

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

Exploring the capabilities of digital biofeedback and neurofeedback instrumentation:

Integrating hardware, software,
and clinical skills for improved efficacy

Day 1: Cutting-edge biofeedback and neurofeedback technology

Presented by
Frank DeGregorio, DEC
Technical Support Manager

Thought Technology, Ltd.
Montreal, Quebec

Day 2: Using multi-modality biofeedback systems for relaxation: Techniques and observations

Presented by
Ronald Rosenthal, PhD
Private Practice, Miami, Florida

Using portable biofeedback devices to augment treatment: Clinical observations and procedures

Presented by
Katherine Billiot, PsyD
Private Practice, Ormond Beach, Florida

September 19-20, 2015
The Florida Hotel & Conference Center
Orlando, Florida

A 12 contact-hour APA approved CE program

Program Schedule

Saturday, September 19, 2015

Exploring the capabilities of digital biofeedback and neurofeedback instrumentation

Exploring the capabilities of digital biofeedback and neurofeedback instrumentation

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|---------------|--|
| 8:00 - 8:30 | Sign-in - continental breakfast |
| 8:30 - 8:45 | Welcome, introductions, and announcements Bill Coslett, PhD - BSF President |
| 8:45 - 10:30 | Frank DeGregorio, DEC Overview and demonstration of instrumentation hook-ups with commonly used modalities and sensors including surface electromyography (SEMG), respiration, temperature, skin conductance, electroencephalography (EEG), heart rate and electrocardiology (EKG) Data collection and feedback with multimedia biofeedback screens |
| 10:30 - 10:45 | Break |
| 10:45 - 12:00 | Frank DeGregorio, DEC How to conduct a stress profile session: real-time demonstration of hook-up, stress profile data acquisition, and post-session profile review |
| 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 | Frank DeGregorio, DEC Live recording of software suites including Neurofeedback, Physiology, Rehab-Muscle, and HRV Generating reports on open and scripted sessions HRV reports using Cardio Pro Infiniti HRV analysis |
| 3:00 - 3:15 | Break/refreshments |
| 3:15 - 5:15 | Frank DeGregorio, DEC Hands-on experience using surface electromyography (SEMG), respiration, temperature, skin conductance, electroencephalography (EEG), heart rate and electrocardiology (EKG) with audio and visual multimedia biofeedback screens |
| 5:15 - 5:30 | Q&A - Adjourn - Organization of dinner groups |
| 5:30 - 7:00 | BSF Board of Directors Meeting |

Workshop schedule and content are subject to change

Program Schedule

Sunday, September 20, 2015

**Exploring the capabilities of digital biofeedback
and neurofeedback instrumentation**

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|---------------|---|
| 8:00 - 8:30 | Sign-in - continental breakfast |
| 8:30 - 8:45 | Welcome and announcements |
| 8:45 - 10:15 | Ronald Rosenthal, PhD Using multi-modality biofeedback systems for relaxation EMG recording - useful sites and placements techniques for reducing EKG artifacts; Vascular training - using thermistors and photoplethysmographs to monitor vasoconstriction and vasodilation - training to decrease vasoconstriction; Skin conductance training |
| 10:15 - 10:30 | Break |
| 10:30 - 12:00 | Ronald Rosenthal, PhD Breath training - strain gauge and other methods to improve slow diaphragmatic breathing; HRV training - comparison of EKG vs photoplethysmograph for monitoring heart rate |
| 12:00 - 1:15 | Lunch - on your own |
| 1:15 - 3:15 | Katherine Billiot, PsyD Using portable biofeedback devices to augment treatment Overview of available devices (consumer beware); Modalities - benefits and pitfalls of home use; Basic approach to assessing needs and instrumentation; Choosing the right device for the right patient Short break |
| 3:20 - 4:00 | Katherine Billiot, PsyD Introducing concepts to patients and teaching instrumentation; Patient handouts and office forms (samples); Demonstration and questions Q&A, Completion of CE exams and evaluations Distribution of certificates - Adjourn |

Conference Faculty

Frank DeGregorio, DEC, earned the Diplome d'Etudes Collegiales (DEC) in Computer Science and Networking and a Certificate as a Programming Analyst. He has some 20 years of experience as a technical, network, computer, and high-level troubleshooter for Thought Technology, Ltd. (TTL). In addition, he has over 13 years of experience teaching workshops on TTL's proprietary BioGraph software platform with Lynda Thompson, PhD. He has participated in a wide variety of workshops held by clinicians such as Richard Gevirtz, PhD, Barry

Conference Faculty

Sterman, PhD, Don Moss, PhD, Erik Peper, PhD, and Vietta Sue Wilson, PhD. Frank's extensive knowledge of TTL's software and hardware gives him the unique ability to guide workshop participants from installation of software to using the system confidently and effectively. TTL is one of the world's largest developers and suppliers of biofeedback and neurofeedback instrumentation and a long-time supporter of the Biofeedback Society of Florida.

