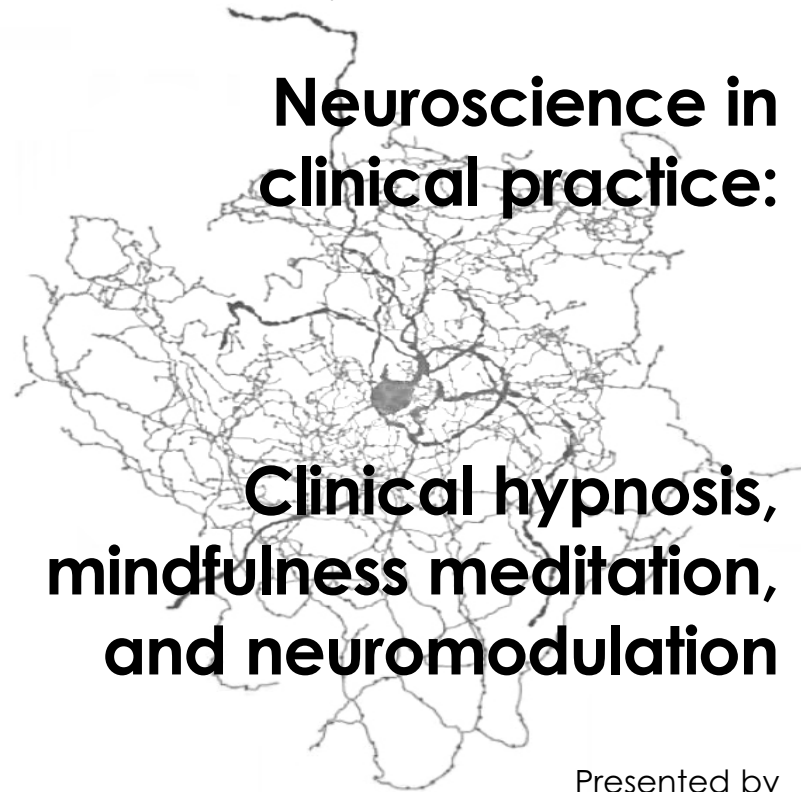


The Biofeedback Society of Florida in conjunction
with the Association for Applied Psychophysiology and Biofeedback
presents



Neuroscience in clinical practice:

Clinical hypnosis, mindfulness meditation, and neuromodulation

Presented by

Louis Damis, Ph.D., ABPP, FASCH

Assistant Professor, UCF College of Medicine
Past President, American Society of Clinical Hypnosis
Diplomate, American Board of Professional Psychology
Fellow, American Academy of Clinical Health Psychology
Sr. Fellow, Biofeedback Certification International Alliance

Akira Otani, Ed.D, ABPH, FASCH

Waypoint Wellness Center, Annapolis, MD
Fellow, American Society of Clinical Hypnosis
Diplomate, American Board of Psychological Hypnosis

August 10 - 11, 2024

The Florida Hotel & Conference Center
Orlando, Florida

This intermediate level workshop offers **11 CE credits** and is intended for psychologists and other mental health professionals, biofeedback/neurofeedback practitioners, and clinicians and researchers in the health-related professions with an interest in understanding the neuroscientific foundations of clinical applications for clinical hypnosis, mindfulness meditation, and neuromodulation.

Program Schedule

Saturday, August 10, 2024

8:00 - 8:30	Sign-in, continental breakfast
8:30 - 8:45	Curtis Takagishi, PhD - BSF President Welcome, introductions, and announcements
8:45 - 10:30	Louis Damis, PhD, ABPP, FASCH Neuroscience of hypnosis and meditation
10:30 - 10:45	Break
10:45 - 12:00	Akira Otani, EdD, ABPH, FASCH Incorporating Buddhist mindfulness meditation into your clinical practice
12:00 - 1:00	Lunch on your own in the Florida Hotel or many options in the attached Florida Mall
1:00 - 2:30	Akira Otani, EdD, ABPH, FASCH Buddhist mindfulness meditation: The Touch-and-Return Method and Group Experience
2:30 - 2:45	Break
2:45 - 4:00	Louis Damis, PhD, ABPP, FASCH Implicit Memory: Normative Implicit Clinical Hypnosis • General discussion • Q&A Organization of dinner group - Dutch treat dinner gathering in hotel restaurant

COURSE LEARNING OBJECTIVES. At the conclusion of this workshop, participants will be able to: **1)** List the major neuroscience aspects of hypnosis and meditation and how they ameliorate emotional and pain disorders **2)** Explain the importance of implicit learning in the development and maintenance of PTSD **3)** Identify the brain regions associated with implicit memory distinct from those involved with explicit memory **4)** Describe a method for modification of implicit remote memory **5)** Apply clinical hypnosis or imagery techniques for the modification of implicit learning that underlies emotional and physical disorders **6)** Utilize two meditation techniques to treat emotional and physical disorders and promote well-being **7)** Summarize the neuroception of safety and ventral-vagal activation foundational to improvements in physical and mental health **8)** Explain the mechanism of action of three neurostimulation methods **9)** Identify QEEG profiles for three common clinical presentations and neurostimulation protocols treating them.

