MABS & BST Offer Four Workshops in 2021

Neuroinflammation: Causes, Effects and Potential Interventions

Dates	Presenters
May 22	Michael Lewis
	Nancy Klimas
	Ted Chapin & Lori Russell-Chapin
June 19	Robert Coben & Anne Stevens
	Ronald Swatzyna
September 18	Wayne Jonas
	Jessica Eure & Ron Swatzyna
	Jay Gunkelman
October 16	Richard Harvey
	Jay Gunkelman
	Erik Peper

Notice of Speaker Change

Robert "Rusty" Turner, who was scheduled to speak at 11:15 a.m. on October 16th, had to cancel. MABS & BST are honored that Rick Harvey and Erik Peper jumped in to help us out. They are both extremely experienced and knowledgeable researchers, academicians and presenters.

October 16th Schedule (all times are Eastern Time Zone)

11:00 a.m.	Welcome & Housekeeping
11:15 a.m.	Richard Harvey
12:15 p.m.	Jay Gunkelman
1:15 p.m.	Break
1:30 p.m.	Jay Gunkelman continues
2:30 p.m.	Erik Peper
3:30 p.m.	Adjourn

Overall Workshops Description

This year, MABS and BST have joined together to present an exciting four-part series of four-hour webinars with exceptional speakers around the theme of Neuroinflammation.

Join our stimulating speakers as we explore the most recent research and findings in this area, as well as integrative and neuromodulatory interventions being utilized to help our world heal.

Bring the very best new information to your practice to help empower your clients and improve outcomes by joining us for this exciting lineup.

Mid-Atlantic BIOFEEDBACK Society
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Keep Reading!

Continuing Education

American Psychological Association CE Credits: This program when attended in its entirety (all four sessions) is available for 16.0 APA-continuing education credits. Each individual session is approved for 4.0 APA-CEs*. Sadar Psychological is approved by the American Psychological Association to sponsor continuing education for psychologists. Sadar Psychological maintains responsibility for this program and its contents.

Attention non-Texas residents who are LPCs, Social Workers and Other Mental Health Professionals: Many state licensing boards accept APA-approved credits. Check with your licensing board to confirm.

Attention Texas Residents Only: BST approves this educational program for LPCs, LCSWs and LFMTs. Please indicate when registering that you want these credits. There is no fee in 2021 for these continuing education units. **Remember, these are for Texas residents only.**

Both the APA-continuing education credits and BST-provided CEUs meet the requirements for BCIA recertification. There is a fee for the APA CEs; see the registration form.

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Target Audience, Instructional Levels, Virtual Conferencing

Target Audience: Physicians, psychologists, social workers, LPCs, mental health professionals and health care professionals. Both early career bio/neurofeedback practitioners and those who are seasoned clinicians who wish to enhance their practice will benefit from this opportunity.

Instructional Levels: Post-doctoral (see session descriptions).

Virtual Conference: Due to continuing uncertainties around Covid-19, MABS and BST decided that educational opportunities in 2021 would continue to be held virtually. We will use Zoom and, by now, we hope most people are familiar with using that modality. If you have any questions about it, please do not hesitate to let us know.

zoom

Accessibility, Participation Guidelines and Disclaimer

The views presented by the speakers are theirs and do not necessarily represent those of the Mid-Atlantic Biofeedback Society or the Biofeedback Society of Texas. MABS and BST are committed to accessibility and non-discrimination in our continuing education activities. Both Societies are 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 content becomes stressful, participants are encouraged to process those feelings during discussion periods. If participants have special needs, reasonable accommodations will be made for persons who request them, consistent with ADA requirements. There is no commercial support for this educational series, nor are there any relationships between the CE sponsor, partnering organizations, presenters, program content, research, grants or other funding that could reasonably be construed as conflicts of interest.

Please address all questions, concerns and any complaints to Bea Haskins, MABS Executive Director, execdirector@mabs.us, 717-637-6518.

About MABS and BST

The **Mid-Atlantic Biofeedback Society** was formed in the mid-1960s and is a 501(c)(3) non-profit, 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. The **Biofeedback Society of Texas** was founded in 1976. Our society specializes in providing an open forum for the exchange of ideas, methods, research, clinical experience and the results of biofeedback and related techniques.

