



Exploring Consciousness with Judith Pennington

Plus a three-hour workshop presented by Mitchell Sadar and Angelika Sadar on *The Ethics of Making a Successful Evidence-Based Biofeedback Practice!*

May 4, 2019

**Loyola University Graduate Center, 8890 McGaw Road,
Columbia, MD 21045**

Overview of the Conference: This conference includes a unique presentation on Exploring Consciousness via different modalities and techniques plus a special workshop on ensuring that your practice is evidence-based and that you are incorporating the standards of ethical practice in your treatment plans.

Overall Course Learning Objectives:

- Increase your knowledge of various techniques used to explore consciousness including meditation, awareness, intuition and relaxation.
- Learn ways to build your ethical bio/neurofeedback practice with evidence-based assessment tools, effective treatment plans, successful marketing and much more.

Target Audiences: Both early career biofeedback practitioners and those who are seasoned clinicians who wish to enhance their practice will benefit from this conference. It is of special interest to psychologists, mental health counselors and therapists as well as anyone interested in personal growth and development.

Instructional Level: All levels.

Loyola University Graduate Center in Columbia, MD

Directions from I-95:

- From I-95, follow 175 west towards Columbia.
- From 175 west, take the 3rd exit, Snowden River Parkway. At the end of the exit ramp, turn left at the light to go south.
- Follow Snowden River Parkway to the 2nd light and turn right on McGaw Road, where you see Apple Ford.
- Follow McGaw Road past the Gramophone store and just before the light at the intersection of McGaw and Dobbin Roads, turn right into the Loyola University Maryland parking lot.

From the Baltimore Beltway 695:

- From 695 in Towson, take the outer loop toward Pikesville and take Exit #16-A, Route 70 west toward Frederick. Follow Route 70 west and take the left exit onto Route 29 south toward Columbia.
- Follow Route 29 south and exit onto Route 175 East.
- Follow Route 175 East to the 4th traffic light and turn right onto Snowden River Parkway.
- Follow Snowden River Parkway to the 1st traffic light and turn right onto McGaw Road. (Apple Ford is on the corner).
- Follow McGaw Road past the Gramophone store and just before the light at the intersection of McGaw and Dobbin Roads, turn right into the Graduate Center parking lot.

**MABS's Spring 2019
Conference**



Continuing Education Credits:

- Application has been made for APA-approved continuing education credits. If approved, this program, when attended in its entirety, will be available for **6.25** APA-approved continuing education credits.
- BCIA approved CE credits to meet requirements for BCIA recertification.
- **Attention LPCs, Social Workers, School Counselors and Other Mental Health Professionals:** Many state licensing boards accept APA-approved CE credits for mental health professionals. Check with your board to see if they will accept the APA-approved credits for this conference.
- **NOTE!** \$35.00 fee for CE certificates.

For information: Contact Bea Haskins, 717-637-6518, execdirector@mabs.us.

Program

Saturday, May 4, 2019

8:00 a.m.	Registration and “Light Breakfast”
8:30 a.m.	Welcome: Jessica Eure, LPC, BCN, MABS President
8:45 a.m.	Keynote: <i>Surfing the Brain Waves of Peak Performance, Healing and Transcendence</i> (1.5 CE hours) Presenter: Judith Pennington
10:15 a.m.	Break
10:30 a.m.	Ms. Pennington continues (1.75 CE hours)
12:15 a.m.	Lunch and Annual Business Meeting
1:45 p.m.	Workshop: <i>The Ethics of Making a Successful Evidence-Based Biofeedback Practice</i> (1.5 CE hours) Presenters: Angelika and Mitchell Sadar
3:15 p.m.	Break
3:30 p.m.	Dr. & Mrs. Sadar continue (1.5 CE hours)
5:00 p.m.	Adjourn

Student Scholarships Available!

The Mid-Atlantic Biofeedback Society has a limited number of student scholarships to cover the registration fees. The Society encourages students to attend this conference for the educational opportunities as well as the chance to network with established professionals in the field. Contact Bea Haskins at execdirector@mabs.us for information on the scholarship application process.