Program Schedule

Sunday, August 11, 2024

8:00 - 8:30	Sign-in, continental breakfast
8:30 - 8:45	Welcome, introductions, and announcements
8:45 - 10:30	Akira Otani, EdD, ABPH, FASCH Autogenic Training, Tibetan Tonglen, and <i>Brahmaviharas</i> (Buddhist compassion techniques)
10:30 - 10:45	Break
10:45 - 12:00	Louis Damis, PhD, ABPP, FASCH Facilitating neuroception of safety
12:00 - 1:15	Lunch - on your own
1:15 - 3:00	Louis Damis, PhD, ABPP, FASCH Techniques of neuromodulation (tACS, tDCS, tACS Pink & Brown Noise, pEMF, and PBM) Impact of neuromodulation on QEEG Common profiles to treat and related protocols
3:00 - 3:30	Louis Damis, PhD, ABPP, FASCH Akira Otani, EdD, ABPH, FASCH General discussion • Wrap-up and Q&A Course evaluation

Course Description

Clinical hypnosis and mindfulness meditation have become established treatments for a wide range of medical and psychological disorders. Like clinical hypnosis, mindfulness meditation is built on the biopsychosocial model and is empirically validated. In this timely intermediate workshop, the participants will acquire the latest neuroscientific information underlying hypnosis and mindfulness. They will learn the open-monitor (*vipassana*) and focused-attention (*samatha*) mindfulness techniques. In addition, autogenic training, Tibetan Tonglen, and *Brahmaviharas* (Buddhist compassion techniques) will be reviewed. The workshop then introduces the role of implicit memory in clinical hypnosis and Normative Implicit Clinical Hypnosis. Application of this approach to non-hypnotic methods for neuroception of safety and ventral-vagal activation foundational to improvements in physical and mental health will be reviewed. Finally, neuromodulation techniques (tACS, tDCS, tACS Pink & Brown Noise, pEMF, and PBM) will be reviewed, and the impact of these interventions on changes in QEEG will be demonstrated. Prior training in clinical hypnosis is not a requirement.

Utility and Validity: This material will not present risk or create emotional distress in participants. Clinical interventions to be reviewed will all be evidence based.

Workshop Faculty

Louis Damis, PhD, ABPP, FASCH is a Diplomate with the American Board of Professional Psychology, a Fellow of the American Academy of Clinical Health Psychology, the Biofeedback Certification International Alliance, and the American Society of Clinical Hypnosis (ASCH). He is an Assistant Professor at the UCF College of Medicine and an ESTI-



accredited Ego State Therapist. Dr. Damis is a licensed psychologist with ASCH Consultant Status and Certification in Clinical Hypnosis. He is a Past President of the American Society of Clinical Hypnosis

as well as the Florida and Washington DC Societies of Clinical Hypnosis. He has taught hypnosis for over 25 years for the ASCH, the Florida Society of Clinical Hypnosis, and the Society of Clinical and Experimental Hypnosis. Dr. Damis maintains a private practice and works as an instructor, author, and consultant.

Akira Otani, Ed.D., ABPH, is a psychologist in private practice at Waypoint Wellness Center in Annapolis, MD. Before joining the current practice group, he served on the graduate faculty at



the Division of Education, The Johns Hopkins University, and as Senior Staff Psychologist at the University of Maryland Counseling Center at College Park. Dr. Atani's interest and training in clinical hypnosis started during his doctoral internship when he worked with Kay F. Thompson, DDS, a close friend and colleague of Milton H. Erickson, M.D. He has been

long interested in meditation. In 2016 he had a 6-month sabbatical in Kobe, Japan, where he studied mindfulness meditation with a former Buddhist monk-turned-psychologist. This experience has helped him greatly to synthesize hypnosis with mindfulness meditation. Akira is a Fellow and Approved Consultant of ASCH as well as a Diplomate in Psychological Hypnosis (ABPH). He has published nine books (in Japanese) and more than 70 scholarly articles and book chapters (in English and Japanese) on topics ranging from psychotherapy training and hypnosis to meditation.

Registration Form

Neuroscience in Clinical Practice

August 10 - 11, 2024 - The Florida Hotel, Orlando

To register online, go to www.FloridaBiofeedback.org

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

CONTACT TELEPHONE: _____

EMAIL ADDRESS: _____

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

WORKSHOP TUITION - 11 CE credits

Registration includes a complementary 1-year BSF membership!



Registration by 7/10/24	\$309.
Registration after 7/10/24.....	\$339.
Students (degree-seeking, ID) by 7/10.....	\$145
Students after 7/10/24.....	\$175

Continuing education statement: Psychologists: The Association for Applied Psychophysiology and Biofeedback (AAPB) is approved by the American Psychological Association to sponsor continuing education for psychologists. AAPB maintains responsibility for the program and its content. There is no known commercial support for this program.