Working together

Session Descriptions, Instructional Levels and Learning Objectives

May 22, 2021

See Target Audience on page 2 for who should attend

	Instructional Level	Learning Objectives – Participants will be able to…
11: 15 a.m. – 12:15 p.m. ET **1. *Brain Health in a Time of Covid* – Michael Lewis:** The landscape of brain health is rapidly evolving and complicated. Decrements to brain health can result from kinetic trauma, external chemical and toxic insults, internal insults as a result of stress, aging and what is now being recognized and acknowledged as a result of infectious diseases, particularly Covid-19. A one-size-fits-all approach isn't going to work. While targeted rehabilitation remains the mainstay of concussion care, a return to the basics, providing a neuro-permissive environment offers hope for those suffering a decrement in brain health. Nutritional therapy with omegas and cannabinoids targeting the inflammasome is essential to maintain or regain brain health after injury. (1 CE credit)	1. Intermediate	1.1. Describe the role of neuroinflammation and resulting insults to the brain as a result of such inflammation. 1.2.Identify the role of targeted nutritional supplementation before and following an injury to the brain. 1.3. Discuss the importance of aerobic exercise and healthy diet on recovery following a brain insult.
12:15 – 1:15 p.m. ET **2. *Post-Covid "Long Haulers" Learning from ME/CFS* – Nancy Klimas:** Review of the state of our knowledge concerning post-Covid "long haulers" illnesses, and what we can learn from the experience of ME/CFS (Myalic Encephalomyelitis/Chronis Fatigue Syndrome). Looking at the mediators of these chronic illnesses, we will consider the role of biofeedback in the management of the illnesses. We will discuss the role of homeostasis in chronic illness and review some of the research ongoing in our recent research group in this area. (1 CE hour)	2. Advanced	2.1. Describe our evolving knowledge in post-Covid illnesses. 2.2. Explain the relationship between post-Covid "long haulers" and ME/CFS. 2.3. Discuss the potential for biofeedback methods to assist in the management of these illnesses.
1:30 – 3:30 p.m. ET **3. *Cancer Treatment Impact on the Brain: A Case Study, NFB and Neurocounseling Strategies* – Theodore Chapin and Lori Russell-Chapin:** This workshop will offer participants information about the impact of several cancer treatments on the brain and its functioning. A case study will be presented showing QEEGs taken along the way during the chemotherapy and pleural dissection journey. Additional assessment self-reports will be discussed. Therapeutic interventions, including neurofeedback and biofeedback, will be offered. (2 CE credits)	3. Intermediate	3.1. Describe 3 major impacts of cancer treatment on the brain. 3.2. Identify 3 different neurofeedback and biofeedback strategies to combat brain fog and dysregulation.

June 19, 2021

	Instructional Level	Learning Objectives – Participants will be able to…
11:15 a.m. – 1:15 p.m. ET 1.***The Impact of Neuroinflammation and What To Do About It* – Robert Coben and Anne Stevens:** One factor often not considered in psychological and neurofeedback outcomes are inflammatory processes in the body and central nervous system. This is especially salient in the world with Covid-19 and related challenges. It is known that chronic inflammation in the body impacts our brains and adversely impacts multiple issues including anxiety, depression, concentration, memory and many other important human functions. Ironically, these challenges are easily aided with resulting improvements and very often with an enhancement of other treatment modalities as well. We will talk about the process of how chronic inflammatory changes occur in our bodies and brains and how to intervene in this process of disease. Discussions will revolve around how sound nutrition, vitamin and mineral additions and developing habits of health can reduce this adverse process. We will present a series of cases showing enhancement of functions as a result of such intervention and how this aides more typical psychological and neurofeedback interventions. (2 CE credits)	1. Intermediate	1.1. Recognize signs and features of neuroinflammation and how it impacts patients or clients. 1.2. Demonstrate knowledge of how intervention can combat inflammation and its deleterious impacts.
1:30 – 3:30 p.m. ET **2. *Neuroinflammation: Injury, Infection, Toxins and Psychiatric Disease* – Ronald J. Swatzyna:** Neuroinflammation is a normal response to a traumatic brain or spinal cord injury, an infection, exposure to toxins or psychological stress. Acute neuroinflammation is beneficial, improving immune conditioning, developing brain plasticity and assisting in the repair process of the brain. The central nervous system defends the immune system by inducing fever, decreasing pain sensitivity and increasing sleep time. A chronic state of neuroinflammation, on the other hand, is associated with brain damage and prolonged neurological deficits. There is an increasing amount of evidence that neuroinflammation may underlie psychiatric disorders. Studies are currently being conducted on the pharmacological effects of anti-inflammatory drugs on psychiatric symptoms. Although the research is limited in the area of treatment, identification of the source of the neuroinflammation is the challenge. Brain injury, spinal cord injury, infection and virus are all sources of neuroinflammation. Toxin exposure and psychological stress are not so easily connected. The cause of neuroinflammation and how we perceive mental health and mental health treatment are being researched and better understood every day. This presentation explores the paradigm shift around toxin exposure and psychological stress potentially causing neuroinflammation. (2 credits)	2. All levels	2. 1. Explain the difference between acute and chronic inflammation. 2.2. List 4 causes of neuroinflammation. 2.3. Evaluate treatment resistant cases based on neuroinflammation.

