

In celebration of its 40th anniversary,
The Biofeedback Society of Florida presents

Biobehavioral Considerations in the Diagnosis and Treatment of Primary Headache Disorders

A clinical guide to advances in
diagnosis and management of
migraine, cluster, tension-type headaches,
and atypical variants

Includes a discussion of essential issues in
psychopharmacology for BF/NF and other
healthcare professionals

Presented by

Steven M. Baskin, PhD

New England Institute for
Neurology and Headache
Stamford, Connecticut

With discussion and keynote address by

Mark S. Schwartz, PhD

Professor Emeritus, Mayo Clinic
Jacksonville, Florida

October 27 - 28, 2018

The Florida Hotel & Conference Center
Orlando, Florida

This workshop awards up to **14 APA approved CE credits** and is intended for psychologists and other mental health professionals, biofeedback/neurofeedback practitioners, and clinicians and researchers in the health-related professions interested in a biobehavioral approach to the diagnosis and management of primary headache disorders. This program will offer introductory and intermediate level content.

Program Schedule

Saturday, October 27, 2018

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	Steven M. Baskin, PhD Epidemiology and headache diagnostic interview
10:30 - 10:45	Break
10:45 - 12:00	Steven M. Baskin, PhD Psychiatric comorbidities in migraine
12:00 - 1:15	Lunch - on your own at hotel restaurants or one of the many alternatives nearby
1:15 - 3:00	Steven M. Baskin, PhD Clinical presentation of primary headache disorders Mechanisms of migraine/pathophysiology
3:00 - 3:15	Break
3:15 - 5:00	Steven M. Baskin, PhD General treatment principles Acute and preventive pharmacological treatment of migraine Introduction to Behavioral Medicine Program Q&A - Adjourn
5:00 - 7:00	BSF Board of Directors meeting
7:30 - 10:00	BSF 40th Anniversary Dinner Celebration Invited keynote address presented by Mark S. Schwartz, PhD An anecdotal history of biofeedback, neuro- feedback, and applied psychophysiology

BSF 40th Anniversary Event

The Biofeedback Society of Florida will commemorate its 40th anniversary with a Saturday evening dinner and keynote address. The evening will be casual, fun, and informative and includes a dinner buffet and entertainment in the form of an instructive and humorous address by biofeedback pioneer and author, **Mark Schwartz, PhD**. Everyone is invited and encouraged to attend this special event. There is nominal charge for the evening event that covers the cost of dinner. Participants will receive an additional **1 APA CE credit** for attendance.

Program Schedule

Sunday, October 28, 2018

8:00 - 8:30	Sign-in, continental breakfast
8:30 - 8:45	Welcome, introductions, and announcements
8:45 - 10:30	Mark S. Schwartz, PhD Cost containment: stepped-care model Prudent limited office treatment (PLOT)
10:30 - 10:45	Break
10:45 - 11:15	Mark S. Schwartz, PhD EMG biofeedback electrode placement (FpN) Thermal biofeedback; Cognitive factors - cases
11:15 - 12:00	Steven M. Baskin, PhD Topics in CBT and biofeedback for migraine Some ideas about neurofeedback for migraine
12:00 - 1:15	Lunch - on your own
1:15 - 2:45	Steven M. Baskin, PhD Basics of psychopharmacology
2:45 - 3:00	Break
3:00 - 3:30	General discussion - Wrap-up and Q&A

Course Description

This workshop will offer an in-depth clinical guide to the many advances in the diagnosis and management of migraine, cluster headache, tension-type headache, and atypical variants. It will provide the participants with a thorough overview of the diagnosis of the different primary headache disorders, and then explore the pathophysiology of migraine integrating neurochemical, physiological, behavioral, and psychological perspectives. The pharmacologic, psychophysiological, and behavioral treatment evidence-base along with new and emerging therapies will be reviewed. The course will help the biofeedback/neurofeedback therapist understand the basics of successful headache diagnosis and treatment, and better communicate with the medical community. Behavioral and psychophysiological protocols will be emphasized.

