

***Beyond Our Walls . . . Beyond Texas, Beyond Status Quo, Beyond Workshops***

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## **Biofeedback Foundation of Europe – 2 Day Workshop**

### **Workshop Descriptions**

These three workshops are for professionals that want to learn more about the latest biofeedback technology and how the leaders in the field are applying it in their daily practice.

The two workshops on Thursday are for existing owners of the Infiniti system and also for people interested in purchasing or just getting to know the leading biofeedback and neurofeedback system in the market. Both workshops are for all levels, beginner, intermediate, and advanced. To participate in the afternoon workshop you must first participate in the Thursday morning workshop.

***Note: these two workshops focus on the use of the technology and NOT on clinical skills. The Infiniti system is required to run BFE application suites. For clinical skills training please refer to BFE online courses and workshops instructed by qualified clinicians, [www.bfe.org](http://www.bfe.org)***

The workshop on Thursday morning provides an overview of how practitioners use Infiniti software to record sessions with clients. The afternoon “hands-on” session, allow participants to practice amongst themselves using the hardware and software with guidance from the instructors.

The Friday morning workshop provides an overview of many different applications of biofeedback, neurofeedback and muscle biofeedback will be demonstrated with examples from the following applications: ADHD, ADHD Assessment, Alpha-Theta Training, Aquatic Biofeedback, Biofeedback Basics, Chronic Pain, Continence, Dentistry, Dysphagia, Executive Stress, Fibromyalgia, Group Synergy, Headaches, Heart Rate Variability Training, Hemoencephalography (HEG), Insomnia, Integrated Neurofeedback, Irritable Bowel Syndrome, Low Back Pain, Peak Performance, Pro Golf, Repetitive Strain Injury, SEMG Assessment, Stress Management, Stress Management for Children, Stress Profiles, and Urogenital Pain.

### **Workshop Instructors**



**Frank DeGregorio** has a Diplome d’Etuded Collegiale (DEC) in Computer Science and Certification in Networking. He has over a decade of experience as technical, network, computer and product support for Thought Technology. Frank does high-level trouble-shooting, and has over 5-years of experience teaching BioGraph workshops with Lynda Thompson, Ph.D. Frank’s extensive knowledge of all the product software and hardware offered by Thought Technology gives him the unique ability to take participants from installation of the software to using it effectively.



**Mark Schwartz, BScHons, MBA, Project Manager** with the Biofeedback Foundation of Europe is responsible for research and education projects linking European researchers and clinicians with their counterparts in North America. He has over 10-years of experience in biofeedback projects and for the last 3-years has taught workshops in Europe and North America on the use of biofeedback instrumentation. He has a BSc. Hons in Psychology from Manchester University, England and an MBA is from Laval University in Quebec.

## **Workshop Schedule**

### **THURSDAY MORNING - INTRODUCTION TO INFINITY**

This 3.5-hour workshop provides an overview of the latest technology being used for neurofeedback, skin conductance, temperature, breathing, muscle activity, peripheral blood flow or heart rate for assessment and training. The workshop shows how to attach the sensors used to take these measures and how to work with the software to signals and give neurofeedback and biofeedback to clients. Participants are shown how to choose biofeedback data and statistics, how to select biofeedback displays and how to print session and trend reports that track progress over time

### **THURSDAY AFTERNOON – HANDS-ON PRACTICE OF INFINITI**

This 3.5 hours hands-on practice session lets participants take physiological measurements using their hardware and software. Participants choose from the suites provided with their Infiniti system.

*Note: this workshop is focused on the use of the technology and NOT on clinical skills. For clinical skills training please refer to BFE online courses and workshops instructed by qualified clinicians, [www.bfe.org](http://www.bfe.org). The Infiniti system is required to run BFE application suites. This workshop is for clinicians who want to use applications for their specific clinical practice and patient groups. The course provides an introduction to the editing tools used to modify or “tailor” the Infiniti software suite to suit specific needs.*

### **FRIDAY MORNING - LATEST APPLICATIONS FROM THE LEADERS IN THE FIELD**

This 3.5 hour workshop gives an overview of the latest applications in biofeedback and neurofeedback being used by the Thompson's, Don Moss, Howard Glazer, Sue Wilson, Erik Peper, applications used in peak performance, heart rate variability, incontinence and sports including examples from: ADD/ADHD, Depression, Dyslexia, Autism, Asperger's, Addictions, Optimum Performance for Executives & Athletes, PTSD (EEG coherence), Hemoencephalography (HEG) Muscle Biofeedback: Rehabilitation, Knee, Shoulder, Continnence, Aquatic Biofeedback, Chronic Pain, Hand Rehab, Computer RSI, Optimum Performance for Athletes, Urogenital Pain, Stress in difficult illnesses (e.g stroke or chronic pain where anxiety is an important component of the illness) Mental Health disorders (depression, anxiety, etc.) and somatic disorders. A few case studies are also shown.

### **Workshop Objectives**

The objective of this course is to give an overview of how biofeedback can be used as a way to show people changes in their bodies that they are normally unaware of and to measure these changes to guide the improvement of health and performance.

Participants will also be shown examples of how the latest technology is being used in hospitals, clinics, universities, sports teams, Olympics facilities, corporations and schools in Europe, North America and around the world (Expert Series).

### **Who should take this workshop?**

This workshop is aimed at all health industry practitioners that are interested in adding a better level of control of psychological and physiological variables that are important determinants for the quality of life and high level performance. Other professionals including teachers, executives, coaches, athletes and artists might also get great performance benefits of the knowledge they might apply after taking this workshop.