Session Descriptions, Learning Objectives, Audiences & Instructional Levels

September 18, 2021

See Target Audience on page 2 for who should attend

	Instructional Level	Learning Objectives – Participants will be able to..
11:15 a.m. – 12:15 p.m. ET ***1. Healing in the Time of Covid*–Wayne Jonas:** We now know that most of healing – nearly 80% – comes from factors outside of what we usually do in the clinic or hospital. The primary determinants of health involve social, environmental, lifestyle and complementary medicine factors that few clinicians learn to deliver. The failure of health care to adequately address these determinates results in rising costs, declining health and longevity, increasing disparities and more burnout. If it was not evident before the Covid-19 pandemic, it is now crystal clear that we need health care system transformation to focus on creating health and wellbeing. In this talk, I will describe how health care systems around the country are transforming their systems of care to become more person-centered, relationship-based and recovery focused; and will illustrate some simple tools you can use to transform your practice and your patients' health. (1 CE credit)	1. Intermediate	1.1. Explain how the Covid pandemic has impacted health and health care. 1.2. Describe new models of whole person care emerging for transforming medicine after Covid. 1.3. Demonstrate new tools you can use now to enhance healing and transform your practice.
12:15 – 1:15 p.m. ET ***2. QEEG Findings & Neurofeedback Interventions: Chronic Infections, Toxic Exposures & Autoimmune Disorders – Jessica Eure and Ronald Swatzyna:*** A description of and examples of QEEG phenotypes found in people with Lyme Disease, toxic exposures and viral infections will be offered. There will be a discussion of what EEG markers indicate a diffuse encephalopathic process, such as low amplitudes and overall slower frequency activity, or slow for age comparisons, as well as focal findings that may warrant further brain imaging to rule out Lyme encystment in the brain tissue. Three case presentations with client history, including psychological conditions and concerns, and EEG and QEEG samples will be presented and discussed. (1 CE credit)	2. Intermediate	2.1. Define diffuse encephalopathy. 2.2. List the main EEG characteristics associated with diffuse encephalopathy. 2.3. List the conditions/symptoms that occur with diffuse encephalopathy. 2.4.Describe common EEG phenotypes in brain infections, toxic exposures and autoimmune disorders.
1:30 – 3:30 p.m. ET ***3. Paroxysmal and Epileptiform Activity: Expect the Unexpected* – Jay Gunkelman:** Paroxysms and epileptiform activity are obviously seen in epilepsy, and can be treated effectively with neurofeedback. The incidence of unexpected discharges in clinical cases without epilepsy is really quite surprising to those not familiar with the literature, where 20% of ADHD and 40-60% of autistics have classical discharges. The usual response in neurology to a non-epileptic is not to medicate. Current research with a significant population of psychiatric cases with discharges will be reviewed for their medication response. (2 CE credits)	3. All levels	3.1. Improve their visual identification of paroxysms and epileptiform discharges in the EEG. 3.2. List the NF approaches to epilepsy with efficacy literature support. 3.3. Recognize the need for a treatment team approach and potential home training for these difficult cases.

