

Alpha Theta Workshop

Presented by Stress Therapy Solutions, Inc.



June 13-15, 2008

Friday, 9:00 AM to 4:00 PM, Saturday, 9:00 AM to 6:00 PM
Sunday, 2007, 9:00 AM to 5:30 PM IN CLEVELAND, OHIO



ALPHA THETA NEUROFEEDBACK WORKSHOP

Presented by: Richard Soutar, Ph.D. & Bill Scott, Ph.D.

This course from Synapse Neurofeedback Institute is presented to avail clinicians the opportunity to learn in depth the complexities of alpha theta training. Our goal is to ensure that practitioners feel well informed and competent enough to begin utilizing this most valuable and underused technique in Neurofeedback upon completion of the workshop. We will offer hands on experience as well as the opportunity to engage in an ongoing mentoring process to support what attendees have learned.

Educational Objectives: The educational objectives of this course follow the outline of BCIA's core requirements that can be viewed at the BCIA website <http://www.bcia.org>

- Learn to select appropriate candidates for alpha theta training
- Select and implement appropriate pre-treatment training.
- Be able to guide sessions based on a sound understanding of theory.
- Understand crossovers and how to manage them.
- Be able to construct effective pre-session visualizations.
- Effectively interpret and integrate hypnagogic images.
- Effectively cope with abreactions.

This course satisfies the requirement for 16 CE hours as outlined below.

1 hour	I	Introduction to EEG Biofeedback- History
0	II	Research
1	III	Basic Neurophysiology and Anatomy
1	IV	EEG & Electrophysiology
2	V	Instrumentation
5	VII	Treatment Planning
4	VIII	Other Therapeutic Techniques
2	IX	Professional Conduct

Prerequisite for Participation

Participants seeking CE hours to be applied toward BCIA for this workshop should already be certified and have clinical experience. This workshop will be at an intermediate to advanced level. Prior experience in counseling or coaching will be very helpful toward understanding this special modality of neurofeedback. Participants not seeking certification may participate if they have an interest in EEG Biofeedback as a practitioner, staff, or student with an interest in expanding their knowledge of EEG Biofeedback.

ONE-DAY INTRODUCTORY COURSE - TECHNICAL FOUNDATIONS OF NEUROFEEDBACK

Presented by: Thomas F. Collura, Ph.D.

This portion of the workshop will describe the technical foundations of the practice of neurofeedback, including the neurophysiological, electronic, and computer aspects, with an emphasis on alpha/theta training. A signal is traced from its origin in the brain, through the instrumentation, until a visual or auditory feedback signal is presented to the trainee. Principles to be covered include technical characteristics, filtering, use of sound, and feedback algorithms. Emphasis will be placed on deep-states training, 1- and 2-channel training issues, synchrony and coherence, and practical issues. Each participant will have the opportunity to articulate the technical foundations of EEG neurofeedback, including neurophysiology, electronics, signal processing, and user-interfacing, and to understand specifications such as bandwidth, accuracy, and response time, in scientific and engineering terms.

Educational Objectives: The educational objectives of this course follow the outline of BCIA's core requirements that can be viewed at the BCIA website <http://www.bcia.org>.

- Identify and understand the technical assumptions underlying EEG Biofeedback
- Be able to interpret amplitude, phase, frequency, and related EEG data
- Know the basic neuroanatomy and neurophysiology of EEG rhythms
- Have a basic understanding of activity of pyramidal cells and thalamic pacemakers
- Know essential terms/concepts for EEG biofeedback applications
- Know how to use EEG Biofeedback hardware and software
- Understand how computer systems affect EEG Biofeedback applications

This course satisfies the requirement for 8 CE hours as outlined below.

1 hours	I	Introduction to EEG Biofeedback- History
1	II	Research
1	III	Basic Neurophysiology and Anatomy
2	IV	EEG & Electrophysiology
3	V	Instrumentation
0	VII	Treatment Planning
0	VIII	Other Therapeutic Techniques
0	IX	Professional Conduct

For Information about Bill Scott, Richard Soutar and Thomas Collura, Please see the back of this page.

Both Above Courses Together Total 24 CE Hours with BCIA

Workshop Cost: \$495.00*

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Affiliate Members of BrainMaster Technologies are eligible for a \$50.00 discount!

Master Card and Visa accepted.

Limited Seating due to hotel space restrictions!

* Cancellation Policy: - No returns, refunds, exchanges after 45 days prior to event.

This program will be accessible to individuals with disabilities, according to the requirements of the Americans with Disabilities Act.

Please notify us when registering of any special needs you may require.