Ronald Rosenthal, PhD, is a psychologist and BCIA Board Certified biofeedback provider in Miami, Florida. He earned a doctorate in experimental psychology from New York University and did post-doctoral work with Professor Neal Miller. He completed a retraining program in clinical psychology at the University of Miami and has been in private practice since 1992. Dr. Rosenthal has dedicated his professional work to expanding the field of biofeedback and psychophysiology, serving on the board of AAPB and as program chair for two national meetings. He has mentored many clinicians moving into the field and has developed innovative screens and scripts for use with some of the computerized systems. He contributed a chapter to a book of case studies published in 2012 and co-authored two chapters in the upcoming revision of the *Biofeedback Practitioner's Guide*. His training as a researcher and clinician has helped him develop new approaches to treatment that are grounded in evidence-based practice.

Katherine Billiot, PsyD, is a licensed clinical psychologist with specialized training in neuropsychology, psychological evaluation, biofeedback, neurofeedback, and Eye Movement Desensitization Reprocessing (EMDR). She graduated with honors from the Florida Institute of Technology doctoral program in clinical psychology and is BCIA Board Certified in Biofeedback and Neurofeedback. Dr. Billiot performed her internship on active duty in the US Navy. Following internship, she served in the Mental Health Department and as Department Head for the Substance Abuse Rehabilitation Program in Yokosuka, Japan, which served the 7th Fleet and shore-based commands throughout Japan. After being honorably discharged from service and receiving a Navy and Marine Corps Achievement Medal, she returned home to the Ormond Beach area where she is now in full time private practice and the Director of the Medical Psychology Center.

Course Description

This two-day workshop is for health professionals and researchers who want to immerse themselves in the state of the science of digital biofeedback and neurofeedback instrumentation. The program will offer a comprehensive overview of stress profiling and specific modalities, showcasing heart rate variability (HRV), EEG-neurofeedback, skin conductance, thermography, respiration, and EMG muscle rehab. The hands-on, guided experience segment will teach clinically useful skills for users of the Thought Technology BioGraph and other digital systems. Sunday's program draws from the experience of two master clinicians who will present, through lecture and demonstration, the essentials of effective peripheral biofeedback training to enhance relaxation and lower arousal, and the use of portable devices to augment treatment.

Registration Form

Exploring the capabilities of digital biofeedback and neurofeedback instrumentation

September 19 - 20, 2015 - 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: _____

CONFERENCE TUITION - 12 CE Credits

| | By 9/5 | After 9/5 |
|---|--------|-----------|
| 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 September 5, 2015 (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. 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.

Directions to hotel: FROM I- 4 WEST - (from Tampa): From I-4, take exit #74 (Sand Lake Road). At the bottom of the ramp, turn right and continue on Sand Lake Road approximately 5 miles to Orange Blossom Trail (US 441-17-92). Turn right (south, go to the second light (Sun Life Path) and turn left into the Florida Mall. Continue straight, then follow signs to the hotel. **FROM I- 4 EAST - (from Daytona Beach and downtown Orlando):** From I-4, take exit #80, Orange Blossom Trail (US 441-17-92). The exit ramp will merge with south bound traffic on Orange Blossom Trail. Continue south for approximately 5 miles. Go through the intersection at Sand Lake Road (SR 482), continue to the second light (Sun Life Path) and turn left into the Florida Mall. Continue straight, then follow signs to the hotel. **FROM THE FLORIDA TURNPIKE, NORTH OR SOUTH:** From the Florida Turnpike, 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 workshop is co-sponsored by AAPB and BSF. AAPB is an approved continuing education provider by the American Psychological Association. The approved provider maintains responsibility for this program. In the past, similar programs have been approved for 12 continuing professional education credits for licensed psychologists, mental health counselors, clinical social workers, marriage and family therapists, and other health care providers. Note: nurses, physicians, and other professions should verify that APA approval is sufficient to receive credit for this program.

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

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