This workshop will also review clinical studies on paradoxical effects of overuse of immediate relief medications in relation to treatment outcome. Chronic migraine will be thoroughly examined including the transformation process from episodic to chronic headache. Issues of psychiatric co-morbidity will be explored in depth, including pharmacological and psychological treatment considerations. Essential issues in psychopharmacology including pharmacokinetics, pharmacodynamics, an overview of different medications across classes and diagnoses, and critical topics in psychopharmacology will also be examined.

Workshop Faculty

Steven M. Baskin PhD is co-director of Behavioral Medicine Services at The New England Institute for Neurology and Headache in Stamford, CT and is an attending psychologist at Greenwich Hospital of Yale-New Haven Health. He is also a medical (prescribing) psychologist at Crescent City Headache and Neurology in New Orleans. He had previously founded the Behavioral Medicine Service at the New England Center for Headache. Dr. Baskin is a past-president of the Association for Applied Psychophysiology and Biofeedback (AAPB) and is a current member of the Board of Directors of the Headache Cooperative of New England (HCNE). He is also the Educational Director for the Annual Fall HCNE Boston Headache Symposium. He is a past board member of the American Headache Society and an Associate Editor of the journal, *Headache*. Dr. Baskin lectures frequently at national and international meetings and has published extensively on primary headache disorders, most recently on comorbid psychiatric factors that may chronify migraine and complicate treatment.

Mark S. Schwartz, PhD is on the Emeritus Staff of the Mayo Clinic since retiring after 37 years on the staffs of Mayo Clinic Rochester and Mayo Clinic Florida. He chaired the section of Psychology at MCF from 1988 until his retirement in 2004. He is past Chairperson of the BCIA Board 1981-1983, on the BCIA Board from 1981 to 1986, and was President of the Biofeedback Society of America (now AAPB) in 1987. He was Speaker of the General Assembly of the National Commission for Health Certifying Agencies 1982 to 1985. Dr. Schwartz is Board Certified by the BCIA, a Diplomate in Clinical Sexology, and a Diplomate of the American Board of Assessment Psychology. He edited and wrote parts of *Biofeedback: A Practitioner's Guide* (Guilford Press) (1987) and the 2nd Edition (1995). He co-edited and wrote parts of the 3rd Edition (2003) and 4th Edition (2016) with Frank Andrasik, PhD. He was an Adjunct Professor of Psychology at the U. of North Florida from 2005 through 2010, and a Visiting Professor at UNF from 2012 to 2014. Dr. Schwartz is a pioneer in the field of applied psychophysiology and biofeedback and a long-time member of the Biofeedback Society of Florida. He is now in private practice at his home office in Jacksonville.

Learning Objectives: A detailed listing of the learning objectives for both Dr. Baskin's and Dr. Schwartz's presentations can be found on the BSF website, www.FloridaBiofeedback.org.

Commercial and financial interest declaration: The presenters have declared that they have no commercial or financial interests related to the content of this program.

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.

Registration Form

Biobehavioral Considerations - Primary Headache Disorders

October 27-28, 2018 - 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 - 14 CE credits when attending dinner event

BSF members attending dinner event/CE keynote	\$297
New/renewing members attending dinner event/CE keynote	\$327
Non-members attending dinner event/CE keynote	\$327
Students - (degree seeking - ID REQUIRED) - dinner included:	\$167
BSF members not attending dinner/CE event	\$267
Non-members not attending dinner/CE event	\$297

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

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 \$119/night plus tax and other fees for reservations made by October 13, 2018 (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 14 continuing education credits (13 if not attending the Saturday evening keynote address). The program is co-sponsored by The Center LLC, which is approved by the American Psychological Association to sponsor continuing education for psychologists. The Center 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.

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.

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

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