

**The 1<sup>st</sup>  
Southeast Regional AAPB Conference**

**“The Power of Making  
Connections”**

**Hosted by  
North Carolina Biofeedback Society**

**October 13-15, 2006**

**Embassy Suites  
Raleigh, North Carolina**

**“Current research reveals previously unrecognized pathways in the brain’s limbic system through which we make decisions, judgments and valuations.**

**SE Regional AAPB Conference**

**‘The Power of Making Connections’**

**offers an opportunity**

**to establish new pathways of**

**collegiality, education, and inspiration.**

**Please join us in exploring the many benefits of making connections!”**

**---B. Wolfe**

# PROGRAM

**Friday, October 13, 2006**

- 7:30-8:15 Registration--\*Exhibitors
- 8:15-8:30 **Welcome**  
**Susan Intemann, MA, LPC,**  
**President NCBS**
- 8:30-9:15 **Bringing the World to Applied Psychophysiology and Biofeedback—Increasing Awareness of Integrative Healthcare Options**  
**Richard Sherman, PhD, Keynoter**
- 9:15-10:30 **Stress Pain Interrelationships**  
**Richard Sherman, PhD**  
Stress and pain experiences are intimately interwoven in inexorable cycles which must be understood if we are to assess and then treat chronic pain patients adequately. Pain perception has long been recognized to be the potentiation of numerous factors rather than a simple one-to-one relationship between amount of tissue damage and intensity of the resulting "ouch". The presentation will highlight the underlying psychophysiology of pain. Participants will develop skills for relating interventions to various assessments. There will also be a focus on the cyclic interactions between stress and pain. A model of the temporal relationships between pain and activity levels for several disorders, including irritable bowel syndrome, back pain, and headache will be discussed.
- 10:30-11 \*Exhibitors/Poster Presentations--Break
- 11-12:30 **Pain Management in Children--“On our knees looking backwards, trying to crawl forwards? What works and what doesn’t. Innovations and recommendations for change.”**  
**Elizabeth Stroebel, PhD**  
Despite significant medical advances in child healthcare, serious challenges exist for practitioners, researchers, pain specialists
- 12:30-1:15 Lunch--Exhibits
- 1:15-3:15 **Psychophysiological Approaches to Chronic Pain—Assessments & Interventions—Part 1**  
**Richard Sherman, Ph.D.**  
Dr. Sherman will explain what applied psychophysiology and biofeedback are, how these modalities are used for assessment and intervention for chronic pain conditions, and how applied psychophysiological interventions are used to assess 2 chronic pain disorders. (Continued on Saturday)
- 3:15-3:45 \*Exhibitors/Poster Presentations--Break
- 3:45-5:45 **Managing Confounds to EEG & Peripheral Biofeedback**  
**Richard Soutar, PhD**  
Frequently in the course of training we encounter periods when individuals progress slowly or not at all. Confounds to training that exist outside the formal clinical process have been documented to be a consequence of a variety of factors including diet, sleep habits, over-scheduling, excessively stressful environments at work or home, and habitual maladaptive behavior patterns.

Although all of these topics are important, habitual maladaptive behavior patterns that have their source in early socialization trauma are a key dimension to focus on in managing positive changes in the CNS. This presentation will propose specific dimensions of social interaction that can minimize unseen factors that confound training through coaching. Participants will be able to use these techniques in order to assist them in monitoring and managing particular cases.

6:00-7:00 Reception and Poster Presentations

7:00-8:15 Dinner & Southeastern Regional AAPB's Organizational Meeting

8:15-9:00 Break-up into State Meetings

## Saturday, October 14, 2006

7:45-8:30 Registration--\*Exhibits/Poster Presentations

8:30-10:30 **Psychophysiological Approaches to Chronic Pain—Assessment and Intervention—Part 2**  
**Richard Sherman, PhD**

Participants will learn how biofeedback-based interventions are used to directly and indirectly treat 4 pain-related disorders. Evidence will be presented that these assessments and interventions are as effective as other approaches for the treatment for migraine and tension headaches.

