



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 **35 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, Ph.D., 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.



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 35 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. 35 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.

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)

Breakfast is included from 7:30 - 8:30am each day

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

Lunch breaks are from 12:30 - 2:00pm each day (meal not included in course)

MONDAY

8:30 - 9:00am

Welcome and Introductions

9:00am - 12:30pm

Research, History and Results

Early research history in neurofeedback
Results of research in field of neurofeedback
Cases supporting the dysregulation model

2:00 - 4:00pm

Neurofeedback Foundations

Building blocks
Assumptions
Instrumentation

4:00 - 6:00pm

Demonstration and Practicum 1

CPT (Continuous Performance Test) assessment

TUESDAY

8:30am - 12:30pm

Theoretical Model of Neurofeedback

Emerging models of neurological regulation
Self-regulation, arousal and EEG
The dysregulation model

2:00 - 6:00pm

Demonstration and Practicum 2

Introduction to neurofeedback instrumentation
10-20 system of electrode placement
Symptom tracking

WEDNESDAY

8:30am - 12:30pm

The Clinical Model

Neurophysiological mechanisms of self-regulation
Arousal and instability
Neurofeedback as learned self-regulation of state
Starting neurofeedback protocols

2:00 - 6:00pm

Demonstration and Practicum 3

Demonstration of neurofeedback session
Personal training (starting sites)
Optimizing reward frequency

THURSDAY

8:30am - 12:30pm

Symptom Profiles and Basic Neurofeedback Protocols

Symptoms related to dysregulation model
Clinical and peak performance applications
Basic neurofeedback protocols

2:00 - 3:00pm

Discussion of Personal Training Results

3:00 - 6:00pm

Demonstration and Practicum 4

Personal training (optimizing starting site and reward frequency)

FRIDAY

8:30am - 12:30pm

Neurofeedback Assessment and Training

Evaluation
Protocol development
Reassessment
Completion

2:00 - 3:00pm

Discussion of Personal Training Results

3:00 - 5:00pm

Demonstration and Practicum 5

Alpha-Theta demonstration
Personal training (AT session)

5:00 - 6:00pm

Discussion of AT Training Results

Next Steps after the Course

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. Describe Serman's early work with SMR training impacting seizures in cats and humans.
2. Discuss the use of Continuous Performance Test data with neurofeedback and results across diagnostic categories.
3. Describe results of the Peniston and Cri-Help studies of neurofeedback for PTSD and addictions.
4. Discuss how symptom tracking data support the self-regulation model of neurofeedback.
5. Describe how common-mode rejection with a differential amplifier allows extraction of small signals from large background noise.
6. Explain how to administer the QIK CPT and create a report on EEG Expert to be used as a pre-post neurofeedback training measure.

Day 2

1. Compare and contrast classical peripheral biofeedback and EEG neurofeedback.
2. Distinguish the frequency domain and the time domain descriptions of the EEG for purposes of display, analysis and reinforcement.
3. Use neurofeedback instrumentation in simulation and live mode, and store and replay EEG session data.
4. Describe the International 10-20 System of electrode placement and locate sites indicated for EEG training.
5. Set up symptom tracking for a client on EEG Expert, and enter data over neurofeedback sessions to produce graphs showing progress with training.

Day 3

1. Describe the role of the brainstem reticular activating system in managing brain states.
2. Explain the different action of reward and inhibit frequency bands in neurofeedback.
3. Discuss the short-term and long-term effects of neurofeedback in terms of state shifts and learned self-regulation of state.
4. Describe options and rationale for starting sites and reward frequency during initial neurofeedback session.
5. Compare and contrast common symptoms that arise or increase when the reward frequency is either too high or too low.

Day 4

1. Describe symptoms indicating unstable arousal and appropriate training placement.
2. Contrast functions and dysfunctions of arousal, activation and reward, and discuss related choices of reward frequency and electrode placement.
3. Discuss the role of the pre-frontal cortex in inhibiting primitive sub-cortical behaviors and symptoms indicating need for pre-frontal training.
4. Discuss differences in left and right brain function and symptoms indicating the need to train the right hemisphere only.
5. Explain how Alpha-Theta training allows access to and resolution of sub-cortical fears and habits.

Day 5

1. Use information on symptoms, developmental and trauma history, treatment history and genetic history to characterize patterns of dysregulation and appropriate starting protocols.
2. Describe basic training sites and their relationship to multimodal association areas.
3. Describe how brain imaging data might or might not be useful in determining reward frequency and/or training sites.
4. Discuss considerations regarding when to add Alpha-Theta training and how to combine it with awake-state training.
5. Discuss alpha, theta, delta and beta trend lines during Alpha-Theta training and how they might relate to state shifts during training.

