

## REGISTRATION NOTES:

---

Postage



Biofeedback  
Society of  
Wisconsin



presents its:

2005 ANNUAL CONFERENCE:  
***New Directions in  
Biofeedback &  
Self-Regulation***

**September 23-24, 2005  
Country Springs Resort  
Waukesha, WI**

KEYNOTE WORKSHOP:

**Heart Rate Variability:  
Theory & Practice  
with Richard Gevirtz, PhD**

*also including sessions on:*

- **Supplements, Herbs, and Energy Techniques: Integrative Approaches to Health Maintenance & Pain Management.**
- **BrainPort™, a novel form of biofeedback for balance disorders.**
- **Panel discussion: Biofeedback training solutions**
- **Yogic breathing experientials**

---

Email address for confirmation and participant list only. BSW does not rent nor sell email information to outside entities.

No refunds; substitutions gladly accepted. Call **(608) 252-8503 before September 16<sup>th</sup>** to change registration.

Brochure design and conference registration services provided by:  
[www.supportstaffsolutions.com](http://www.supportstaffsolutions.com).

## ADA statement

---

The Biofeedback Society of Wisconsin fully intends to comply with the legal requirements of the Americans with Disabilities Act. If any participant of the conference needs special accommodation, please specify on registration or contact BSW.

Biofeedback Society of Wisconsin  
c/o Support Staff Solutions  
4510 Windigo Trail  
Madison, WI 53711  
[www.biofeedbackwi.org](http://www.biofeedbackwi.org)





## **BIOFEEDBACK SOCIETY of WI**

### **New Directions in Biofeedback & Self-Regulation**

**September 23-24, 2005**

Country Springs Resort 2810 Golf Road  
Waukesha, WI 262 547-0201

#### **Who Should Attend**

The annual Biofeedback Society of Wisconsin conference offers education and networking for all integrative mind-body practitioners, incorporating biofeedback within wider views of health-care and wellness.

#### **Purpose**

To educate attendees about biofeedback and complementary medicine treatments for chronic medical conditions, including chronic pain, vestibular disorders and stress/anxiety-related conditions.

#### **Heart Rate Variability with Dr. Richard Gevirtz**

#### **Keynote Objectives**

Attendees will be able to:

Explain the physiology and theory behind HRV biofeedback.

Present to a client the rationale for HRV biofeedback in the treatment of stress and anxiety related disorders.

Apply at least three protocols for the application of HRV biofeedback.

## **AGENDA**

### Friday September 23rd

- 8-9am** Registration/breakfast  
**9-10:30** Complementary Medicine  
by Adam Rindfleisch, MD  
**10:30-10:45** Break  
**10:45-12:15** Dr. Rindfleisch continues  
**12:15-1:30** Lunch and business meeting  
**1:30-3:00** BrainPort™ device  
by Yuri Danilov, PhD  
**3:00-3:15** Break  
**3:15-5:15** Panel Discussion:  
Biofeedback Solutions: New Directions

### Saturday September 24<sup>th</sup>

- 8:15-8:45am** Registration/breakfast  
**8:45-10:15** Heart Rate Variability  
by Richard Gevirtz, PhD  
**10:15-10:30** Break  
**10:30-11:00** Energize with Yogic Breathing  
**11:00-12:30** Dr. Gevirtz continues  
**12:30-1:30** Lunch  
**1:30-3:00** Dr. Gevirtz continues  
**3:00-3:15** Break  
**3:15-4:45** Dr. Gevirtz continues  
**4:45-5:00** Yogic Breathing for Stress  
Relief & Relaxation  
**5:00** Evaluation / Adjournment

## **Accommodations**

The Country Springs Resort is holding rooms through **August 23rd only**. **CALL 800 247-6640** to reserve the special rate of \$105 standard deluxe room (must mention "Biofeedback Society of Wisconsin.") Visit [www.countryspringshotel.com](http://www.countryspringshotel.com) for accommodation details and directions. This is a top-notch conference center. It offers a new family waterpark and is adjacent to Westwood Health & Fitness Center and the Willow Run Golf Course. Bring the family along for a fun weekend!

## **Continuing Education Credits**

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the Medical College of Wisconsin and BSW. The Medical College of Wisconsin (MCW) is accredited by the ACCME to provide continuing medical education for physicians. The Medical College of Wisconsin designates this educational activity for a maximum of 13.25 category 1 credits toward the AMA Physician's Recognition Award. Each physician should claim only those credits he/she actually spent in the activity.

#### **Nursing contact hours:**

Children's Hospital and Health System is an approved provider of continuing education by the Wisconsin Nurses Association Continuing Education Approval Program Committee, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Nurses who successfully complete this activity will receive 15.00 nursing contact hours.

