

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

## **Post-concussion Syndrome, Traumatic Brain Injury, and PTSD: Psychophysiological methods for assessment and treatment**

### **Heart rate variability biofeedback for Post-concussion Syndrome**

Presented by

**Leah Lagos, PsyD, BCB**

Clinical and Sports Psychologist  
Private Practice  
Manhattan, New York

### **Treating repetitive brain trauma: From the NFL to youth sports**

Presented by

**George Rozelle, PhD, BCN, QEEGD**

Executive Director  
Mind Spa Integrative Wellness Center  
Sarasota, Florida

**July 23 - 24, 2016**

**The Florida Hotel and Conference Center**

Orlando, Florida

A **12 credit APA approved CE program** for psychologists, bio-feedback/neurofeedback practitioners, other mental health professionals, and clinicians and researchers in the health related professions with an interest in post-concussion syndrome, traumatic brain injury, and associated PTSD.

# **Program Schedule**

**Saturday, July 23, 2016**

## **Heart rate variability biofeedback for Post-concussion Syndrome**

8:00 - 8:30	Sign-in - continental breakfast
8:30 - 8:45	<b>Welcome, introductions, and announcements</b> Bill Coslett, PhD - BSF President
8:45 - 10:30	<b>Leah Lagos, PsyD</b> <b>Overview of Heart Rate Variability (HRV) Biofeedback (BFB):</b> HRV BFB enhances sport performance The link between HRV and Post-concussion Syndrome (PCS) HRV BFB for PCS: Rationale
10:30 - 10:45	Break
10:45 - 12:00	<b>Leah Lagos, PsyD</b> <b>Implementing HRV BFB as a Treatment for PCS</b> Ten session overview Equipment for training Typical session Session-by-session protocol
12:00 - 1:15	Lunch - on your own at hotel restaurants or one of the many alternatives in the Florida Mall adjacent to the hotel
1:15 - 3:00	<b>Leah Lagos, PsyD</b> <b>Mild Traumatic Brain Injury and Posttraumatic Stress</b> Symptom overlap How to identify physiological symptoms of trauma Allowing for the physiological discharge of trauma Implementing a specialized protocol for HRV BFB
3:00 - 3:15	Break/refreshments
3:15 - 5:15	<b>Leah Lagos, PsyD</b> Case example 1: HRV BFB Case example 2: Modified HRV BFB protocol Case example 3: HRV BFB/NFB
5:15 - 5:30	Q&A - Adjourn - Organization of dinner groups
5:30 - 7:00	BSF Board of Directors Meeting

### **Americans with Disabilities Act (ADA) statement**

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.

# Program Schedule

**Sunday, July 24, 2016**

## **Treating Repetitive Brain Trauma: From the NFL to youth sports**

- 8:00 - 8:30 Sign-in - continental breakfast
- 8:30 - 8:45 **Welcome and announcements**  
Bill Coslett, PhD - BSF President  
Biofeedback Society of Florida update
- 8:45 - 10:15 **George Rozelle, PhD**  
The NFL: League of Denial  
Scope of the problem  
Mechanical forces in concussion  
Pathophysiology of concussion  
Signs and symptoms
- 10:15 - 10:30 Break
- 10:30 - 12:00 **George Rozelle, PhD**  
NFL clinical trials  
Methodology  
Results, QEEG comparisons  
Current study  
Comprehensive approach to treatment
- 12:00 - 1:15 Lunch - on your own at hotel restaurants or one of the many alternatives in the Florida Mall adjacent to the hotel
- 1:15 - 3:15 **George Rozelle, PhD**  
**Treating Post Traumatic Stress Disorder with RESET Therapy**  
PTSD: Brain on fire: A case study of an Afghanistan combat veteran  
Scope of the problem  
Simple and complex PTSD  
RESET therapy for veterans and first responders with acoustic neuromodulation (BAUD)  
Current study  
  
Short break
- 3:20 - 4:00 **George Rozelle, PhD**  
Demonstration of RESET technique  
Wrap-up and Q&A  
  
Completion of CE exams and evaluations  
Distribution of certificates - Adjourn

### **Course Objectives**

Detailed course objectives for both presenters' workshops can be found at [www.floridabiofeedback.org/conference](http://www.floridabiofeedback.org/conference).

