



stress therapy
SOLUTIONS™ Presents

BRAIN SYNCHRONY & OPEN FOCUS™ TRAINING

Les Fehmi, Ph.D.



*Our Intent is to Limit this Workshop to 16 Attendees
So That Ample Hands-on and Personal Experience Can Occur*

December 1, 2, 3 & 4, 2006

9:30 AM. - 4:30 PM

Workshop Cost: \$ 645.⁰⁰ or \$265.⁰⁰ per Day

WHERE: Quality Inn & Suites, 4742 Brecksville Road, Richfield, Ohio 44286

Call (330) 659-6151 - 2 wks in Advance for \$72 Discounted Rate Complimentary Breakfast Voucher Included in Room Rate

Day One – Thomas Collura, Ph.D.

Day Two, Three and Four – Les Fehmi, Ph.D.

Special 10% Discount to those who register prior to October 1, 2006 - Additional \$50.⁰⁰ Discount to BrainMaster Affiliate Members.

Also, Free set of 6 Open Focus CD's by Dr. Les Femi Ph.D. and Susan Shor M.S.W. for those who register by September 1, 2006!

Les Fehmi, Ph.D. will highlight the evidence showing that neurofeedback training of whole head, phase synchronous brain wave activity, yields significant clinical and performance benefits. He will demonstrate how OPEN FOCUS attention exercises can be used clinically; along with neurofeedback, to reduce the many symptoms of stress, dissolve physical and emotional pain and to enhance well being and performance. Together, or separately, neurofeedback and OPEN FOCUS training facilitate self realization; awareness of experience, the experienter and the witness, unified and as separate entities.

The first day of the Professional 2-day Workshop portion (Saturday, December 2, 2006) includes participants training each other, and experiencing multiple sessions of 5-channel brain synchrony training. The objectives are to elucidate the mechanisms for effectiveness of OPEN FOCUS and synchrony training, and to demonstrate how OPEN FOCUS and synchrony training alleviate symptoms, dissolve uncomfortable experience and support improved performance.

The second day of the professional two day workshop portion (Sunday, December 3, 2006) provides linked neurofeedback that trains two or more participants to produce whole head, phase synchronous brain waves among them. Less feedback is provided when an individual is out of synchrony in one's own brain, or out of synchrony with a partner, or with a group. For many, the resultant experience is a sense of harmony and union, called "the honeymoon response" by one participant. Read more: www.openfocus.com.

The goal of the third day with Dr. Fehmi's OPEN FOCUS workshop portion (Monday, December 4, 2006) is to provide and experience one full day of verbally guided OPEN FOCUS meditation exercises, without using instrumentation, with emphasis on dissolving physical and emotional experience and pain.

Certification of Completion available for attendees attending 4 days.



Friday, December 1, 2006 - Thomas Collura, Ph.D - Technical Foundations of Neurofeedback: Whole Brain Synchrony

This full-day course will describe the technical foundations of neurofeedback, with an emphasis on neurophysiological aspects of coherence, phase, and synchrony 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. Among the topics covered will be: local and global synchrony, origins of bioelectric rhythms, measurement and feedback of coherence, phase, and synchrony, amplitude and phase relationships in the EEG, and practical methods for training global brain connectivity.

BrainMaster 2.5SE Software Walkthru Complimentary Workshop - Presented by Bill Mrklas - No cost • Free Workshop
Friday December 1, 2006, 6:30 PM-9:30 PM

The four day professional workshop is geared to professional providers in the field of neurofeedback for whom there are no prerequisites. For others, please call for further information. For elective reading see: www.openfocus.com.

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

Limited Seating due to hotel space restrictions! * Cancellation Policy: - No returns, refunds, exchanges 30 days prior to event.

Master Card and Visa accepted.

*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.*

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