



EEGInfo

INTRODUCTORY COURSE

Participant Enrollment Pack

Thank you for registering for this course

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 **40 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 dysregulation lead to physical, emotional 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

Prerequisites: *(more on following page)*
Health and mental health practitioners,
with a **Masters or above**

Location:

EEG Info Training Facility
6400 Canoga Ave. Suite 210B
Woodland Hills, CA 91367

Hotel Information:

Hilton Woodland Hills
6360 Canoga Ave.
Woodland Hills, CA 91367
1.800.445.8667

Presenters

Siegfried Othmer, PhD, BCIAC

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 labors to promote the field in general, and to enhance professional training in neurofeedback.

Susan Othmer, BCN

Clinical Director, EEG Institute

Susan Othmer is a leader in the clinical application of neurofeedback. She has introduced thousands of professionals to the field of neurofeedback and continues her clinical work and development of new assessment and training approaches as Clinical Director of the EEG Institute in California.

Kurt Othmer, BA

Owner/President, EEG Info

Kurt Othmer founded EEG Info in 2002 soon after graduating with honors from the University of Montana with degrees in Psychology and Economics. As the son of Sue and Siegfried Othmer, he brings the same passion, knowledge and commitment to the neurofeedback field. Since opening its doors, EEG Info has grown into the leading organization for education and clinical development.

Roxana Sasu, RN

Neurofeedback Practitioner, EEG Institute

Roxana received her MD from Carol Davila Faculty for General Medicine and Pharmacy, Bucharest, Romania and worked as a General Practitioner in one of the biggest Clinical Hospitals there. She entered the neurofeedback field in May 2008 and has successfully trained clients using the Othmer Method at the EEG Institute since then.

Gayle Dizon, RN, PHN, MSN

Neurofeedback Practitioner, EEG Institute

Gayle has been a California-Licensed Registered Nurse since 2006. She earned a BA in Psychology from University of California Irvine, a BS in Nursing from Mount St. Mary's College, and an MS in Nursing from University of Phoenix. She joined the EEG Institute in 2011 and helps clients achieve quality results using the Othmer Method.

Prerequisites

Health and mental health practitioners ***with a Masters or above***

Familiarity with the content of the following books will be assumed:

Primer of EEG: With a Mini-Atlas by A. James Rowan, Eugene Tolunsky

The Neuroscience of Psychotherapy by Louis Cozolino

A Symphony in the Brain by Jim Robbins

ADD the 20 Hour Solution by Mark Steinberg and Siegfried Othmer

Continuing Education:

MFT and LCSW

The course meets the qualifications for 40 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences; provider #3628.

Psychologists

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. 40 credit hours.

Nurses

Provider approved by the California Board of Registered Nursing, Provider Number 15652 for 30 contact hours.

Satisfactory Completion

Participants must have paid tuition fee, signed in and out each day, attended the entire seminar, and completed an evaluation, in order to receive a certificate of completion/attendance. Certificates will be sent after the seminar.

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.

Course Schedule

Schedule is subject to change. For most up to date schedule visit: eeginfo.com/courses

Two 15 min. breaks are incorporated into each 4-hour morning/afternoon block

MONDAY

7:30 - 8:30am

Registration and Breakfast

8:30 - 9:30am

Welcome and Introductions

9:00am - 12:30pm

Cygnets Basics, 10-20 electrode placements

12:30 - 2:00pm

Lunch break (*meal not included in course*)

2:00 - 6:00pm

Symptom tracking setup, QIK test #1, Outcome measures and QIK norms

TUESDAY

7:30 - 8:30am

Breakfast

8:30am - 12:30pm

Starting sites and reward frequency, ILF session demonstration, Discussion and ILF session #1

12:30 - 2:00pm

Lunch break (*meal not included in course*)

2:00 - 6:00pm

CNS building blocks, Patterns of dysregulation, Arousal, activation and reward, Discussion and ILF session #2, Symptom tracking #2

WEDNESDAY

7:30 - 8:30am

Breakfast

8:30am - 12:30pm

Instabilities and disinhibition, Discussion and ILF session #3

12:30 - 2:00pm

Lunch break (*meal not included in course*)

2:00 - 6:00pm

Localized dysfunctions, Basic sites and reward frequencies, Discussion and ILF session #4, Symptom tracking #3

THURSDAY

7:30 - 8:30am

Breakfast

8:30am - 12:30pm

Learned fears and habits, Symptom categories, Discussion and ILF session #5

12:30 - 2:00pm

Lunch break (*meal not included in course*)