WHERE: Quality Inn & Suites, 4742 Brecksville Road, Richfield, Ohio 44286 Call (330) 659-6151 - 2 weeks in Advance for \$75 Discounted Rate • Complimentary Breakfast Voucher Included in Room Rate

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For more information CALL: **STRESS THERAPY SOLUTIONS INC. 1-800-447-8052 TODAY!**

Bill Scott Ph.D., is the principal investigator and first author of an addiction research project that yielded a 79% success rate with Native American alcoholics. This study was with Dr. Eugene Peniston (in press). An interview with Bill by the *Psychiatric Times* was published as a feature article. Bill Scott has also presented research at the American Association for the Advancement of Science with Dr. David Kaiser. Bill trained the researchers Dr. John Gruzelier and Dr. Tobias Egner (members of Department of Cognitive Neuroscience and Behaviour, Imperial College Medical School) in the use of alpha-theta protocols. The results of this research project so improved music abilities among Royal Conservatoire of Music students that the Conservatoire has made these protocols a mandatory part of the schools curriculum.

Bill has been published in the January 2000 issue of *Clinical Electroencephalography (EEG)*, an official journal of the EEG and Clinical Neuroscience Society (ECNS). He contributed a chapter on alpha-theta EEG biofeedback in Jim Robbins' Book, "A Symphony in the Brain." He was the Principal Investigator for a large controlled study (n=121) on poly drug abusers at CRI-Help in North Hollywood, which he presented May 23rd 2002 at the American Psychiatric Association's annual convention in Philadelphia. He also taught a workshop on anxiety disorders with Thomas Brod, M.D. at this conference.

Bill has been training EEG biofeedback practitioners since 1996 and has taught over two thousand practitioners in the use of EEG biofeedback in clinical practice.

He is also co-authoring Dr. Eugene Peniston's 10-year follow-up to Peniston's first alcoholism study. This paper will include a summary of all previously published research on alpha-theta EEG biofeedback. In association with Michael Hoffman, Bill is also currently involved with the Narcotics Division of the American Embassy in South America where they are teaching their protocols to other researchers in order to quickly replicate their work in Latin America. He participated in the 4th annual Meeting of Experts on Demand Reduction for the Organization of American States. Bill is the co-investigator of a study on post traumatic Stress Disorder at U.C.L.A.'s Neuropsychiatric Institute with Dr. Lobsang Rapgay (Director of the UCLA Biobehavioral Medical Clinic). Citing the work of Bill Scott and colleagues, Dr. Frank Duffy, editor of the journal *Neurology*, states, "The literature, which lacks any negative study of substance, suggests that EEG biofeedback should play a major therapeutic role in many difficult areas. In my opinion, if any medication had demonstrated such a wide spectrum of efficacy it would be universally accepted and widely used."

Richard Soutar, Ph.D. is the Director of Neurofeedback Services for Synapse Neurofeedback Center in Atlanta, Georgia. Additionally he is the general manager of Neurosystems Consulting, and was an adjunct professor at Arizona State University where he taught psychology and sociology. Before his move to the Atlanta area he was on the Board of Directors for the Emotional Fitness Center in Phoenix. Dr. Soutar co-authored a book with the neurofeedback pioneer Adam Crane, entitled *MindFitness: the Process* as well as authoring the first textbook for the field entitled, "Doing Neurofeedback." He received his Ph.D. in Social Psychology from Oklahoma State University. His Masters Degree, which focused on Family Systems and Addictions, was from the University of Arkansas as was his Bachelors Degree in Psychology. He received his initial training in alpha-theta neurofeedback at the Arkansas Recovery Group in 1993. Since then he has trained at the Biofeedback Institute of Los Angeles, American Biotech, and attended workshops to learn the theories and protocols of Valdeen Brown, the Othmers, Joel & Judith Lubar, Margret Ayers, Les Femi, Jay Gunkleman, Bill Scott, and many others. He is BCIA certified and a member of the SNR. He has served as adjunct faculty for Arizona State University and the Maricopa Community College System. He was also co-director of neuropsychological and neurofeedback services for Health South Rehabilitation Hospital in Glendale Arizona.

Thomas Collura Ph.D., has studied the brain and worked in EEG, instrumentation, and computers for over 30 years, and has held senior technical staff positions at the Cleveland Clinic Foundation (Department of Neurology), and with AT&T Bell Laboratories (computer systems division). He brings his experience and credentials in biomedical engineering and the neurosciences to a comprehensive approach to neurofeedback. He has published over 100 articles including papers in peer-reviewed journals, book chapters, and abstracts in the engineering and medical literature, and has conducted invasive and noninvasive studies of the brain and EEG in relation to attention, photic stimulation, source localization, epilepsy, and event-related potentials. He has developed several generations of EEG systems including real-time evoked potential systems, 24-hour computerized epilepsy monitors, interactive brain mapping software, and the BrainMaster digital EEG trainer. Based on a firm engineering and scientific foundation, he presents neurofeedback from the level of the neuron, through the computers and equipment, to the "big picture" of understanding and conducting effective training sessions.