

# Florida Biofeedback



The Newsletter of the Biofeedback Society of Florida • Volume 29 • Number 1 • Summer 2012

## QEEG pioneer Jay Gunkelman presents BSF winter workshop

Review by Joe West, LMHC

In January, Jay Gunkelman, QEEG-D and Ali Hashemian, Ph.D. presented "EEG/QEEG: understanding how neurofeedback works through EEG modeling" at a well-attended meeting. The Biofeedback Society of Florida once again provided internationally respected lecturers to what turned out to be a thought provoking, enjoyable and affordable workshop. Jay brought the experience of having read over 500,000 EEG's to a group and challenged the way many of us look at determining treatment protocols.

Many of the assumptions we use to determine treatment protocols were discussed based on whether to use averaged group data versus individualized client data and a phenotype/vigilance model to make treatment protocol decisions. Jay was able to present complex concepts in such a manner that practitioners

both new to neurofeedback and those more experienced could understand and integrate into their practice. It was enjoyable to listen to the lively discussions that were generated by the challenge to some of our widely held assumptions and weakness due to a lack of unifying theory concerning protocols.

Sunday brought a review of specific literature and a generous sharing of important papers and literature provided to all attendees on a flash drive to take home.

Of course, who doesn't like free stuff? Ali Hashemian and his company, Brain Science International provided lunch for attendees as well as valuable information on various ways to effectively market your practice. There were many good suggestions from both Ali and attendees alike. Thank you to everyone in the Society who helped to make this meeting happen. There were many new faces and we hope to see you in July for what looks like a very exciting workshop.

## BSF announces summer conference in Orlando

As you're planning your summer we don't want you to forget the Biofeedback Society of Florida's workshop in Orlando, July 21 - 22. World renowned lecturer and scientist Nick Hall, Ph.D. has agreed to present to our group on the fascinating topic of *Psychoneuroimmunology: Emotions and Their Impact on the Immune System and Behavior*. We will also have a special presentation by BSF member and FSU College of Medicine faculty member, Lucas Koberda, M.D., Ph.D. who will present his research on the use of QEEG, Z-score NF, and

LORETA in neuro-psychiatry.

This great conference is also an excellent value, offering 13 CE credits for the very reasonable tuition of \$199.00. Please register now to take advantage of this value, and join your friends and colleagues in Orlando.

The venue for the meeting will be the Florida Hotel and Conference Center at the Florida Mall. Make your room reservation at the Florida Hotel (800-588-4656 or 407-859-1500) before July 6 to receive the BSF special

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### BSF Announces it's Summer Conference

***An Introduction to Psychoneuroimmunology: Implications for Biofeedback/  
Neurofeedback and Other Healthcare Professionals***  
with Nick Hall, Ph.D.

Internationally renowned scientist and lecturer  
University of South Florida College of Nursing

With a special presentation on **QEEG assessment  
and Z-score & LORETA neurofeedback**

by **J. Lucas Koberda, M.D., Ph.D.**

Florida State University College of Medicine

July 21 - 22, 2012

The Florida Hotel and Conference Center, Orlando, Florida

REGISTER NOW AT [www.FloridaBiofeedback.ky](http://www.FloridaBiofeedback.ky) or by phone at 561-742-7122

## Biofeedback Society elects new board and officers

The Biofeedback Society is pleased to announce the results of its 2012 Board election held earlier this year. In the General Election, the membership elected Joe West, M.S., LMHC to the position of President Elect. His one year term will begin immediately, at the end of

which he will assume the office of President on 1/1/2013.

Sharon Krieger, M.S., ARNP was re-elected outright to the position of Board Member at Large amongst a field of four candidates. There was a three way tie between the remaining Board Member at Large candidates, Tonyia Gibbons, Ed.D., Steve Marcus, Ph.D., and George Rozelle, Ph.D. The tie required a run-off election that resulted in the election of Dr. Gibbons and Dr. Rozelle. Each Board Member at Large will serve a two year term that begins immediately.

## Rosenthal chairs successful AAPB Annual Conference

Florida was not only well represented at the 2012 AAPB Annual Conference in Baltimore, the meeting was chaired by BSF Past President and current Board Member, Ron Rosenthal, Ph.D. The theme of the well attended meeting was *Evoking Human Potential*, symbolic of a curriculum that offered a balance between foundational knowledge and topics intended to help the practitioner prepare for anticipated changes in the science and practice of applied psychophysiology and biofeedback.

