

The Biofeedback Society of Florida
in cooperation with the Association for
Applied Psychophysiology and Biofeedback presents:

Heart - brain connections: Neuroanatomy and the effectiveness of combined neurofeedback and biofeedback interventions

Concussion hits hard: Interventions for Post-Concussion Syndrome based on a multi-modal assessment



Presented by
**Lynda Thompson, Ph.D. and
Michael Thompson, M.D.**

ADD Centres, Ltd. and
The Biofeedback Institute of Toronto

January 25 - 26, 2014
The Florida Hotel & Conference Center
Orlando, Florida

A **12.5 contact-hour** APA approved CE program for
mental health, biofeedback/neurofeedback practitioners,
other healthcare professionals, scientists, and academicians.

Conference Schedule

Saturday, January 25, 2014

Heart - brain connections: Neuroanatomy and NFB/HRV

Concussion hits hard: Interventions for Post-Concussion Syndrome

Heart - brain connections: Neuroanatomy and NFB/HRV - Concussion hits hard: Interventions for Post-Concussion Syndrome

- | | |
|---------------|---|
| 8:00 - 8:30 | Sign-in – Coffee |
| 8:30 - 8:45 | Welcome, introductions, and announcements
Joe West, M.S., LMHC - BSF President |
| 8:45 - 10:30 | Lynda Thompson, Ph.D. & Michael Thompson, M.D.
Overview of QEEG, single and 19 channel EEG assessment and interpretation
Demonstration - single channel EEG assessment
Heart Rate Variability (HRV), stress assessment, and training - ADHD and LD examples |
| 10:30 - 10:45 | Break |
| 10:45 - 12:00 | Lynda Thompson, Ph.D. & Michael Thompson, M.D.
Comprehensive evaluation methods: stress assessment and 19 channel EEG measures
Utilization in ADHD, LD, anxiety, and ASD

Review of DSM V criteria for ADHD, LD, anxiety, and ASD - changes from DSM IV |
| 12:00 - 1:15 | Lunch on your own - hotel restaurants or at one of the many alternatives in the Florida Mall adjacent to the hotel |
| 1:15 - 3:00 | Lynda Thompson, Ph.D. & Michael Thompson, M.D.
Combining neurofeedback (NFB) and HRV training
The impact of HRV on the EEG
Neural networks influenced by combined NFB/BFB
How HRV/NFB influence the same brain structures |
| 3:00 - 3:15 | Break/refreshments |
| 3:15 - 5:15 | Lynda Thompson, Ph.D. & Michael Thompson, M.D.
Complex case presentation - Raynaud's and TBI
Central midline cortical and subcortical structures
Assessment methods including QEEG, LORETA, ERP |
| 5:15 - 5:30 | Q&A - Adjourn

<i>Organization of dinner groups - network with colleagues and friends at one of the many restaurants nearby</i> |
| 5:30 - 7:00 | BSF Board of Directors Meeting |

Conference Schedule

Sunday, January 26, 2014

Heart - brain connections: Neuroanatomy and NFB/HRV

Concussion hits hard: Interventions for Post-Concussion Syndrome

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|---------------|---|
| 8:00 - 8:30 | Sign-in – Coffee |
| 8:30 - 10:15 | Welcome and announcements

Lynda Thompson, Ph.D. & Michael Thompson, M.D.
Review of Saturday's content - Q&A

Comprehensive assessment in treatment planning
Choosing the right modality: Combined NFB, HRV, and metacognitive strategy interventions

Influencing the affective, executive, salience, default neural networks - the synergism of NFB and BFB
When to include LORETA Z-score neurofeedback |
| 10:15 - 10:30 | Break |
| 10:30 - 12:00 | Lynda Thompson, Ph.D. & Michael Thompson, M.D.
Introduction to Post-Concussion Syndrome
The effect of traumatic brain injury (TBI) on HRV
Diffuse axonal injury (DAI)

Methodology for accurate assessment: QEEG, evoked potentials (ERPs), HRV
Multi-modal assessment and treatment planning |
| 12:00 - 1:30 | Lunch on your own - hotel restaurants or at one of the many alternatives in the Florida Mall adjacent to the hotel |
| 1:30 - 3:30 | Lynda Thompson, Ph.D. & Michael Thompson, M.D.
Review of the effects of brain injury on cardiac functions
Combined LORETA Z-score neurofeedback, HRV, transcranial direct current stimulation, and other modalities in treating TBI

Short break |
| 3:30 - 4:00 | Case examples supporting theory of combined NFB and BFB

Q&A, Completion of CE exams and evaluations
Distribution of certificates

Adjourn |

Workshop schedule and content are subject to change

Conference Faculty

Lynda Thompson, Ph.D. is a psychologist and internationally renowned clinician, researcher, and teacher who has dedicated her career to developing effective EEG and neurofeedback methodologies for the assessment and treatment of ADHD, LD, ASD, and other conditions. She has been the Executive Director of the ADD Centre in Toronto, Canada since 1993. Dr. Thompson and her husband, Michael Thompson, M.D. are popular workshop presenters who are known for their ability to make the complexities of applied neuroscience understandable. They have developed protocols for Thought Technology, Ltd. and other instrumentation, and lecture regularly at the AAPB, ISNR, and BFE annual conferences. Dr. Thompson is co-author with William Sears, M.D. of *The A.D.D. Book: New Understanding, New Approaches to Parenting Your Child*, and with Michael Thompson, M.D. of *The Neurofeedback Book: An Introduction to Basic Concepts in Applied Psychophysiology*.