2:00 - 6:00pm

Symptom profiles, Discussion and ILF session #6, Symptom tracking #4

FRIDAY

7:30 - 8:30am

Breakfast

8:30am - 12:30pm

Assessment - interview, Discussion and ILF session #7

12:30 - 2:00pm

Lunch break (*meal not included in course*)

2:00 - 6:00pm

Assessment – testing and discussion of results, Reassessment and completion, QIK test #2, Symptom tracking #5, Review training results

6:00pm

Course Ends - Evaluation forms and certificates of completion

Learning Objectives

Upon completion of this course participants should be able to:

Day 1

1. Use neurofeedback instrumentation in simulation and live mode, and record session notes and EEG data.
2. Describe the International 10-20 System of electrode placement and locate sites indicated for EEG training.
3. Set up symptom tracking for a client on EEG Expert, and enter data over neurofeedback sessions to produce graphs showing progress with training.
4. Explain how to administer the QIK CPT and create a report on EEG Expert to be used as a pre-post neurofeedback training measure.
5. Discuss the use of Continuous Performance Test data with neurofeedback and results across diagnostic categories.

Day 2

1. Describe how to find an effective starting site and reward frequency based on clinical symptoms and response to training.
2. List three common symptoms indicating the need for a higher reward frequency, and three different symptoms indicating the need for a lower reward frequency.
3. Describe reward and inhibit frequency bands and how they impact feedback during a session.
4. Discuss physiological arousal and its relationship to selected reward frequency.
5. Discuss physiological self-regulation as the goal of neurofeedback, and how that promotes well-being.