Cancellation Policy: Cancellations received by the BSF office by August 3, 2024 will be refunded minus a \$25 processing fee. No refunds will be granted after August 3, 2024. Cancellations must be made in writing and emailed to info@floridabiofeedback.org.

Credit Card Number (VISA or MC): _____

Expiration Date: _____ **Amount authorized: \$** _____

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

Cardholder signature: _____
(I authorize BSF to charge the amount specified above to my credit card account)

Credit card billing address: _____
(if different from above)

Or Mail check payable to: The Biofeedback Society of Florida, Inc., c/o Aubrey Ewing,
Ph.D., 605 Kingsmarsh Way, St. Simons Island, GA 31522 • (561) 742-7122

Meeting location and lodging: The workshop will be held at **The Florida Hotel & Conference Center**, 8001 S. Orange Blossom Trail, Orlando, FL 32809. Receive a discounted room rate of \$135/night plus tax and otherfees through July 8, 2024 (Group: **BSF**). Reserve by phone/online: **800-588-4656** or 407-859-1500; www.thefloridahotelorlando.com.

Accessibility and non-discrimination policy: BSF is committed to accessibility and non-discrimination in its continuing education activities and to conducting them in conformity with the American Psychological Association's Ethical Principles for Psychologists. Participants are asked to be sensitive to privacy and confidentiality needs throughout the program and are encouraged to express any feelings of discomfort related to program content during discussion periods. BSF will attempt to accommodate participants' special needs and asks that such needs, questions, or concerns be addressed to the onsite program coordinator.

ADA accommodations will be made in accordance with the law. If you require ADA accommodations, please indicate what your needs are at the time of registration. The availability of appropriate accommodations cannot be assured without prior notification. For more information about this program, contact BSF via email at info@FloridaBiofeedback.org or by phone at 561-742-7122.

Financial interest declaration: The speakers have no financial interest to declare related to this presentation.

For those psychologists using the modalities discussed in this workshop who are interested in the efficacy, science and latest clinical applications (1) this program presents research relevant to psychological practice, education and science; (2) it is our intention to host an offering to help psychologists keep up with the most current scientific evidence regarding assessment, intervention, and education; and (3) we believe that this program would allow psychologists to increase competencies in order to improve services to patients. This conference is *in no way* a substitute for the basic academic education and training needed for entry to the field of psychology.

The Biofeedback Society of Florida, Inc.
c/o 605 Kingsmarsh Way
St. Simons Island, GA 31522

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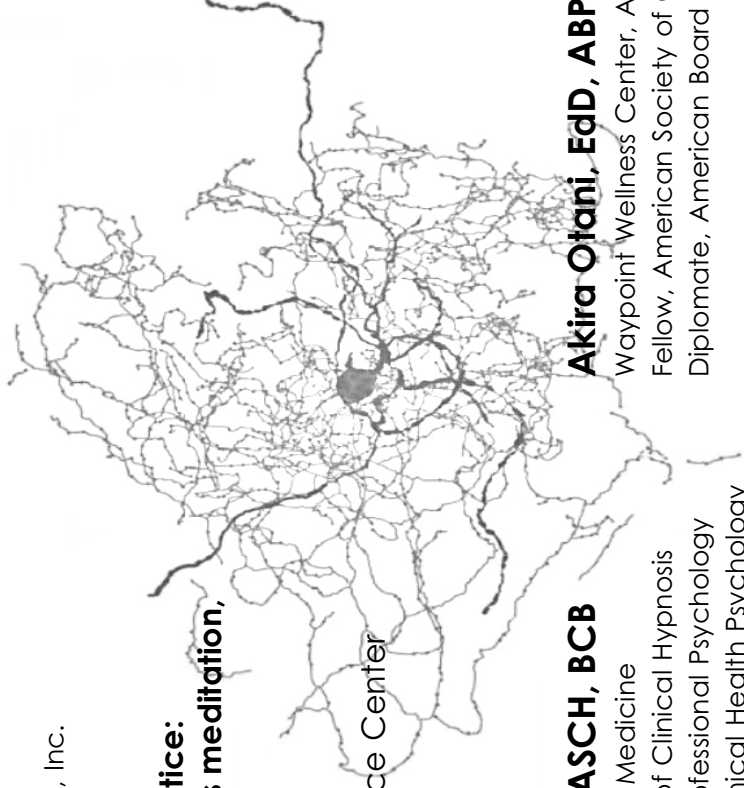
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PROGRAM CONTENT LEVEL: The primary goal of this particular program is to broaden the clinical, consultative, and research knowledge bases of attendees and was deemed intermediate by the following definition: **Intermediate** - Content builds upon the learner's foundational knowledge, familiarity with the literature and/or experience in a content area. Programming at this level includes more depth than at a beginning level program. It could also serve as a refresher course for individuals who have a background in a content area and are interested in learning more contemporary applications.