Michael Thompson, M.D. devotes his time to the administration of the Biofeedback Institute of Toronto and teaching. When formerly practicing medicine he was Associate Professor and head of post-graduate education in psychiatry at the University of Western Ontario, examiner for the Royal College of Physicians (Canada), and chairman of their examinations committee in psychiatry. While Associate Professor at the University of Toronto he was psychiatric consultant to The Hospital for Sick Children's neurology department. In addition to those authored with Lynda Thompson, his publications also include *A Resident's Guide to Psychiatric Education*, 48 journal articles, and 13 book chapters. Dr. Thompson has given 148 presentations in 23 countries on neurofeedback and biofeedback.

Course Description

This will be a state of the science clinical presentation that introduces a rationale for combining neurofeedback (NFB) with peripheral biofeedback (BFB), and particularly heart rate variability (HRV) interventions, informed by the Thompson's Systems Theory of Neural Synergy. The goal is to deepen practitioners' understanding of neuro-anatomical connections so they can plan multi-modal interventions that achieve success with every client. The program will include discussion of such evaluation methodologies as single and 19-channel QEEG, LORETA, event-related potentials (ERPs), HRV, continuous performance testing (CPT), and stress assessment, with emphasis on how each measure contributes to treatment planning. A discussion of how to influence specific neural networks and the synergistic effect of combined NFB and BFB on these structures will be held. Indications for combining treatment modalities such as single channel NFB, LORETA z-score NFB, HRV, transcranial direct current stimulation (tDCS), and passive infra-red feedback (pIR) will be identified. This information provides the foundation for Sunday's lecture on Post-Concussion Syndrome (PCS), which includes a review of the connection between traumatic brain injury (TBI) and cardiac problems. Injury unique to PCS, the use of QEEG, ERPs, HRV and other measures in assessment, and combined modality treatment will be discussed.

Registration Form

Heart - brain connections: neuroanatomy and HRV/NFB

Concussion hits hard: Multi-modal assessment and interventions

January 25 - 26, 2014 - The Florida Hotel & Conference Center, Orlando

To register online, go to www.FloridaBiofeedback.org

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

CONTACT TELEPHONE: _____

EMAIL ADDRESS: _____

LICENSE NO: _____ BSF MEMBER: _____ AAPB MEMBER: _____

CONFERENCE TUITION - 12.5 CE Credits	By 1/10	After 1/10
BSF Members:	\$229.	\$249.
With new BSF membership or renewal:	\$249.	\$269.
Non-members:	\$259.	\$279.
Students (degree-seeking, ID required):	\$109.	\$125.

Credit Card Number (VISA or MC): _____

Expiration Date: _____ Amount authorized: \$ _____

Cardholder signature: _____

(I authorize BSF to charge the amount specified above to my credit card account)

Credit card billing address: _____

(if different from above)

CVV2 number (3 digit security number on back of card): _____

Or Mail check payable to: The Biofeedback Society of Florida, Inc.,
1230 S. Federal Hwy., Boynton Beach, FL 33435 • (561) 742-7122

CONFERENCE LOCATION AND LODGING

The workshop will be held at **The Florida Hotel & Conference Center at the Florida Mall**, 1500 Sand Lake Road, Orlando, FL 32809 (GPS address: 8001 S. Orange Blossom Trail, Orlando, FL 32809). The hotel is offering BSF conference attendees discounted room rates of \$99./night plus tax and other fees for reservations made by January 10, 2014 (refer to Group: Biofeedback Society of Florida). For reservations, call toll-free **800-588-4656** or 407-859-1500. More information about the hotel can be found at www.thefloridahotelorlando.com. The hotel is located midway between Orlando International Airport and Walt Disney World, and is connected to The Florida Mall, Central Florida's largest indoor shopping experience.

Directions to hotel: FROM I- 4 WEST - (from Tampa): From I-4, take exit #74 (Sand Lake Road). At the bottom of the ramp, turn right and continue on Sand Lake Road approximately 5 miles to Orange Blossom Trail (US 441-17-92). Turn right (south, go to the second light (Sun Life Path) and turn left into the Florida Mall. Continue straight, then follow signs to the hotel. **FROM I- 4 EAST - (from Daytona Beach and downtown Orlando):** From I-4, take exit #80, Orange Blossom Trail (US 441-17-92). The exit ramp will merge with south bound traffic on Orange Blossom Trail. Continue south for approximately 5 miles. Go through the intersection at Sand Lake Road (SR 482), continue to the second light (Sun Life Path) and turn left into the Florida Mall. Continue straight, then follow signs to the hotel. **FROM THE FLORIDA TURNPIKE, NORTH OR SOUTH:** From the Florida Turnpike, take exit #254, Orange Blossom Trail (US 441-17-92). Follow signs for "North-East 441." Continue straight on Orange Blossom Trail to the third light (Sun Life Path) and turn right into the Florida Mall. Continue straight, then follow signs to the hotel.

CONTINUING EDUCATION CREDIT

This workshop is co-sponsored by AAPB and BSF. AAPB is an approved continuing education provider by the American Psychological Association. The approved provider maintains responsibility for this program. In the past, similar programs have been approved for 12.5 continuing professional education credits for licensed psychologists, mental health counselors, clinical social workers, marriage and family therapists, and other health care providers. Note: nurses, physicians, and other professions should verify that APA approval is sufficient to receive credit for this program.

The Biofeedback Society of Florida, Inc.
c/o 1230 S. Federal Hwy., Suite 101
Boynton Beach, FL 33435



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