

A Message from the BSW President

By: Linda Nett-Duesterhoeft, OTR

We have come off the heels of another wonderful fall conference. It was a time for reunion of like-minded spirits where many of us call one another friends.

It is my privilege to serve in this leadership position, along with our BSW board. I am grateful to have four new members to serve on the board. And I am hugely grateful for the experience and commitment of Dr. Mark Marnocha, who has steered the ship for the past three years.

I look forward to continuing to work with Mark and Suzanne Marnocha, Phyllis Kasper, James Heider, Janice Singles as well as

the new board members: Suzie Franklin, Shelly Vanness, Susan Baumann, and Cynthia Schmitt, who will take over the newsletter editor position. Dr. Robert Hodes, PhD, has recently stepped down from the board, and I will miss him, especially in light that he was earmarked as our President Elect.

We had several new faces at this year's conference in large part to our coming of age onto the Web. We will continue to expand the use of our website.

The board has agreed that we will provide members the OPTION to have their bios and contact information available to the

public on the website. **IT IS IMPORTANT YOU WATCH FOR FUTURE MAILINGS.**

You will be sent a data form to complete IF you wish to have this placed on the website. You may contact Phyllis Kasper or me if you have concerns or questions regarding the website.

Read on for Jim Heider's and Shelly Vanness's article on the specifics of this past conference.

We are excited to begin planning the 2004 conference. Please contact the board if you have suggestions for topics or speakers you think would be of interest to our diverse membership.

Meet Your New Board Member

We are pleased to introduce the following new board member: **Cindy Schmitt** is a therapeutic services supervisor at Winnebago Mental Health Institute. She graduated from Mount Mary College in Milwaukee in 1979 with a BS in

occupational therapy and received a masters degree in guidance and counseling from the University of Wisconsin-Oshkosh in 1985.

She has used biofeedback as a stress management and pain

management tool in a variety of community and hospital settings for approximately 25 years.

Cindy has volunteered to assume responsibility for coordinating the BSW newsletter and has accepted the nomination to join the board.

Treasurer's Report Is Very Promising

By: Jim Heider

We are really doing well! Our current bank balance is \$9,114.59, thanks to the conference income, some memberships, and a video sale. We have paid all the speakers, and the conference center, but there may be more expense that

Mark hasn't gotten to me yet, so I can't do a final conference report.

We also have the CD with around \$3,115, so our total cash assets are about \$12,229! I estimate the plane fare and other hotel expense for the main speaker to

be \$1,500, so our net worth would be about \$10,729, and we usually carry a balance during the year of \$6,900 or \$7,000.

So, thanks for a very good conference, and the year is definitely in the black!

Conference Proved to Be Successful

By: Jim Heider and Shelly Vanness

The BSW conference at the Green Lake Conference Center was well attended and popular this year. The weather was overcast and somewhat rainy, but it did not dampen our spirits or interest in our excellent speakers.

The conference began on Thursday, September 11 with Jim Heider teaching an Introductory Biofeedback Skills Workshop as a pre-conference training opportunity for new members. Though numbers were down, he managed to provide an interactive and informal presentation of good quality. The interested participants heard

about the workshop on the website. (So it is working!!)

Dr. Daniel Muller and Dr. Nancy Selfridge, from Madison, lectured on patients with fibromyalgia. Dr. Muller sees patients one day per week and is a researcher the rest of the time. He currently is collaborating with two other physicians on neurophysiology and MRI imaging in patients with fibromyalgia. He discussed definitions, pathophysiology, clinical epidemiology, differential diagnosis, lab work-up, treatments, prognosis, and

(Continued on page 3)

BSW: A Historical Perspective

By: Linda Nett-Duesterhoeft

In the early 80s, a group of eight to 10 professionals gathered in each other's homes, laid a foundation and launched this Society. This founding group elected the first President, Al Nagel. He was in practice at the Jackson Clinic and Rick Rubow, from Madison, succeeded him. Carl Niemiec, PhD, was one of the founding members and has continued to be a member of BSW to this day. Carl has provided additional information from those early days. He writes that he believes the following people were part of the original efforts: Bob Hoyte, a faculty of Stout; Dave Britton, a biology professor at Ripon College; John Lany, in private practice in Rice Lake. John tells Carl that there had been a book passed from President to President that had recorded the history. We have not been able to track this down. Carl writes there was a masters level woman from Janesville, whose name he doesn't recall, who was also a founding member.