10:30-12:30 **Catastrophes, Calamities, and Disasters--Psychophysiology and Preparedness**  
**Peder Fagerholm, PhD**

Less visible, and more numerous, than the acute physical injuries resulting from a catastrophe, calamity, or disaster are the psychophysiological injuries (psy-i's). Survivors and emergency personnel alike need their immediate physical and nonphysical injuries attended to so as to maximize effective responses. The psy-i's may still be open wounds long after the physical injuries have healed. Preparedness at the personal, professional, community, state, and national levels requires educating ourselves, the public, local authorities, and

health professionals as to how we are prepared and what we can offer. This presentation addresses a variety of issues surrounding preparedness, including connecting with local authorities and other professionals, and offer discussion about psy-i emergency care, triage, and "field dressings." Tips, tricks, traps, and "toads" with practical applications will be offered for discussion. Participants also will have the opportunity to develop primary and contingency plans, an understanding of possible legal issues, and the effect of Good Samaritan laws. *Bring your worst nightmare to use in brainstorming.*

12:30-1:15 Lunch--Exhibits

1:15-2:15

**Repatterning Resonance: An Alternative Approach to Healing**

**Georgia Miles, MA, LPC, CBIS**

An introduction to the concepts of energetic healing and an alternative perspective on the underlying causes of problems with relationships, health, money, work, etc., and how to create positive change. This perspective is based on new physics, Quantum Psychology, ancient healing systems, and the Resonance Repatterning system. Participants will also learn several modalities, such as brain-integrating movements, sound, breath, and relaxation techniques that can be used for themselves or with their clients and will experience, through a personal biofeedback process, how these modalities can quickly move us to a higher state of coherence.

2:15-4:00

**Caregiver Crunch: Trying To Do It All**

**Linda Kendall, M.Ed, LPC**

A detailed overview concerning the challenges of caregiving and how professionals can help will be the theme of this presentation. Participants will be able to assess "level of burden" and identify services and techniques.

4:00-4:30

\*Exhibits--Break

4:30-6:30

**Poster Presentations—Share (bring handouts &/or equipment)**

**\*Mini Workshops**

**\*Tutorials**

Dinner on Own

## Sunday, October 15, 2006

- 8:00-8:30 Registration
- 8:30-10:00 **BF & Stress Management Techniques w/ Kiddie QR: A Choice for Children (KQR) & Adolescents**  
**Elizabeth Stroebel, PhD**  
Learn the principles of self-regulation w/ practical “tip a minute” interactive, hands-on experiences with Kiddie Quieting Reflex (KQR) & “16 Body Friends” metaphors for complex stress physiology. Participants also learn ways of translating complex stress-related physiology into age appropriate levels for teaching stress management to children and adolescents. *Kick off your shoes and enjoy “QRing” for yourself.*
- 10:00-10:15 Break
- 10:15-11:15 **The New Wave in Pain Management That Works – Primal Reflex Release Technique**  
**Gary D. Thiry, LPT**  
An introduction to the latest technique that rapidly reduces pain. “Primal” refers to the “startle and withdrawal” reflexes that are hard-wired into our nervous system before birth. Pain is usually associated with “startle and withdraw” reflexes activating the sympathetic nervous system. The protective
- 11:15-12:15 **Awareness Through Movement®**  
**Betty Wolfe, M. Div., BCIA-C, Authorized ATM® Teacher**  
Experience **The Feldenkrais Method®** of teaching and learning. **Awareness Through Movement®** lessons consist of verbal guidance through unique and intriguing movement sequences; many people rediscover their range of ease, improve flexibility or balance, or experience deeper and sustained relaxation from participating in Feldenkrais lessons. This class will consist of two lessons, “*Looking Around*” in standing and “*3 Minute Computer Cure*” in sitting. Participants will receive a copy of the **3 Minute Computer Cure**, a lesson that may translate easily into one’s own teaching repertoire.
- 12:15-12:30 Closing Remarks
- \*Mini-workshops & Tutorials—**  
**Further details for sign-ups and updates by email for registrants**

**Intended Audience:** Psychologists, counselors, marriage and family therapists, social workers, physicians, physicians' assistants, nurses, case managers, biofeedback practitioners, educators, physical and occupational therapists, recreation therapists, holistic practitioners, massage therapists, Community Supports practitioners, and anyone interested in "cutting edge" therapeutic techniques, information and/or personal growth.