

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

Fibromyalgia: Neuroplasticity gone wrong

**Surface EMG (sEMG),
quantitative EEG (qEEG), and
stress profiling methods for
diagnosis and treatment**



Presented by
Stu Donaldson, Ph.D., BCB
Myosymmetries, Calgary, Alberta
Adjunct Professor, Calgary University

July 26 - 27, 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, July 26, 2014

**Fibromyalgia: Neuroplasticity gone wrong
sEMG, qEEG, and stress profiling methods for diagnosis and treatment**

Fibromyalgia: Neuroplasticity gone wrong - sEMG, qEEG, and stress profiling methods for diagnosis and treatment

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|---------------|--|
| 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 | Stu Donaldson, Ph.D.
Overview of pain, chronic pain, and fibromyalgia
Pain examined - what it is with a demonstration of how mechano receptors become pain receptors

Neurological systems: Central, Peripheral, and Autonomic |
| 10:30 - 10:45 | Break |
| 10:45 - 12:00 | Stu Donaldson, Ph.D.
Neuroplasticity – current knowledge, comprehensive overview - cellular to system function and dysfunctions
Fibromyalgia – definition, issues, and current thoughts - the difference between fibromyalgia and myofascial pain syndromes |
| 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 | Stu Donaldson, Ph.D.
qEEG – Central Nervous System assessments - review of qEEGs from fibromyalgia patients and research subjects

Brain injury and its relation to fibromyalgia
Using the qEEG data to distinguish anxiety from fibromyalgia and myofascial pain syndromes |
| 3:00 - 3:15 | Break/refreshments |
| 3:15 - 5:15 | Stu Donaldson, Ph.D.
sEMG – Peripheral Nervous System evaluations - two channel to 10 channel assessments - Live demonstration as time permits |
| 5:15 - 5:30 | Q&A - Adjourn - <i>Organization of dinner groups</i> |
| 5:30 - 7:00 | BSF Board of Directors Meeting |

Conference Schedule

Sunday, July 27, 2014

Fibromyalgia: Neuroplasticity gone wrong sEMG, qEEG, and stress profiling methods for diagnosis and treatment

8:00 - 8:30	Sign-in – Coffee
8:30 - 10:15	Welcome and announcements Stu Donaldson, Ph.D. Review of Saturday's content - Q&A Autonomic Nervous System Evaluations – Stress profiling using protocols developed by Sue Wilson, Ph.D. - Examining how peripheral systems affect fibromyalgia
10:15 - 10:30	Break
10:30 - 12:00	Stu Donaldson, Ph.D. Combining sEMG, qEEG, and stress profiling evaluations in the development of a comprehensive treatment program: Where to start, how to proceed, when to use Brief discussion of related topics - LENS and how it affects treatment outcomes New ideas on the causes of fibromyalgia from old sources
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	Stu Donaldson, Ph.D. Case examples: Myofascial pain syndromes Fibromyalgia Short break
3:30 - 4:00	Complex headache evaluation and treatment plan Q&A, Completion of CE exams and evaluations Distribution of certificates Adjourn

Workshop schedule and content are subject to change

Conference Faculty

Stu Donaldson, Ph.D., BCB. Dr. Stuart “Stu” Donaldson is an icon in the world of peripheral biofeedback, recognized internationally for his work in the area of surface electromyography (sEMG) and the development sEMG applications in dynamic assessment and treatment of various muscle conditions. He received his Ph.D. in Clinical Psychology from the University of Calgary in 1989 where his study of muscle activity and low back pain inspired later research on myofascial pain, carpal tunnel syndrome, and headache. In 1995 his work on headaches was recognized by the *American Journal of Pain Management*, which presented him with the prestigious “Award for “Outstanding Contribution to the Interdisciplinary Pain Management Literature”.

Dr. Donaldson’s interest in pain syndromes evolved to include fibromyalgia, and in 1995 he began investigating the combination of his sEMG work with qEEG assessment for its diagnosis and treatment. The early research revealed the existence of subgroups in the fibromyalgia population that can be documented through the use of the qEEG. In 2000, Dr. Donaldson was appointed to the Expert Consensus Panel by the National Fibromyalgia Association and Government of Canada to study and develop a consensus document about fibromyalgia. He has published some 30 papers in numerous scientific journals and has lectured throughout the world on sEMG and qEEG techniques. His present focus is on the Neuroplasticity Model of neurological interactions and how this may be involved in the development and perpetuation of chronic pain syndromes.

The current President of the Association for Applied Psychophysiology and Biofeedback (AAPB), Dr. Donaldson continues to travel and lecture extensively throughout North America. He is presently an Adjunct Associate Professor in Applied Psychology at the University of Calgary, the Director of Myosymmetries, a multi-disciplinary clinical practice in Calgary, and is BCIA Board Certified in General Biofeedback.

Course Description

Fibromyalgia: Neuroplasticity Gone Wrong will explore how fibromyalgia represents the maladaptive side of neuroplasticity. The workshop will begin with a review of the classical Darwinian idea of pain representing injury. Through examples and discussion, our current health care ideas will be transcended into the more complex ideas involving neuroplasticity. The goal is to help shape the practitioner’s ideas into thinking about fibromyalgia as a multi-linear dysfunction with multiple components. The three nervous systems - central, peripheral, and autonomic - will also be examined in the context of how a dysfunction in one affects the other systems leading to a closed loop type of problem. Three types of biofeedback evaluation procedures will be introduced: qEEG, sEMG, and Stress Profiling. The value of these methods in formulating a differential diagnosis and developing a comprehensive treatment plan will be examined. The workshop will include the presentation of case studies and demonstrations of biofeedback evaluation and treatment techniques.

Registration Form

Fibromyalgia: Neuroplasticity gone wrong

sEMG, qEEG, and stress profiling methods for diagnosis and treatment

July 26 - 27, 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 7/11	After 7/11
BSF Members:	\$229.	\$249.
With new BSF membership or renewal:	\$259.	\$279.
Non-members:	\$279.	\$299.
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 July 11, 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.
1230 S. Federal Hwy., Suite 101
Boynton Beach, FL 33435



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