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LOCAL INFORMATION

OWENSMOUTH AVE

Starbucks
Togo's Sandwiches
Señor Grandes

Zen Buffet

Panini Café

Gaucha Grill
Jamba Juice
Chipotle
Pizza Rev

CANOGA AVE

Topz Restaurant

Weiler's Deli

VICTORY BLVD

BJ's Restaurant & Brewery

EEGInfo Training Center
Sweet House Café (downstairs from EEG Info)

Hilton

Cheesecake Factory

Morton's Steakhouse

VARIEL AVE

California Bowl
Subway
Royal Orchid

Restaurant Map
For restaurant descriptions, see reverse

US 101

ERWIN ST

El Torito

Quiznos
Asaka Sushi

OXNARD ST

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

Gaucha 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

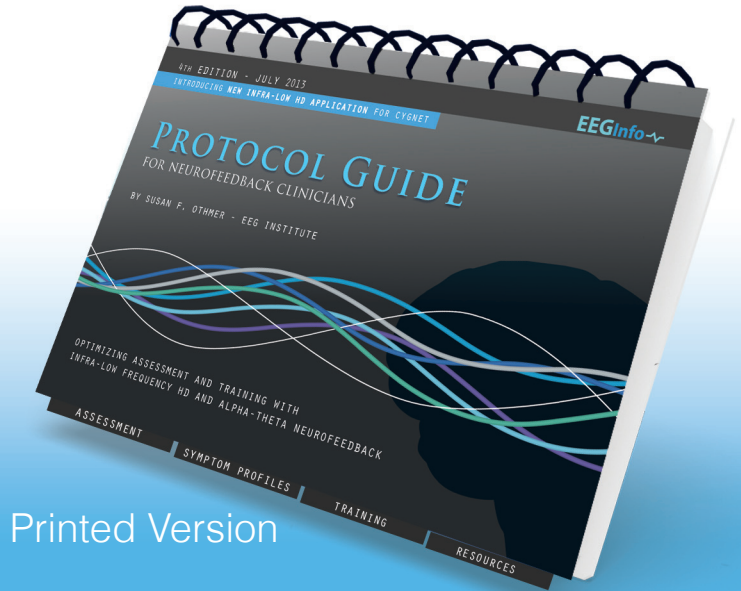
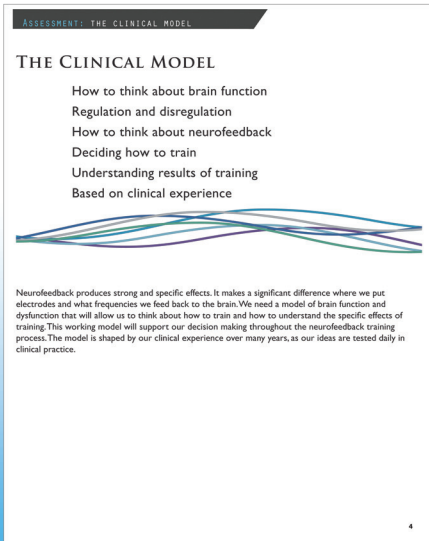
818.887.2688

All-you-can-eat Chinese food

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PRODUCTS

The industry leading **HD** edition of Sue Othmer's Protocol Guide is now available!



Printed Version

PROTOCOL GUIDE HD

Order Today \$130

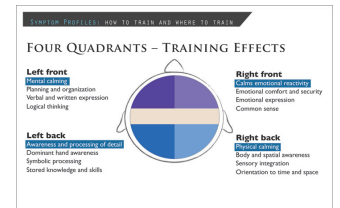
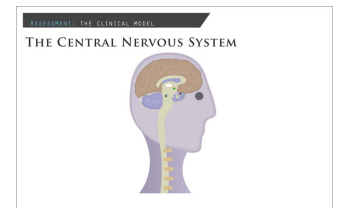
All New for 2013

- › Enhanced Infra-low HD applications
- › Updated training protocols

With the Othmer Method again setting the standard for clinical efficacy, clinicians around the world are turning to Susan Othmer's Protocol Guide for the latest in neurofeedback techniques. In this Fourth Edition, neurofeedback clinicians can learn about the groundbreaking **Infra-low HD Training**, developed by Susan Othmer - resulting in greater success with disorders ranging from autism to migraines to PTSD.

We are certain this will be a valuable tool for developing protocols that will help you to improve your clinical results.

Sample pages



Also Available:

Online \$75* iPad® \$94.99
On the App StoreSM

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