*Workshop schedule and content are subject to change*

# About the Presenters

**Leah Lagos, PsyD, BCB** is a clinical and sport psychologist and BCIA Board Certified biofeedback provider in Manhattan, New York. She earned a doctorate in clinical psychology from Rutgers University and served as a faculty member of the Center of Alcohol Studies at Rutgers University. Highlights of her work with athletes include conducting interviews for NFL teams as part of Professional Sports Consultants for more than 9 years. Dr. Lagos has served as a consultant to PGA tour players to provide on-site support at tournaments such as the Masters' Tournament in Augusta, GA. Dr. Lagos has also served as a consultant to US Olympians providing consultation and on-site support at venues such as the London Olympics. As a consulting psychological expert for the media, Dr. Lagos has appeared on the Today Show, NBC Nightly, MSNBC, CNN, CBS, Fox, Sports Illustrated News and ESPN.

**George Rozelle, PhD, BCN, QEEGD** is the Executive Director of MindSpa Integrative Wellness Center in Sarasota, Florida. He has been an active member of the Association for Applied Psychophysiology and Biofeedback (AAPB), the Biofeedback Society of Florida (BSF), and the International Society for Neurofeedback and Research (ISNR) since entering the field in 1990. He has presented at numerous professional meetings on varied topics including, combined peripheral and EEG interventions, neurofeedback treatment for stroke, traumatic brain injury, QEEG, and peak performance training. He has also been an invited speaker at AAPB on altered states of consciousness and concussion treatment. His research interests include the investigation of neurofeedback treatment for symptoms of traumatic brain injury in NFL players and in RESET Therapy treatment of veterans with PTSD.

# Workshop Descriptions

**Heart rate variability biofeedback for Post-concussion Syndrome:** This one-day workshop is for health professionals and researchers who want to learn a theoretical rationale and clinical protocol for implementing Heart Rate Variability (HRV) Biofeedback (BFB) as a treatment for Post-concussion Syndrome (PCS). The hands on, guided tutorial, will teach clinically useful skills for restoring autonomic imbalance, reducing PCS symptoms, and engaging the body's natural healing processes for recovery from concussion. Case examples, based on over a decade of Dr. Lagos' clinical and research experiences, will be presented. Specialized issues such as treating patients who present with co-morbid symptoms of post-traumatic stress disorder and PCS will be addressed.

**Treating repetitive brain trauma: From the NFL to youth sports:** This is an intermediate level course that will enable participants to explain and apply the current science surrounding TBI and CTE for biofeedback practice, assessment, and treatment planning. Dr. Rozelle will discuss the components of a comprehensive approach for treating traumatic brain injury and its use in clinical and research settings. Attendees will also learn to identify the neuromechanisms of PTSD with particular emphasis on understanding its impact on combat veterans. The program will address techniques for rapid resolution of PTSD and enable participants to describe and utilize them in clinical practice.

# Registration Form

## Post-concussion Syndrome, Traumatic Brain Injury, and PTSD

July 23 - 24, 2016 - The Florida Hotel, Orlando

To register online, go to [www.FloridaBiofeedback.org](http://www.FloridaBiofeedback.org)

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

CONTACT TELEPHONE: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

LICENSE NO: \_\_\_\_\_ BSF MEMBER: \_\_\_\_\_ AAPB MEMBER: \_\_\_\_\_

### CONFERENCE TUITION - 12 CE Credits

	By 7/8	After 7/8
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 5, 2016 (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](http://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 continuing education credits. The program is co-sponsored by the Association for Applied Psychophysiology and Biofeedback (AAPB), which is approved by the American Psychological Association to sponsor continuing education for psychologists. AAPB maintains responsibility for this program and its content. Note: All licensed health care professionals should verify that their respective licensing boards accept credits from APA approved continuing education programs toward fulfillment of their licensing requirements.

**Accessibility and non-discrimination policy:** As a State Chapter of AAPB, 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. **Commercial and financial interest declaration:** The presenters have declared no commercial or financial interests related to the content of this program.

The Biofeedback Society of Florida, Inc.  
1230 S. Federal Hwy.  
Boynton Beach, FL 33435

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