Day 3

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

Day 4

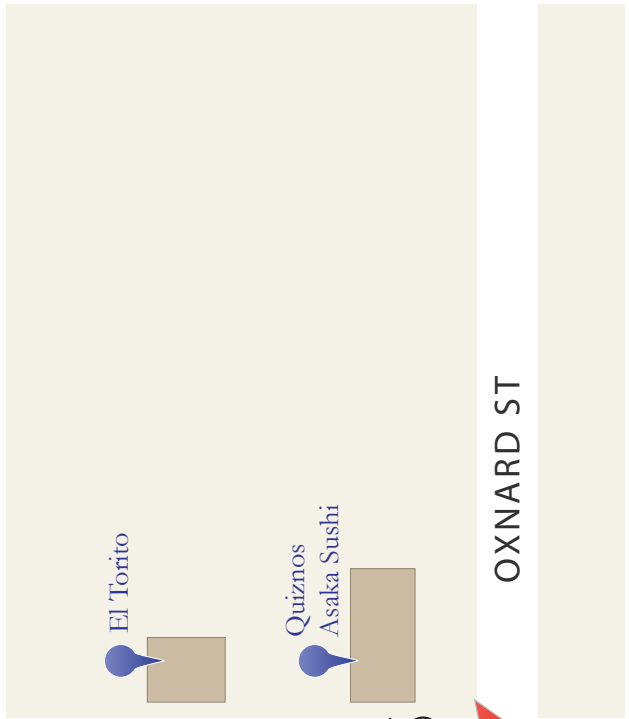
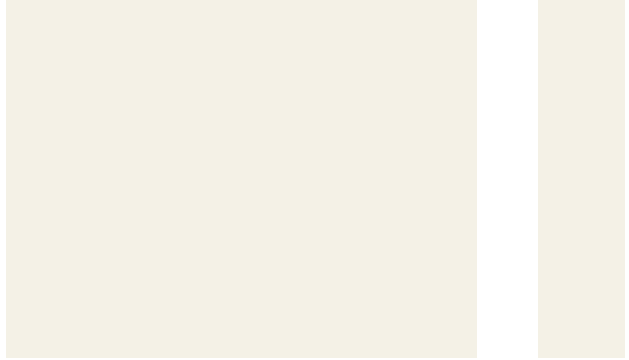
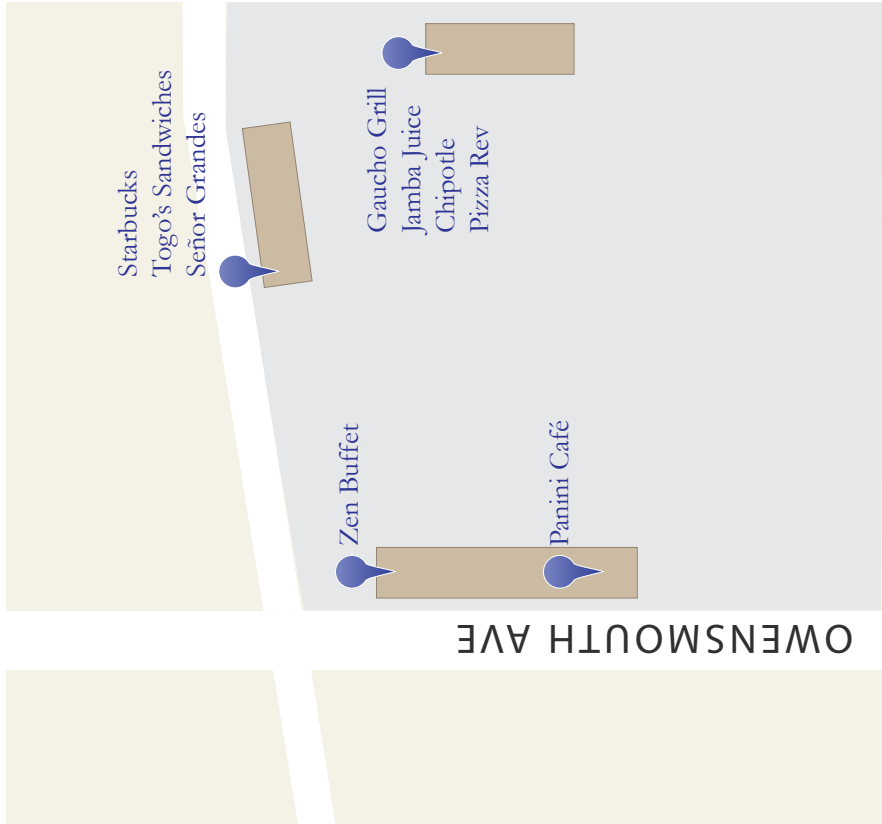
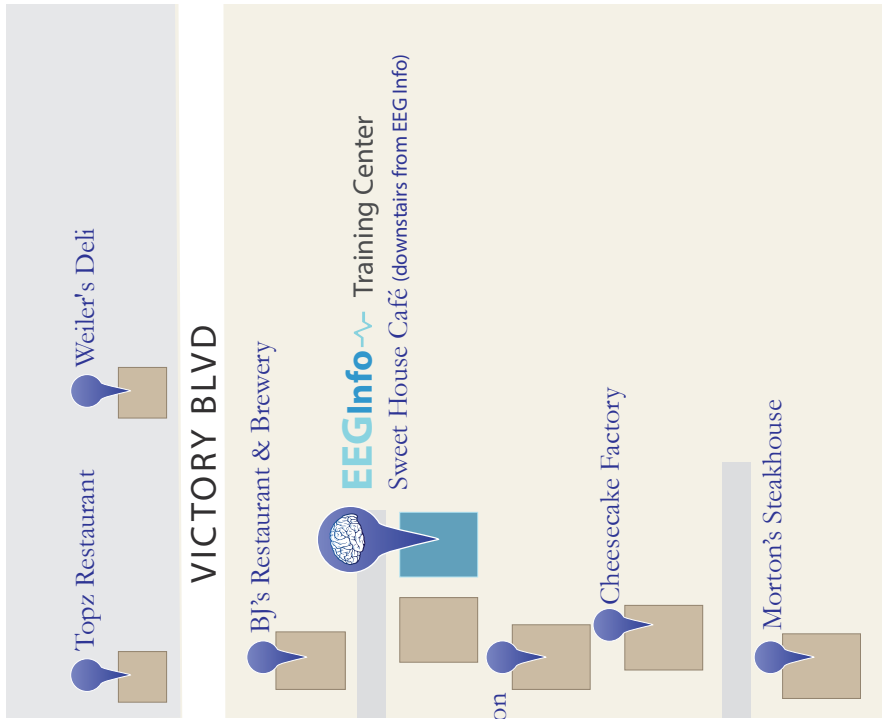
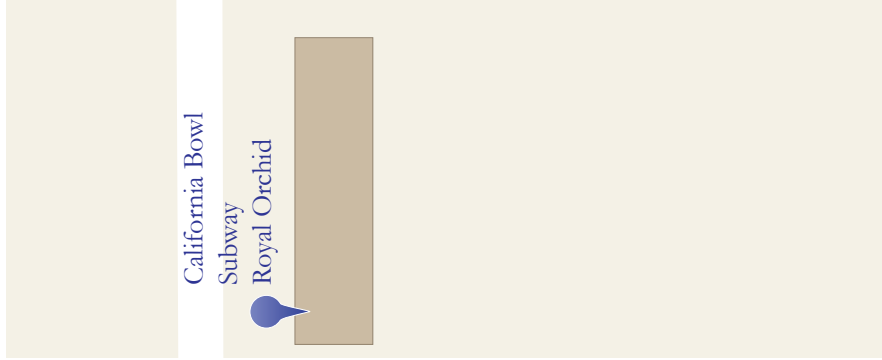
1. List three considerations in judging whether a client is ready to start Alpha-Theta training.
2. Describe symptoms indicating unstable arousal and appropriate training placement.
3. Describe expected neurofeedback training effects with placements targeting right-back, right-front, left-front and left back quadrants of the cortex.
4. Discuss ADHD neurofeedback subtypes and implications for starting site and basic training sites.
5. Explain how the efficacy of specific medications relates to modes of dysregulation.