October 16, 2021

	Instructional Level	Learning Objectives –Participants will be able to...
11:15 a.m. – 12:15 p.m. ET ***1. Hardiness at Work: Psychoneuroimmunological (PNI) Buffers Against Stress and Neuroinflammation* – Richard Harvey:** Psychological hardiness as a concept includes an interacting set of attitudes that buffer an individual against stressful life circumstances. The presentation argues that shifts in broadly defined positive attitudes, beliefs, cognitions and emotions, will reduce symptoms of stress and strain, including symptoms of neuroinflammation. The presentation will introduce some technical terms and models related to three hardiness attitudes (called commitment, control and challenge), along with some perspective about how psychological processes interact with the nervous system's neurohormonal and neuroimmune reactions. From there additional technical terms about the immune system as well as neuroinflammation will extend the model relating mental processes like psychological hardiness with psychophysiological process like reduction in stress reactions, including neuroinflammation. The take away will be a better grasp of how and why psychological hardiness buffers against stress and neuroinflammatory processes. (1 CE credit)	1. Introductory	1.1. Identify three attitudes associated with psychological hardiness. 1.2. Recognize various types of neuroimmune mechanisms. 1.3. Describe a model of neuroinflammation.
12:15 – 1:15 p.m. ET | Break 1:15-1:30 p.m. ET | 1:30 p.m. ET Jay continues **2. *Long-Covid: EEG/qEEG Evidence and Treatment Outcomes* – Jay Gunkelman:** Long-Covid is becoming a common clinical presentation. Knowing how to see it in the EEG/qEEG, as well as knowing how to treat it are becoming critical skills. This session will discuss Covid-Brain, describe the underlying pathophysiology and demonstrate the EEG/qEEG finding, showing the post-treatment EEG/qEEG changes. (2 CE credits)	2. Intermediate	2.1. Identify Covid pathways of exposure. 2.2. Identify ischemia in EEG/qEEG. 2.3. Discuss basic literature support for use of EEG/qEEG with ischemia.
2:30 – 3:30 p.m. ET ***3. Body-mind/Mind-body Skills and Concepts to Enhance Health and Immune Competence in Face of Covid – Erik Peper:*** Body-mind/mind-body skills and concepts embedded within an evolutionary perspective can be taught to enhance health and support immune competence in face of COVID. These skills and concepts include dietary and life style recommendations to reduce inflammatory response and enhance immune competence. The techniques include how to cope with techstress and zoom fatigue, breathing, posture, EMG and thermal feedback to reduce defensive body response patterns and practices to integrate posture, breath and cognitions to patterns to interrupt and change negative thoughts. (1 CE Credit)	3. Intermediate	3.1. Identify lifestyle patterns that enhance and suppress immune function and inflammation. 3.2. Describe posture and breathing feedback techniques to reduce excessive sympathetic defense reactions. 3.3. Demonstrate integrated posture, breathing and cognitive skills to transform negative thoughts into empowering thoughts.

Speakers' Bios

Ted Chapin & Lori Russell-Chapin

Dr. Theodore (Ted) Chapin is owner and president of Resource Management Services; Neurotherapy Institute of Central Illinois and Chapin & Russell Associates in Peoria, Illinois, a private practice, consulting and employee assistance program. Ted earned his doctorate from Marquette University. He is a licensed psychologist and marriage and family therapist and holds many certifications such as BCN, EAP, custody evaluator and forensic examiner. He continues to write and publish books, articles, chapters and journals for local and national arenas. One of his main foci is neurofeedback and biofeedback.

Dr. Lori Russell-Chapin is a Professor of Counselor Education in the Department of Education, Counseling and Leadership at Bradley University in Peoria, Illinois. She earned her PhD in Counselor Education from the University of Wyoming. She is an award -winning teacher and researcher at Bradley. Currently, Lori is co-director of the Center for Collaborative Brain Research. She is the author or co-author of 11 books on practicum/internship, supervision, conflict resolution, grief and loss, neurofeedback and neurocounseling. Lori is licensed in the state of Illinois as an LCPC (IL), and hold several certifications such as CMHCC, ACS and BCN. She teaches clinical graduate counseling courses and is passionate about her part-time private practice where she focuses on neurocounseling and the brain. In 2017, she was honored with the American Counseling Association Garry R. Walz Trailblazer Award for her work with neurocounseling. In 2018, Lori was awarded the Teaching Excellence Award for the College of Education and Health Sciences. In 2020, Lori was awarded the ACA Fellow designation, the highest award through the American Counseling Association. In 2020, she was also honored with 25 Women in Leadership through Week 25.

