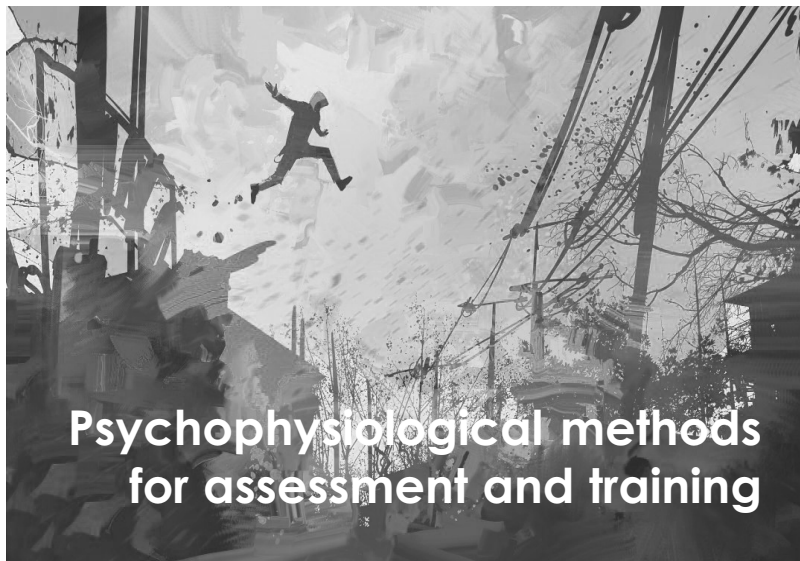


The Biofeedback Society of Florida presents

Optimal health and performance (for everyone) through biofeedback and neurofeedback



Psychophysiological methods for assessment and training

A weekend with performance enhancement
expert and the “grandmother” of biofeedback
and neurofeedback in sport

Vietta “Sue” Wilson, PhD

School of Kinesiology and
Health Sciences (retired)
York University, Toronto, Canada

January 26 - 27, 2019

The Florida Hotel & Conference Center
Orlando, Florida

This workshop awards **12 APA approved CE credits** and is intended for psychologists and other mental health professionals, biofeedback/neurofeedback and optimal performance practitioners, and clinicians and researchers in the sport and health-related professions with an interest in psychophysiological methods for assessment and training of optimal performance. This program will offer intermediate level content.

Program Schedule

Saturday, January 26, 2019

8:00 - 8:30	Sign-in, continental breakfast
8:30 - 8:45	Welcome, introductions, and announcements Aubrey Ewing, PhD - BSF Managing Director
8:45 - 10:30	Vietta "Sue" Wilson, PhD How is biofeedback/neurofeedback different for optimal performance vs therapy: goals, models, responsibilities How do brief/deep learned self-regulation skills (LSR) fit with biofeedback/neurofeedback for optimal performance? Breathing - brief
10:30 - 10:45	Break
10:45 - 12:00	Vietta "Sue" Wilson, PhD Demonstration using Biograph Infiniti <i>Optimizing Performance and Health</i> software Evidence of stress through interview, psychophysiological measurement, tasks LSR: "ahhasom" - a brief technique combining HRV, PMR, autogenics, and refocus
12:00 - 1:15	Lunch - on your own at hotel restaurants or one of the many alternatives nearby
1:15 - 2:30	Vietta "Sue" Wilson, PhD Psychophysiological profiling and single channel EEG assessment - Using ratios and single hertz data from elite performers LSR: sEMG and modified PMR ahhasom
2:30 - 2:45	Break
2:45 - 4:00	Vietta "Sue" Wilson, PhD Case histories: integrating modalities from assessments LSR: EDA, TEMP, HR, and autogenics Q&A - Adjourn

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.

