

## REGISTRATION

Name \_\_\_\_\_  
Business Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_ E-Mail \_\_\_\_\_  
Special Needs (access, accommodations, dietary) \_\_\_\_\_  
\_\_\_\_\_  
How did you hear about this conference \_\_\_\_\_  
\_\_\_\_\_

Registration fees include light continental breakfast and refreshments each day, and lunch on Saturday.

Also included is a complementary membership in BSW for 2009

### Registration fees:

Friday & Saturday

\$225 if received prior to September 1  
\$240 if received after September 1

Friday only

\$125 if received prior to September 1  
\$140 if received after September 1

Saturday only

\$115 if received prior to September 1  
\$130 if received after September 1

Make checks payable to "Biofeedback Society of Wisconsin" and mail with registration form to:

### Biofeedback Society of Wisconsin

C/O Robert Hodes, PhD  
Capitol Associates  
440 Science Drive, Suite 200  
Madison, WI 53711

### Directions:

#### From North Shore/Downtown

Merge onto I-94 toward Madison  
Take Exit 306 toward WI-181/84th Street  
Turn right onto S. 84th Street/WI-181 North  
Continue to follow WI-181 North  
Stay straight to go onto Harwood Avenue  
Turn right onto Dewey Avenue

#### From the West/Waukesha

Take I-94 East toward Milwaukee  
Take Exit 306 toward WI-181/84th Street  
Turn left onto S. 84th Street/WI-181 North  
Continue to follow WI-181 North  
Stay straight to go onto Harwood Avenue  
Turn right onto Dewey Avenue

#### From the Northwest

Merge onto US-45 South  
Take the Watertown Plank Road Exit – Exit 40  
Take the Watertown Plank Road East Ramp  
Turn left onto W. Watertown Plank Road  
W. Watertown Plank Road becomes Harwood Avenue  
Stay in right lane – DO NOT go over Harmony Bridge  
Turn right onto Dewey Avenue

#### From the South

Take I-894 West  
Take US-45 N toward Fond du Lac  
Take the Watertown Plank Road Exit – Exit 40 –  
Toward Swan Blvd.  
Take the Watertown Plank Road East Ramp  
Watertown Plank Road becomes Harwood Avenue  
Stay in right lane – DO NOT go over Harmony Bridge  
Turn right onto Dewey Avenue

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Parking is available in the various lots on campus. Overflow parking can be found in the Village of Wauwatosa lot at the end of Harwood Avenue. Next to the railroad tracks.



## BIOFEEDBACK SOCIETY OF WISCONSIN

[www.biofeedbackwi.org](http://www.biofeedbackwi.org)

Bruce Wendt, LCSW

President, Biofeedback Society of Wisconsin

[Brucew@Aspirus.org](mailto:Brucew@Aspirus.org)



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### The Biofeedback Society of Wisconsin In Joint Sponsorship with Aurora Health Care

Presents:

### BEING YOUR BEST Achieving Optimum Performance in Sports, Work, and Life

September 11 & 12, 2009

Aurora Psychiatric Hospital  
Norris Auditorium  
1220 Dewey Avenue  
Wauwatosa, WI 53213

### KEYNOTE WORKSHOP

### Self-Regulation Training for Achieving Optimum Performance in Highly Competitive Arenas

With Vietta Wilson, PhD

## AGENDA

### Friday, September 11, 2009

7:45 – 8:30	Registration
8:30 – 10:15	Models & Skills needed for success (Dr. Wilson)
10:15 – 10:30	Break
10:30 – 12:15	Assessment of skills via biofeedback profile (Dr. Wilson)
12:15 – 1:15	Lunch on your own (Cafeteria in house and nearby eateries)
1:15 – 3:00	Training of Skills/self-regulation (Dr. Wilson)
3:00 – 3:15	Break
3:15 – 5:00	Training of Skills (continued)

### Saturday, September 12, 2009

7:30 – 8:00	Registration
8:00 - 9:45	Assessment of Skills/EEG (Dr. Wilson)
9:45 – 10:00	Break
10:00 – 11:45	Training of Skills/EEG (Dr. Wilson)
11:45 – 12:45	Lunch & member meeting (lunch provided)
12:45 – 2:30	Panel discussion amongst practitioners of performance enhancement training (Janice Singles, Psy.D, Shilagh Mir gain, PhD, and Gib Koula, MS)
2:30 – 2:45	Break
2:45 – 3:30	Educating Insurers for Coverage of SEMG/Biofeedback  (Linda Nett-Duesterhoeft)

### Who Should Attend

Physicians, Psychologists, Social Workers, Counselors,  
Physical Therapists, Occupational Therapists,  
Advanced Practice Nurses and  
Practitioners interested in optimum performance  
Self regulation and biofeedback

## KEYNOTE PRESENTATION

### Achieving Optimum Performance In Highly Competitive Arenas with Self Regulation Skills

Vietta Wilson, PhD

Vietta Wilson has spent her life working with individuals whose goal is “bringing their A game” to highly stressful competitive situations. Living in these soap operas has helped her refine psychological skills that can be used in the real world.

Attendees will be able to choose languages and procedures that are more productive with performance oriented individuals. The types of biofeedback/neurofeedback assessments that have been found useful are available for each participant to use in their own practice. Self-regulation skills developed from thirty years of teaching biofeedback-assisted relaxation will be provided in a take home CD to each participant.

**Objectives:** At the end of the activity the participants will be able to:

1. List the assessment tools and processes utilized in peak performance training.
2. Describe treatment plan development based on assessment results.
3. Demonstrate in the uses of various biofeedback devices in peak performance training sessions.

### PANEL DISCUSSION

#### Experienced Optimum Performance Trainers talk about their Techniques

Janice Singles, Psy.D, Psychologist/Asst Professor, Department of Orthopedics and Rehabilitation, University of Wisconsin school of Medicine and Public Health  
Shilagh Mirgain, PhD, Psychologist/Asst Professor, Department of Orthopedics and Rehabilitation, University of Wisconsin School of Medicine and Public Health  
Gilbert Koula, MS, LCSW, BCIA Senior Fellow, Owner/Therapist, “Higher Level Personal Coaching and Counseling” in Appleton, Wisconsin

## Panel Discussion Objectives

**Objectives:** At the end of the activity the participants will be able to:

1. Discuss current status of peak performance training in Wisconsin.
2. Compare varying techniques currently utilized by active practitioners in the field.
3. Describe differences of opinion as to what works, what doesn't.

## CONTINUING EDUCATION CREDITS

Aurora Health Care, Milwaukee, Wisconsin is an approved provider of continuing nursing education by the Wisconsin Nurses Association Continuing Education Approval Program Committee, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This program has Continuing Education approval for 12.25 contact hours. Friday, 7.0 contact hours and Saturday, 5.25 contact hours.

Aurora Behavioral Health Services is approved by the American Psychological Association to sponsor continuing education for psychologists. Aurora Behavioral Health Services maintains responsibility for the program and its content.

Aurora Health Care subscribes to the articles of Title III of the Americans with Disabilities Act of 1990. Should you or anyone accompanying you require special assistance, please notify us at 414-454-6606.

### Accommodations

The Radisson Inn – Wauwatosa has reserved a block of rooms for attendees through August 14th. Call 414-257-3400 and mention “Biofeedback Society Conference” to receive the special rate of \$92 per night.

To print off map: [www.AuroraHealthCare.org](http://www.AuroraHealthCare.org) Click on Find, facility search, advanced search - Facility name, scroll to Aurora Psychiatric Hospital – Click on Search

### Driving Direction on backside