Robert Coben

Robert Coben, PhD, received his doctoral degree in 1991 and has been a licensed psychologist in the state of New York since 1994. His post-doctoral training in clinical and rehabilitation neuropsychology was done at the UCLA Medical Center and Cedars-Sinai Medical Center in California. His experience in rehabilitation neuropsychology includes directing two separate inpatient neurorehabilitation programs. He is the former director of inpatient and outpatient brain rehabilitation at Staten Island University Hospital. Dr. Coben is a member in good standing of the American Psychological Association, International Neuropsychological Society, International Society for Neurofeedback and Research, and the Association for Applied Psychophysiology and Biofeedback. He has edited special issues of journals on EEG connectivity and more recently as a special topic editor for Frontiers in Human Neuroscience. He was the chief editor on two issues on Applied Neuroscience, Neuromodulation and Neurofeedback. These special issues covered topics related to seizures disorders and autism spectrum disorder. He has also edited a book entitled *Neurofeedback and Neuromodulation Techniques and Applications*. His research interests include the study of Neuropsychology and Neurophysiology in the understanding of childhood neurodevelopmental disorders, especially autism and treatment applications for the same. Dr Coben has served as the President of the International Society for Neurofeedback and Research as well as the President-Elect of the International Board of Quantitative Electrophysiology.

Jessica Eure

Jessica Eure, LPC, BCN, has over 15 years experience with neurofeedback. She has attended more than 30 neurofeedback, EEG and QEEG continuing education lectures and training courses and studied Quantitative Electroencephalography with Jay Gunkelman. Jessica earned her Master's Degree in Mental Health Counseling from the University of Virginia and is a Licensed Mental Health Counselor. She is co-founder of the Virginia Center for Neurofeedback, Attachment and Trauma in Charlottesville, VA. Jessica enjoys supporting other practitioners in developing or expanding their clinical application of neurofeedback. She is the immediate Past President of the Mid-Atlantic Biofeedback Society and a member of the planning team for these workshops.

Jay Gunkelman

Jay Gunkelman, QEEG-Emeritus, has processed over 500,000 EEGs since 1972. He has served as the president of the International Society for Neurofeedback and Research, as well as treasurer of the Association for Applied Psychophysiology and Biofeedback and is a past president of the Biofeedback Society of California. Jay was the first technologist to be certified in QEEG. He has conducted, published or participated in hundreds of research papers, articles, books and meetings internationally. He is the Co-founder and Chief Science Officer of Brain Science International.

Richard Harvey

Richard Harvey, PhD, has been promoting biofeedback in various professional associations and societies related to health, including serving as president of the Association for Applied Psychophysiology and Biofeedback (AAPB); the Biofeedback Society of California, now called the Western Association for Biofeedback and Neuroscience (WABN); as well as serving as chairperson of a Public Health Association section for Integrative, Complementary and Traditional Health Practices (ICTHP). Related experience includes working as an Epidemiologist in Orange County; as a Tobacco Use Research Center Fellow, and directing the UC Irvine Counseling Center Biofeedback Program before joining the faculty at San Francisco State University. Research includes developing holistic stress-reduction interventions using biofeedback, including ways to reduce technology-related disorders ("TechStress"). Teaching includes teaching courses related to human stress reactions entitled Relaxation and Stress Reduction, mind-body interactions entitled Psychophysiology of Healing, and other health science courses such as epidemiology. University service includes serving as current chair of an Institutional Review Board (IRB), co-directing the SFSU Stat CORR related to research methods and statistics consulting, and serving as a director of the Institute for Holistic Health Studies (IHHS).

Wayne Jonas

Wayne Jonas, MD, is a practicing family physician, an expert in integrative health and health care delivery, a widely published scientific investigator and author of the book *How Healing Works*. From 2001-2016, he was Chief Executive Officer of Samueli Institute, a nonprofit medical research organization supporting the scientific investigation of healing processes in the areas of stress, pain and resilience. Dr. Jonas was Director of the Office of Alternative Medicine at the NIH from 1995-1999, and prior to that served as Director of the Medical Research Fellowship at the Walter Reed Army Institute of Research. He is a Fellow of the American Academy of Family Physicians. His research has appeared in peer-reviewed journals such as *Journal of the American Medical Association*, *Nature Medicine*, *Journal of Family Practice*, *Annals of Internal Medicine* and *The Lancet*.