Day 5

1. Use information on client symptoms and history to characterize patterns of dysregulation and devise an overall neurofeedback treatment plan.
2. Discuss need for good communication with neurofeedback clients, promoting feedback to the clinician and discussion of on-going training options.
3. Describe rationale for communicating with a client's prescribing physician and other treating professionals.
4. Explain how QIK CPT results can help understand a client's ability to attend and respond in boring and stressful situations, and how those measures might change with neurofeedback.

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LOCAL INFORMATION



Restaurant Map
For restaurant descriptions, see reverse

US 101

Asaka Sushi 818.888.2234

Specializing in fresh sushi and delicious Japanese dishes

BJ's Restaurant & Brewery 818.340.1748

Salads, pizzas, sandwiches, beer, etc.

California Bowl 818.883.7255

Great quality Japanese food in a low key atmosphere

Cheesecake Factory 818.883.9900

Sit down dining, expansive lunch and dinner menu with large portions

Chipotle Mexican Grill

Large burritos, salads and bowls using natural ingredients

El Torito 818.348.1767

El Torito's menu features sizzling fajitas, hand-made tamales, enchiladas and tacos as well as traditional Mexican platters

Follow Your Heart Market & Café 818.348.3240

The Follow Your Heart® Market & Restaurant is one of LA's oldest and best-loved natural food eateries. A 5 minute drive from the office. 21825 Sherman Way, Canoga Park, CA 91303
Visit their site at <http://followyourheart.com/market-cafe>
(*not featured on map*)

Gauchos Grill 818.992.6416

Argentinean grill, with excellent steak, fish and chicken dishes, as well as wonderful salads

Hilton 818.595.1000

A very quiet place to talk and eat with choice of lunch buffet

Jamba Juice 818.712.4395

This California-based chain offers 20 kinds of fruit smoothies

Morton's Steakhouse 818.703.7272

Fine dining steak house specializing in classic hearty fare with generous portions

Panini Café 818.992.3330

A sit-down restaurant with good food and an Italian flare

Pizza Rev 818.347.4990

Craft your own artisan pizza using delicious homemade pizza dough

Quiznos 818.703.1524

Fast food sandwiches and wraps

Royal Orchid 818.887.1688

The real taste of Thailand awaits you in this hidden gem

Señor Grandes 818.346.9144

A "fresh-mex" style restaurant with burritos, tacos and salads

Starbucks Coffee 818.884.9418

In addition to coffee, they have salads and sandwiches

Subway 818.876.0068

Fast food sandwiches and wraps

Sweet House Café 818.346.7318

Located on the 1st floor directly below our office. These lovely folks provide the catering at the class. Breakfast and lunch all day until 4pm.

Togo's Sandwiches 818.883.3292

Sandwiches and salads, their specialty sandwich is the pastrami

Topz Restaurant "Healthier Burger Grill" 818.348.1550

Beef, turkey, and veggie patties and healthier french fry options

Weiler's Deli 818.884.6611

Sandwiches, salads and sweets

Zen Buffet 818.887.2688

All-you-can-eat Chinese food

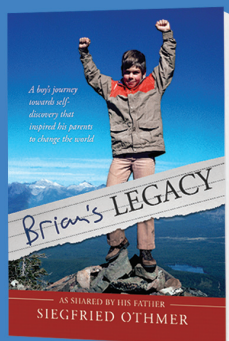
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EEG INFO LIBRARY



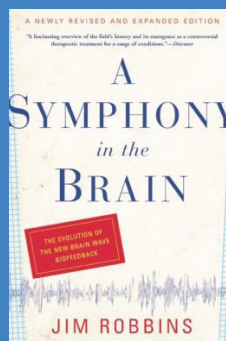
Brian's Legacy & A Symphony in the Brain

Start reading today and get inspired!



\$14.95

Pairing Brian's journal entries with his father's recollections, *Brian's Legacy* chronicles the emotional journey of a dedicated father and his troubled son.



\$13.95

In *A Symphony in the Brain*, Jim Robbins traces the fascinating story of the development of neurofeedback.

See our full library at eeginfo.com/shop