#### **Contact Hour Statement for Allied Health Professionals:**

The Medical College of Wisconsin designates this activity for up to 13.25 contact hours of continuing education for allied health professionals.

#### **Psychology CE Credit Statement:**

The Medical College of Wisconsin is approved by the American Psychological Association to offer continuing education for psychologists. The Medical College of Wisconsin maintains responsibility for the program. Partial credits will not be awarded.

#### **Masters Level Counselors**

Application has been made through the Wisconsin Counseling Association for approval of this activity for masters level counselors.

## **KEYNOTE PRESENTATION:**

**Richard Gevirtz, PhD**

### **Heart Rate Variability Biofeedback (HRV): Theory and Practice**

Dr. Richard Gevirtz obtained his B.S. in Psychology at the UW-Madison, so this is a homecoming for him. Dr. Gevirtz is Distinguished Professor of Psychology at Cal. School of Professional Psychology at Alliant International Univ. in San Diego. He is known for his excellent workshops.

HRV is one of the most promising recent trends in biofeedback. Variations in heart rate have been known to be a valuable source of information about the regulatory ability of the autonomic nervous system for many years. Recently evolutionary theories concerning the function of the rhythms in heart rate have led to applications that have been shown to help restore homeostasis to disordered systems. In this workshop, we review the background information underlying these recent discoveries and lay out treatment protocols using HRV biofeedback for such disorders as: IBS, Pain, Fibromyalgia, Generalized Anxiety Disorder, etc.

## **Also Presenting:**

**Adam Rindfleisch, MD**

### **Supplements, Herbs, and Energy Techniques: Integrative Approaches to Health Maintenance and Pain Management.**

Dr. Rindfleisch is a physician member of the Integrative Medicine Program at the UW Medical School. A Rhodes Scholar, he completed a Masters of Philosophy at Oxford in Comparative Social Research. Dr. Rindfleisch completed his medical training at Johns Hopkins University School of Medicine and his family medicine residency at the University of Wisconsin-Madison. He

completes an academic family medicine fellowship with an emphasis on Integrative Medicine in August 2005 and will start as a faculty member in the UW Madison Department of Family Medicine in October 2005.

Attendees will be able to describe how to integrate complementary approaches with traditional medical approaches for pain management.

**Yuri Danilov, PhD**

### **Electrotactile feedback in clinical sensory rehabilitation.**

Dr. Danilov earned a doctorate from the Russian Academy of Science. He worked as a scientist and researcher at UW-Madison from 1992 to 2004. He is now the Director of Clinical Research at Wicab, Inc., the developer of the BrainPort™ rehabilitation system. The electrotactile sensory substitution system or BrainPort™ is an example of the highly efficient fusion of advanced electrical engineering, computer science and progressive developments in neuroscience and rehabilitation medicine, to recover one of the most “unrecoverable” disabilities – those of the sensory systems: auditory, visual and vestibular. Training patients with balance disorders using the BrainPort™ leads to greatly improved posture, not only during use of the system, but for increasing periods of time after training sessions. The BrainPort™ system combines the information transmission capacity of the human skin (the largest human sensory organ and the most evolutionarily advanced and histological sophisticated tissue that is saturated with multiple modality sensors), with the human brain plasticity.

Attendees will be able to discuss how the use of the BrainPort™ for head movement/position monitoring and electrotactile stimulation is an effective biofeedback modality.

## **Panel discussion on Biofeedback Solutions: New Directions**

Moderator: Robert L. Hodes, PhD

Four panelists will present, followed by discussion and Q&A. Biofeedback was first developed as a treatment for adult patients with a variety of chronic medical and psychiatric conditions. Training was typically provided in the clinic or hospital. This panel will focus on clinical situations that extend beyond this basic paradigm. The discussion will include methods that will help the clinician when working with special populations (e.g. developmentally disabled, children, patients who lack insight) or when helping patients learn to self-regulate physiology outside the clinic setting.

Attendees will be able to list home exercises for specific populations of patients and purposes that result in improved self-regulation.

**Marguerite Ramlow**

### **Pranayama Yogic Breathing Techniques**

Marguerite Ramlow has been studying yoga for over 30 years, incorporating Yogic principles into her life and work. A certified yoga teacher, she teaches a variety of Workshops and Retreats based on Yoga Postures and Philosophy, Yogic Breathing and Living in Harmony.

Attendees will experience, be able to describe and have the option to incorporate into their clinical practices at least one breathing technique of Pranayama Yoga for energizing the body, stress relief and relaxation.