Nancy Klimas

Nancy Klimas, MD, is a Professor of Medicine in the Dr. Kiran C. Patel College of Osteopathic Medicine and Chair of the Department of Clinical Immunology at Nova Southeastern University. She is the Dean of Research for the Kiran C. Patel College of Osteopathic Medicine. She established the Institute for Neuro-Immune Medicine (INIM), at Nova Southeastern University. In partnership with the Miami Veteran's Administration Medical Center's Gulf War Illness (GWI) research program, the INIM is a multi- disciplinary research and clinical institute that takes a systems biology approach to understanding complex medical illnesses, such as Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) and Gulf War Illness (GWI). Dr. Klimas is Professor Emerita, University of Miami Miller School of Medicine, a diplomat of the American Board of Internal Medicine, a diplomat in Diagnostic Laboratory Immunology, and Director of Clinical Immunology Research at the Miami VAMC. She has achieved national and international recognition for her research and clinical efforts in multi-symptom disorders, including ME/CFS and GWI. She is the past president of the International Association for CFS and Myalgic Encephalomyelitis (IACFS/ME), a professional organization of clinicians and investigators, and a past member of the Health and Human Services (HHS) CFS Advisory Committee.

Continued on page 6

Speakers' Bios

Michael Lewis

Michael D. Lewis, MD, MPH, MBA, FACPM, FACN, is a proven leader and expert on nutritional and other interventions for brain health as well as a recognized innovator in infectious disease surveillance and epidemiology. In 2012, upon retiring as a Colonel after 31 years in the U.S. Army, he founded the nonprofit Brain Health Education and Research Institute and is the author of *When Brains Collide: What every athlete and parent should know about the prevention and treatment of concussions and head injuries.* He is a graduate of the U.S. Military Academy at West Point and Tulane University School of Medicine. Dr. Lewis is board-certified and a Fellow of the American College of Preventive Medicine and American College of Nutrition. He completed post-graduate training at Walter Reed Army Medical Center, Johns Hopkins University and Walter Reed Army Institute of Research.

Erik Peper

Erik Peper, PhD, is an international authority on biofeedback and self-regulation and professor of Holistic Health Studies at San Francisco State University. He is President of the Biofeedback Foundation of Europe and past President of the Association for Applied Psychophysiology and Biofeedback (AAPB). He has a biofeedback practice at Biofeedback Health (www.biofeedbackhealth.org). In 2013, he received the AAPB's Biofeedback Distinguished Scientist Award in recognition of outstanding career and scientific contributions. He is an author of numerous articles and books, such as *Make Health Happen, Fighting Cancer-A Nontoxic Approach to Treatment, Healthy Computing with Muscle Biofeedback* and *Biofeedback Mastery*. He is co-author of the newly published book, *TechStress: How Technology is Hijacking Our Lives, Strategies for Coping, and Pragmatic Ergonomics.* He publishes the blog, *the peper perspective-ideas on illness, health and well-being* (www.peperperspective.com). His research interests focus on self-healing strategies to optimize health, the effects of posture and respiration and learning self-mastery with biofeedback.

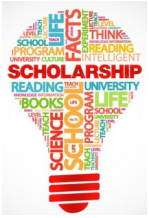
Anne Stevens

Anne Stevens, PhD, received her doctoral degree from the University of Memphis in 1995. She has held a license to practice Psychology in the state of Tennessee and currently is licensed in Arkansas, and has practiced in Fayetteville since 1989. Since 2016, Dr. Stevens has been the President of Integrated Neuropsychological Services, with an expertise in head injury and other disorders related to brain functioning. Her practice encompasses neuropsychological and Quantitative EEG assessment, as well as treatment, primarily through neurofeedback. She has earned board certification through BCIA in Neurofeedback and the QEEG Certification Board for QEEG Technologist. In addition to her private practice, Dr. Stevens serves on the Scientific Advisory Committee of Neurotopia and the Head Trauma Committee at the University of Arkansas Athletic Department. In 2001, she was also the co-founder of ContreQ, specializing in the assessment and treatment of sport-related concussion.