Program Schedule

Sunday, January 27, 2019

8:00 - 8:30	Sign-in, continental breakfast
8:30 - 8:45	Welcome, introductions, and announcements
8:45 - 10:30	Vietta "Sue" Wilson, PhD Review of Saturday's content Assessment and training of focus –(theta squash) Assessment and training of busy brain/try too hard LSR for focus/Refocus: cue words LSR for busy brain: STOP -ahhasome autogenic Learned Self Regulation Skill: STOP - Refocus: cue words
10:30 - 10:45	Break
10:45 - 12:00	Vietta "Sue" Wilson, PhD Training SMR and Alpha: zone LSR: ahhasom, meditation, imagery
12:00 - 1:15	Lunch - on your own
1:15 - 3:00	Vietta "Sue" Wilson, PhD Home training - routine, responsibility, coach Short break
3:00 - 3:30	General discussion - Wrap-up and Q&A

Course Description

Dr. Wilson has planned this workshop to be interactive, with ample opportunity for demonstrations and discussion. The program will explore how biofeedback and neurofeedback are beneficial for optimal performance, and different from traditional sport psychology interventions as related to goals, models, and responsibilities. Dr. Wilson will discuss how brief, deep, self-regulation skills complement biofeedback and neurofeedback methods for optimal performance. She will also demonstrate the use of protocols for assessment and training contained in the *Optimizing Performance and Health* software.

The workshop will provide detailed information about the Learned Self-Regulation Skill that includes training of SMR, alpha, HRV, TEMP, sEMG, and EDA for increasing focus and quieting the busy brain, autogenic and other cognitive methods, and home training. The course will also review some of Dr. Wilson's signature contributions to the science of optimal health and performance including psychophysiological profiling and EEG brain mapping of elite performers and psychophysiological methods for validating skills training. **PowerPoints and articles will be provided.**

Workshop Faculty

Vietta “Sue” Wilson, Ph.D. is a world- renowned performance enhancement specialist, considered by many to be the “grandmother” of biofeedback/neurofeedback in sport. She has dedicated much of her career to researching the connection between stress and its effect on physical health and mental



performance. Her expertise is in the teaching of brief skills validated by psychophysiology to allow elite athletes, executives, and everyday people to perform optimally.

Dr. Wilson retired in 2005 from York University's School of Kinesiology and Health Sciences in Toronto after 30 years of teaching and research in sport psychology, learned self-regulation, and counseling. She has worked with over 50 world and Olympic athletes from competitors in the 1976 Olympiad in Montreal to those in the Rio games in 2016. She

has also utilized her unique performance optimizing methods with top executives, performers, and other individuals who want to improve focus, minimize distractions, and reduce stress.

Dr. Wilson is known for her research in psychophysiological profiling and EEG brain mapping of elite performers and is a co-author of *Learned Self Regulation, Owners Manual for the Brain and Body*. She also developed the popular *Optimizing Performance and Health Suite* software for the BioGraph Infiniti instrument. Her recent projects have included providing mental training for Canada's Paralympic archers, tennis clubs, and individual athletes including gymnasts, hockey players, and figure skaters. She is presently developing a program for home based, self- training of integrated biofeedback/neurofeedback with self-regulation skills for surgeons.

Learning objectives: A detailed listing of the learning objectives for Dr. Wilson's presentation can be found on the BSF website, www.FloridaBiofeedback.org

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.

Registration Form

Optimal health and performance with biofeedback & neurofeedback

January 26 - 27, 2019 - 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 - 12 CE credits

BSF Members registering by 1/5/19.....	\$229
BSF Members registering after 1/5/19.....	\$249
With new membership or renewal by 1/5.....	\$259
With new membership or renewal after 1/5.....	\$279
Non-members by 1/5.....	\$279
Non-members after 1/5.....	\$299
Students (degree-seeking, ID required) by 1/5.....	\$109
Students after 1/5.....	\$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: _____
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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

MEETING 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 \$125./night plus tax and other fees for reservations made by January 12, 2019 (refer to Group: **BSF**). 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. **FROM THE FLORIDA TURNPIKE, NORTH OR SOUTH, 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 program, when attended in its entirety, is available for 12 APA approved continuing education credits. The program is co-sponsored by Two-Point, LLC, which is approved by the American Psychological Association to sponsor continuing education for psychologists. Two-Point, LLC maintains responsibility for this program and its content. Note: All licensed health care professionals should verify that their respective licensing boards accept APA approved CE program credits toward fulfillment of their licensing requirements.

COMMERCIAL AND FINANCIAL INTEREST DECLARATION

The presenter has declared a financial interest in the form of royalties paid to her by the Biofeedback Federation of Europe for computer program development.

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