Speakers, Session Descriptions, Learning Objectives

Presenters:

Judith Pennington, B.A., is a journalist, author and world authority on EEG biofeedback meditation. She is the founder of the Institute for the Awakened Mind, an international consortium of Awakened Mind practitioners using the Mind Mirror EEG to map and develop consciousness. Co-designer of the Vilstus Mind Mirror 6, an award-winning, state-of-the-art neurofeedback/biofeedback device, she specializes in research on meditation and altered states. She teaches the art and science of EEG-led meditation internationally to help people attain higher levels of creativity, peak performance and transcendence. Judith has a B.A. in Arts, English and Humanities and has written several books, including *The Voice of the Soul: A Journey into Wisdom and the Physics of God*.

Mitchell Sadar, PhD, and Angelika Sadar, MA: Dr. Mitchell Sadar is a licensed psychologist who has been practicing clinical psychology for over 25 years. He has worked in a wide array of settings including adult and adolescent inpatient units, substance abuse rehabilitation programs, prisons and private practice. In 1999, Dr. Sadar became the first clinician in the greater Philadelphia area to be trained in EEG biofeedback/neurofeedback and one of the first 500 neurofeedback practitioners in the world. He received his B.A. with honors in Psychology from Dartmouth College, M.A. in Clinical Psychology from the University of Dayton and PhD in Clinical Psychology from the University of Nebraska, Lincoln. Angelika Sadar is a psychologist who has been in private practice since 1987. Since 2006, she has treated thousands of patients and presented at numerous events to train other clinicians in neurofeedback and biofeedback. Angelika is the executive director of the Northeast Regional Biofeedback Society. She obtained her B.A. in Psychology and a B.A. in Sociology from Binghamton University and her M.A. in Clinical Psychology from the University of Dayton.

Session Descriptions:

Keynote: The Mind Mirror EEG has a 40-year database on the Awakened Mind of peak performance and the Evolved Mind of unity consciousness. In 2012, the software was enhanced to include gamma frequencies and advanced analytical tools available on a state-of-the-art neurofeedback/biofeedback device. Studies on individuals and groups, particularly at The Monroe Institute, Omega Institute, and the New York Open Center, have most remarkably extended the Mind Mirror knowledge base with new discoveries about meditation, the brain and consciousness. During this seminar, Judith will share the latest Mind Mirror findings in Power Point shows and guided meditations geared to the Awakened Mind of creative flow and peak performance. A live demonstration with a volunteer brings the theory to life.

Workshop: Elements of a successful and ethical practice extend beyond the complexities of mastering biofeedback software and hardware. The instructors, who have each developed and sold successful practices in biofeedback/neurofeedback, will discuss aspects of success marketing strategies, patient orientation and education, assessment options, development of treatment goals and patient responsibilities. Practice procedures, starting with the initial phone call, ethical responsibilities, multicultural awareness, the use of forms to promote successful treatment/training, fee structure and billing and decisions regarding the role of insurance in a practice will be among the topics covered. Both successful and failed cases will be presented to demonstrate how to ensure better success for the patients and the practice, with particular focus on using evidence-based interventions to work with complex cases and cases that fail to progress.

Learning Objectives:

Keynote: Participants will be able to:

- Understand the role of the beta conscious mind for access to the creativity, insight and intuition flowing in subconscious theta and unconscious delta waves. Measurements: Table of Subjective Landmarks and Sensualization Scale.
- Understand internal landmarks for the Awakened Mind in order to externalize this peak performance brainwave pattern into everyday life. Measurement: Test this for self and experience the change.
- Learn several quick and easy relaxation techniques for use by self and others. Measurement: increased relaxation which can be mapped on the Table of Subjective Landmarks.
- Understand the important role of theta and gamma waves in neurogenesis and neuroplasticity. Measurement: the sensation of shifting into higher or lower frequencies during meditation.
- Learn and experience the art and science of brainwave mastery and how it expands and enlightens consciousness for lasting change. Measurement: Table of Subjective Landmarks and Self-Evaluation Scale (filled out in the morning and at the end of the day).