Ronald Swatzyna

Ronald J. Swatzyna, PhD, received his Masters of Science and Doctorate of Philosophy in Social Work from The University of Texas Arlington. Currently, he is the Director/Chief Scientist of Neurophysiology Research at Houston Neuroscience Brain Center and Founder of Clinical NeuroAnalytics, LLC. Dr. Swatzyna is a licensed clinical social worker, and is board certified in neurofeedback and biofeedback by BCIA. For the past 24 years, Dr. Swatzyna has analyzed and treated the most diagnostically challenging cases. Sixteen years ago, he started acquiring electroencephalography (EEG) and quantitative EEG (qEEG) data to assist psychiatrists in medication selection and titration. As a researcher, he has presented and/or published 88 peer-reviewed papers on brain injury, dysfunction, psychotropic medication and other related topics at national and international conferences. Finally, his personal battle with a traumatic brain injury and posttraumatic stress disorder has motivated him to become a leading expert in brain dysfunction.

Student Scholarships



Thanks to the generosity of some of MABS members, as well as that of several presenters who waived their fees so more scholarships could be awarded, MABS hopes to welcome more students than usual at our workshops. Students can choose to attend as many workshops as they want and are expected to attend every one for which they apply and are approved.

Eligibility Criteria & Participation Requirements:

- Full or part-time student at an accredited institution of higher learning.
- Must be enrolled in a health care/health science program, such as psychology, counseling or social work.
- Have an interest in biofeedback, neurofeedback and/or complementary/integrative health.
- Full-day attendance the workshop(s) for which you apply.
- Within 30 days after the workshop (s), submit a one-page single-spaced essay discussing what you found most interesting and why; how you might apply what you learned to your current studies and training; how you might pursue further training/information in your field (research, academic, clinical work). Your paper will be posted on the Society's website.

How to Apply:

- Send an email to MABS's Executive Director, Bea Haskins, at execdirector@mabs.us with a detailed cover message that explains your interest in attending, the degree you are pursuing and your field of study (major).
- Include a copy of your student ID.
- Scholarship applications are reviewed and approved by the executive director.
- If approval is granted, or if more information is needed, Ms. Haskins will send you an email. You will be asked to confirm that you understand and agree to the participation requirements. Upon receipt of your reply, you will be officially registered for the conference.
- The Zoom link will be sent out as we get closer to the date of the conference.

Students: Ask your professor/instructor if you can obtain extra credits for attending! Have them contact MABS if they have any questions.
Bonus! Scholarship recipients will receive a one-year complementary student membership in the Society ($25 value).
More Information: www.mabs.us.
Questions? Contact Bea Haskins, MS, Executive Director, execdirector@mabs.us.

Registration Fees & Information

THREE WAYS TO REGISTER

Online: Go to https://www.mabs.us/2021-workshops/
Phone: Call Bea Haskins at 717-637-6518 with your credit card information.
Mail: Mail your check and the form below to:
Mid-Atlantic Biofeedback Society
c/o Bea Haskins, MS, Executive Director
217 E. Middle Street, Hanover, PA 17331
Please print and use a separate form for each registrant.

Name_____

Email address _____

Phone _____

If you are a member of either MABS or BST, indicate Society to which you belong: ❑ MABS ❑ BST

Are you a psychologist? ❑ Yes ❑ No
If yes, indicate state _____ and your license # _____.

Read carefully before making your choices in the next section!

- You can choose any workshop(s) you wish to attend; a discount applies ONLY if you register for all four.
- Member fees are for current members of either MABS or BST ONLY. All others, chose "Non-member."
- Choose the "With CE Certificate" column ONLY if you need a ***course certificate for APA-CEs.***

Indicate the workshop(s) for which you are registering. Choose either the member or non-member rate and if you need an APA-approved CE certificate:

	Member NO CE	Member WITH CE	Non-member NO CE	Non-member WITH CE	Students* or Fully Retired
May 22, 2021	❑ $ 60	❑ $ 85	❑ $ 75	❑ $ 100	❑ $ 15
June 19, 2021	❑ $ 60	❑ $ 85	❑ $ 75	❑ $ 100	❑ $ 15
September 18, 2021	❑ $ 60	❑ $ 85	❑ $ 75	❑ $ 100	❑ $ 15
October 16, 2021	❑ $60	❑ $ 85	❑ $75	❑ $ 100	❑ $ 15
OR					
All four dates	❑ $ 215	❑ $ 305	❑ $ 270	❑ $ 360	❑ $ 55

Total registration and CE fees $_____ Enclose your check to MABS for this amount and mail to the address above.