Speakers of note included Christine Moravec, Ph.D., Yuval Neria, Ph.D., John P. Charles, Ph.D., and Evian Gordon, M.D. Conference attendees chose from some 30 breakout sessions on special topics, numerous workshops, symposia, and panel discussions. The Baltimore waterfront setting provided a festive venue for networking and good food. Kudos to Ron and his committee for one of the best AAPB meetings to date.

Those elected will join the currently serving Board members whose terms expire the end of 2012. The are: Kent Peterson, M.S., President; Ron Rosenthal, Ph.D., Secretary; Aubrey Ewing, Ph.D., Treasurer; Katherine Billiot, Psy.D., Board; Bill Coslett, Ph.D., Board; and Mike Rothburd, Ph.D., Board.

Each year the membership elects three board members at large whose two-year terms expire in that year. Three of the six BSF Board members are elected in alternating years. The President-elect serves in that capacity for one year before assuming the office of President for two years. Officers also serve a two-year term. The next election will be held in late 2012 to elect the three Board Members at Large and two officers whose terms expire at that time.

Congratulations to the new Board and thank you to all the election candidates for generously volunteering your time to the Biofeedback Society of Florida.

## Summer conference to be held in Orlando July 21 - 22

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room rate.

Nick Hall, Ph.D. is a psychoneuroimmunologist whose NIH funded research has studied the brain and immune system interactions since 1978. He is a medical scientist and popular speaker on the Faculty of the University of South Florida College of Nursing, whose research has been published in over 150 periodicals and featured in the national and international media.

J. Lucas Koberda, M.D., Ph.D. is a board certified neurologist, an internationally trained physician, and a member of the Biofeedback Society of Florida. Dr. Koberda is the Director of the Tallahassee NeuroBalance Center and is a Clinical Assistant Professor of Neurology with The Florida State University College of Medicine. For complete information about the conference and to register, visit the BSF website at [www.FloridaBiofeedback.ky](http://www.FloridaBiofeedback.ky), or call 561-742-7122.

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 Mike Rothburd, Ph.D. - Board  
 George Rozelle, Ph.D. - Board

*Joseph West, M.S., Editor*

# HIPPA and Applied Psychophysiology: Any Relationship?

**By Mike Rothburd, Ph.D., Technical Standards Chair, BSF**

Most of us are professionals who have been exposed to traumatic stimulus flooding techniques, in order to sensitize us to the requirements of the Health Insurance Privacy and Portability Act and the dire consequences of disregarding its regulations. Then again, most of us already practice reasonable patient/client security and protect the privacy of those under our care, based on our academic disciplines and the ethics of our professional training.

No doubt, we have heard, via national and local media, about an increasing incidence of identity theft, income tax refund theft, and other forms of fraud resulting from criminals gaining access to supposedly secure personal information.

What bearing does this criminal activity have to do with our biofeedback practices? Many of us employ "wireless" networks for Internet connections within our offices. Some of us have "wireless" connections between our computers and our printers. Others of us use "wireless" connections between the sensors attached to patients/clients and the receivers connected to their computers/displays.

Are any of these connections secured and encrypted? Are the "wireless networks" secured? Are connections to group printers secured? If physiologic data is streaming from the patient/client to a server, could the data include the patient's social security number, date of birth, home address, phone number, health insurance data etc., which might logically be found in their files? Could an individual with felonious intent "listen in" and steal data, unbeknownst to you or the patient?

Could you be held liable for the potential personal and fiscal loss? Might you be held in violation of HIPPA and face its awesome judgment?

Penetrating an unencrypted system is laughingly easy (just ask a middle school kid how it's done), and if it happens to be your office system, or your "wireless" biofeedback system, the outcome could cascade catastrophically.

If you don't know how to secure your "wireless" or "wifi" systems, hire someone to lock-down your systems. If you can't figure out how to locate a computer security person, ask our board members and perhaps we can guide you. Protect your patients and protect yourselves.

Do it now.

## ISNR Comes to Florida for 20<sup>th</sup> Annual Conference

The International Society for Neurofeedback and Research (ISNR) has announced the names of the Keynote and Invited Speakers for the 20th Annual ISNR Conference in Orlando, Florida. The conference will be held from Sept. 19 to 23, 2012, with pre-conference workshops on September 17 to 19.

Keynote speakers include the following: Erik Peper, Ph.D., who specializes in psychophysiology of healing, voluntary self-regulation, holistic health, healthy computing, respiratory psychophysiology, and optimizing health with biofeedback; Mark P. Jensen, Ph.D., who will present on the development and evaluation of psychosocial pain interventions; Mario Beauregard, Ph.D., author and researcher in neurobiology of emotion and spiritual experience and emotional self-regulation; and Israel Liberzon, M.D., whose research interests

center on emotions, stress, and stress related disorders such as PTSD.