Workshop: Participants will be able to:

- Recognize when a patient's needs extend beyond your level of expertise and know how to address this concern.
- Apply information obtained in the clinical and standardized assessment tools to develop an effective treatment plan.
- List three (3) biofeedback tools that can be used to facilitate assessment.
- Summarize the role of patient responsibility and be able to list four (4) aspects of patient responsibility to promote successful treatment.
- Incorporate the standards of ethical practice in our treatment plans.

Disclaimers/Disclosures



Accessibility, Participation Guidelines and Disclaimers

The views of the presenters are theirs and do not necessarily represent a position by the Mid-Atlantic Biofeedback Society. The Mid-Atlantic Biofeedback Society is committed to accessibility and non-discrimination in its continuing education activities. The Society is also committed to conducting all activities in conformity with the American Psychological Association’s Ethical Principles for Psychologists. Participants are asked to be aware of the need for privacy and confidentiality throughout the program. If program content becomes stressful, participants are encouraged to process those feelings during discussion periods. If participants have special needs, we will attempt to accommodate them. Please address questions, concerns and any complaints to Bea Haskins, 717-637-6518, execdirector@mabs.us. Facilities are accessible to persons with disabilities and reasonable accommodations will be made for persons requesting them. There is no commercial support for this program nor are there any relationships between the CE sponsor, presenting organization, presenters, program content, research, grants or other funding that could reasonably be construed as conflicts of interest, unless otherwise noted..

Presenters’ Statements on Utility/Validity, Limitations, Risks and Financial Disclosure

Ms. Pennington has a financial relationship as the international distributor of the Vilistus Mind Mirror EEG and will be showing Mind Mirror displays and data analysis in the Power Point presentation, and advises, “No risks. No clinical assessments, treatments or interventions.” Dr. & Mrs. Sadar have no financial interests to disclose and state, “Practitioners must limit the scope of their practice to their levels of expertise. This program is designed to enhance expertise and to help practitioners assess their limits. There are no inherent risks in what will be discussed.”

Registration Form: Two ways to register—online or by mail!

- **ONLINE:** Go to www.mabs.us and click the **Events** tab.
- **MAIL:** Print out this form and send with your check payable to Mid-Atlantic Biofeedback Society by April 27th to: Mid-Atlantic Biofeedback Society, c/o Bea Haskins, 217 E. Middle Street, Hanover, PA 17331.
- **Please print clearly and use a separate form for each registrant.**
- **Be sure to check the box if you need a CE certificate and include that fee in your remittance.**

Registration Fees – Early-bird Registration ends April 27th. Check *all* appropriate boxes:

◇ Members:	\$200
◇ Non-members:	\$275
◇ Students (current college/university ID required) and Fully Retired Practitioners:	\$75
◇ CE Certificate	\$35
◇ Late fee (after April 27 th)	\$25

Total Enclosed

\$ _____

If you are not certain of your membership status, or would like to become a member, please contact Bea Haskins at 717-637-6518 or execdirector@mabs.us.

PLEASE PRINT

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____
Email _____

Office Use Only	
Date received:	_____
Amount:	_____
Payment Method:	
◇ Credit Card	
◇ Check #	_____
◇ Cash	

The registration fee covers the cost of attending the conference, provided refreshments and handouts.

Refund Policy: Prior to April 27th: Refunds will be issued less \$25.00 for administrative costs. April 27th or after: No refunds will be provided.

The Mid-Atlantic Biofeedback Society is a 501(c)(3) nonprofit, tax exempt organization as recognized by the IRS and is incorporated in the State of Maryland. “Mid-Atlantic Biofeedback Society” is the legal trade name of the Mid-Atlantic Society for Biofeedback and Behavioral Medicine.

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