***Students:** Before paying to register, have you checked out the scholarship opportunities available for this conference? See page 6 for more information!

Texas residents only: Do you need a CEU certificate (no fee in 2021) ❑ Yes ❑ No

Refund: Refunds will be made when notified in advance of the date of the event for which one is seeking a refund, but will not be given after the date of the event, except in the case of medical emergencies. Refunds will be for the full amount less a $25 administrative fee. Contact Bea Haskins at execdirector@mabs.us.

Attestation of Security and Confidentiality: It is the responsibility of every attendee to abide by the standards set forth in the APA Code of Ethics for maintaining security and confidentiality of test materials and proprietary information presented as part of this continuing education program. Any materials used as part of this program may not be copied or otherwise distributed, and no proprietary information will be disclosed by attendees to any person not registered for this program.

Speakers' Risk, Conflict of Interest (COI) and Diversity Statements

Chapin/Russell-Chapin: Risks: "When applied and used according to psychological ethics and practice guidelines, within the scope of expertise of the practicing psychologist, the methods taught do not pose any risks. When applied and used according to psychological ethics and practice guidelines, within the scope of expertise of the practicing psychologist, the methods taught do not pose any risks. Our equipment is FDA approved." No COI. Diversity issues will be addressed.

Coben/Stevens: Risks: "Providers must practice within their scope of practice and receive special training when needed." No COI. Diversity: "Presentation applies to all races and communities."

Eure: Risks: "This presentation does not discuss treatment recommendations, but simply reviews the common EEG findings for certain presenting disorders, so there is no risk." No COI. Diversity: "Diversity will be addressed when discussing diffuse encephalopathy in people who were severely neglected early in life, often those who spent the first years of their life in orphanages in 3rd world countries with less social resources to devote to the care of children in state custody."

Gunkelman: Risks, September: "False positive identification related issues are severe only when used for diagnosis of epilepsy, which is not the intent or purpose of the talk; otherwise the risk is for not identifying those 'instability' patterns when designing NF protocols or missing them when doing neuromodulation." October: "The analysis discussed has no direct patient contact, with the risk being to miss the identification of the EEG correlates identified in the presentation. Other forms of ischemia must be considered, such as vascular change in aging, migraine, concussion, etc." Financial Disclosure (COI): Chief Science Officer and Co-owner, Brain Science International. Diversity: "The EEG/qEEG is a culturally and racially unbiased technique shown to be neutral across these groups in multiple studies."

Harvey: Risks: "The presentation reviews academic literature related to psychological hardiness, psychoneuroimmunology, stress and neuroinflammation." No COI. Diversity: "Diversity, Equity and Inclusion are three topics that will be covered during the presentation as they relate to epigenetic factors in health outcomes."

Jonas: Risks: "When applied and used according to medical ethics and practice guidelines, within the scope of expertise of the practicing clinician, the methods taught do not pose any risks. No specific equipment or product will be discussed or recommended. Specific references citing the evidence for comments and claims made during the talk will be provided during the presentation and available on my website. I have no conflict of interest on any of the recommendations made during the talk." No COI. Diversity: "The primary determinants of health involve social, environmental, lifestyle and complementary medicine factors that few clinicians learn to deliver. The failure of health care to adequately address these determinates results is rising costs, declining health and longevity, increasing disparities and more burnout."

Klimas: Risks: "The limited and very new state of our knowledge in post-Covid illnesses is discussed, and the need for large well-powered studies." No COI. Diversity: "Looks at the roles of gender differences in the modeling studies."

Lewis: Risks: "When applied and used according to medical ethics and practice guidelines, within the scope of expertise of the healthcare provider, the methods taught do not pose any risks." Financial Relationships (COI): Medical Advisor to CV Sciences, Cannabics, Nordic Naturals. Diversity: not addressed.

Peper: Risks: "None." Financial Relationships/COI: None. Diversity: "Concepts and skills are equally useful for underserved communities, racial and cultural challenges and socioeconomic disparities."

Swatzyna: Risks: "The content of my presentation is limited to the current literature and experience from treating those with issues causing neuroinflammation. The content of my presentation does not recommend any assessments, treatment, or interventions in regard to neuroinflammation. My recommendations are only to refer to neurologists when neuroinflammation is suspected." No COI. Diversity: "Brains and biological processes apply to all humans regardless of race."

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