
- 10:10-11:15** Starting Site Indicators, Symptom Checklist, Arousal Indicators, Frequency Optimization
- 11:15-11:30** Break
- 11:30-12:30** Brief Assessment, Demo NFB Assessment Summary and Starting Site Plan w/Partner
- 12:30-2:00** Lunch
- 2:00-3:00** Technical Aspects of Running Sessions: Electrode Placement, Cygnet Tips & Tricks
- 3:00-3:45** GROUP DISCUSSIONS
- 3:45-4:00** Break
- 4:00-5:00** SESSION #1

DAY 2

- 7:00-8:00** Breakfast (included)
- 8:00-9:30** Patterns of disregulation III & IV: Disinhibition & Localized Dysfunction & Basic Sites
- 9:30-9:45** Break
- 9:45-10:10** Additional Sites
- 10:10-11:00** GROUP DISCUSSIONS
- 11:00-12:30** SESSION #2
- 12:30-2:00** Lunch
- 2:00-2:45** Case Summaries, Protocol Development & Clinical Decision Making
- 2:45-3:30** GROUP DISCUSSIONS
- 3:30-3:45** Break
- 3:45-5:00** SESSION #3

Schedule Continued

DAY 3

- 7:00-8:00** Breakfast (included)
- 8:00-9:30** Patterns of Disregulation V: Learned Fears & Habits and Intro To Synchrony + Alpha Theta
- 9:30-9:45** Break
- 9:45-10:10** Q&A
- 10:10-11:00** GROUP DISCUSSIONS
- 11:00-12:30** SESSION #3
- 12:30-2:00** Lunch
- 2:00-2:45** Case Summaries, Protocol Development & Clinical Decision Making
- 2:45-3:30** GROUP DISCUSSIONS
- 3:30-3:45** Break
- 3:45-5:00** SESSION #5

DAY 4

- 7:00-8:00** Breakfast (included)
- 8:00-9:30** Case Studies, Protocol Development & Clinical Decision Making & Q&A
- 9:30-9:45** Break
- 9:45-10:35** GROUP DISCUSSIONS
- 10:35-12:00** SESSION #6
- 12:00-12:45** Lunch (provided)
- 12:45-1:45** Next Steps
- 1:45-2:00** Course Evaluations

Learning Objectives

Day 1

1. Review and gain deeper understanding of Patterns of Disregulation
2. Identify and discuss Arousal, Activation & Reward Deficits
3. Understand and identify Hyperexcitabilities
4. Evaluate symptoms, determine starting sites, and discern arousal Indicators
5. Gain experience with frequency optimization
6. Identify and resolve signal and tech Issues using Cygnet Tips & Tricks
7. Review electrode placements according to the International 10-20 System
8. Reoptimize personal protocols and gain hands-on neurofeedback experience

Day 2

1. Gain an in-depth understanding of Disinhibition and Localized Dysfunctions
2. Determining When and How To Add Basic and Additional Sites
3. Use symptoms and client/collateral reports to adjust protocols
4. Discuss Case Summaries and practice developing protocols
5. Continue personal neurofeedback training experience with partners

Day 3

1. Discuss Unresolved Trauma, Learned Fears & Habits
2. Explain Synchrony & Alpha Theta
3. Evaluate symptom profiles and protocol progression
4. Continue discussion on case summaries and protocol development practice
5. Continue personal neurofeedback training experience with partners

Day 4

1. Experience fine-tuning of neurofeedback training protocols with partners
2. Learn more about clinical decision making criteria