Invited Speakers are C. Shawn Green, Ph.D., who is currently testing the idea that video games teach the ability to quickly and efficiently learn to perform new skills; David Cantor, Ph.D., an expert in forensic cases with a focus on toxin exposure on brain and behavior across the life span; Christine Moravec, Ph.D., who focuses on human heart failure and the role of psychophysiological remodeling using biofeedback techniques to affect the cellular and molecular phenotype.

For more information about the ISNR 20th Annual Conference and to register for the meeting, visit their website at <http://www.isnr.org/resources/2012-conference.cfm>.

Pre-conference Workshops:  
March 13-14, 2013  
Annual Meeting: March 14-16, 2013  
Hilton Portland Executive Towers  
Portland, Oregon  
www.aapb.org

**Creating Synergy:**  
Integrating Methods and Modalities

**AAPB 44th ANNUAL SCIENTIFIC MEETING**

## AAPB 44th Annual Scientific Meeting returns to Portland

BSF's parent organization, the Association for Applied Psychophysiology and Biofeedback (AAPB) will return to the vibrant city of Portland, Oregon in 2013 for its 44th Annual Scientific Meeting. The conference will be held at the Hilton Portland Executive Towers, March 13 - 16. Workshops will be March 13 - 14. The theme for this year's conference is *Creating Synergy: Integrating Methods and Modalities*.

"This meeting will showcase the most effective ways to combine methods (physical therapy, psychotherapy, and optimal performance training) with modalities (biofeedback and neurofeedback) to improve outcomes. And, the Portland meeting will offer our members value. We have solicited brand-new presentations that incorporate cutting-edge science like Leslie Sherlin's "High Performance Brain Training: Old Idea – New Reality" and Chet Moritz's "Neural Devices and Biofeedback for Rehabilitation of the Damaged Central Nervous System." Presenters will emphasize take-aways that can be readily used in your practice. We've asked speakers to provide electronic handouts. We will continue Ron Rosenthal's successful exhibitor showcases. We will offer exciting programming for everyone. Finally, AAPB has negotiated lower hotel prices and there is no hotel tax," commented Program Chair, Fred Shaffer, Ph.D.

The program submissions website will open next week and proposals for breakout sessions and workshops will be accepted through September 10. Students will have until November 19 to submit poster abstracts and apply for a FERB (the AAPB Foundation) scholarship.

The Hilton Portland and Executive Tower, located at 921 SW Sixth Avenue, Portland, OR 97204, is offering a special room rate negotiated by AAPB for conference attendees of \$159 a night. For reservations by telephone call 1-800-445-8667 or 503-226-1611, or visit the hotel website at [www3.hilton.com/en/hotels/oregon](http://www3.hilton.com/en/hotels/oregon).

The Hilton consists of two buildings, the landmark Hilton Portland and the elegant Executive Tower. Together they make the largest hotel in the state of Oregon. The hotel is situated 30 minutes from Portland International Airport in the center of the city, with easy

access to Portland's attractions via the MAX Light Railway System. The MAX Light Railway offers regular service from the airport for \$2.40 that takes about 38 minutes to downtown Portland (within a few blocks from our hotel). Entertain the family at the Oregon Zoo or unwind in the Chinese Classical Gardens, only a short journey from the hotel.

Back by popular demand, the 2013 meeting will again include *Biofeedback Day* for consumers and others new to biofeedback. If you are a health care professional, researcher, student, or simply a person who is interested in biofeedback as a safe, research-based alternative to traditional drug therapies, you will want to attend AAPB's Biofeedback Day. There are many events planned to teach you about biofeedback and how it can be used in clinical practice, what the research says, how you can add this modality to your current or anticipated career path, or even how biofeedback may be used to enhance your personal health goals.

Tuition for the 2013 meeting is anticipated to be the same as in 2012. The full meeting rate for AAPB members, spouses, and ISNR or IABMCP members would be \$425., and \$95. for students. The non-member rate would be \$525. Corresponding rates for full day workshops would be \$240., \$120., and \$290. respectively. Half day workshop rates would be \$125., \$65., and \$175. respectively. These rates are subject to change.

Information about registration and other updates will be published on the AAPB website at [aapb.org/2013AnnualMeeting/](http://aapb.org/2013AnnualMeeting/). Join your Florida colleagues for the AAPB Annual Conference experience in Portland!

Don't forget to register for the  
BSF Summer workshop  
in Orlando  
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Visit: [www.FloridaBiofeedback.ky](http://www.FloridaBiofeedback.ky)  
for more information