Anyone with information about BSW people, history, founders, early members, etc. contact Cynthia Schmitt, the newsletter editor. I acknowledge past and current submissions to this segment on *BSW A Historical Perspective* are incomplete and perhaps the spelling and details have blurred. I humbly ask for tolerance and understanding. Omissions in no way indicate disrespect, but instead an interest in gathering information. Thank you to all who have contributed to this segment.

Biofeedback Society of Wisconsin

c/o Support Staff Solutions
4510 Windigo Trail
Madison, WI 53711

Phone: 608-252-8503 Fax: 240 526-8076
Website: www.evolveability.com/bsw/

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Presenters Helped Make Conference a Great Success

research going on at UW-Madison. Dr. Nancy Selfridge treats fibromyalgia full time as a family physician, and also had fibromyalgia herself. She works with Dr. Muller in the Integrative Medicine Program, and provided very helpful information about this population. She has also written a book, *Freedom From Fibromyalgia*, which we were able to purchase, if interested.

BSW members who continue to support the organization, both as current or past board members and presenters, included:

- Gib Koula, MS-Benson's Breakout Principle.
- Carol Brand-The Feldenkrais Movement: A True Mind/Body Intervention.
- Linda Nett-Duesterhoeft-Treating Myofascial Pain and Tension Headaches.

- Shelly Vanness-T'ai Chi Basic Introduction and application of kids.

During the business meeting portion of our noon luncheon, we learned that Mark Marnocha is stepping down after three very productive years. He has helped BSW move into the alternative medicine and complementary healthcare field "in a big way." Our new president, Linda Nett-Duesterhoeft, was introduced. She is pleasantly obliged to take on the yoke of leadership with Mark's assistance for the first year.

On Friday evening, we enjoyed a delicious dinner and afterward a very healing imagery path directed by Dr. David Rakel. This was followed by Linda's beautiful poetry readings that she had written herself. After she had us in tears, we were laughing out loud about her living in Wisconsin poem.

If this weren't enough, Dr. Mark Marnocha and Dr. Deborah Schultz captivated us with a beautiful dialogue of their respective journaling pieces about some of their patients who touched their hearts never to leave them the same. This was a beautiful example of narrative medicine.

On Saturday, we heard our keynote speaker, James Pennebaker, PhD, of University of Texas. He presented on *Inhibition, Health, and Language: Expressive Writing as a Therapeutic Tool*. His talk outlined the history of expressive writing, gave specific instructions for writing, discussed the role of content in expressive writing, explained why writing works, experimented with expressive writing, presented the power of words, and discussed the use of expressive writing in therapy. He was very knowledgeable and entertaining in his lecture style.



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BSW Networking/Referral Database Survey

The BSW Networking/Referral Database is a listing of BSW members, their credentials and the areas in which they provide biofeedback services. Information in the Database is derived from self-report membership surveys. It is intended to be used by BSW members hoping to network with colleagues around the state, to facilitate referrals or discussion of topics of mutual interest. Please indicate the areas of biofeedback in which you provide services or about which you would like to network with colleagues.

Check all areas in which you accept referrals for biofeedback:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Anxiety disorders | <input type="checkbox"/> Drug/Alcohol control | <input type="checkbox"/> Psychotherapy | <input type="checkbox"/> Sexual disorders |
| <input type="checkbox"/> Bruxism/TMJ | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Sleep disorders | <input type="checkbox"/> Sports applications |
| <input type="checkbox"/> Educational applications | <input type="checkbox"/> Epilepsy | <input type="checkbox"/> PMS | <input type="checkbox"/> Asthma |
| <input type="checkbox"/> Stress management | <input type="checkbox"/> Urinary incontinence | <input type="checkbox"/> Hyperhidrosis | <input type="checkbox"/> Irritable bowel syndrome |
| <input type="checkbox"/> Fecal incontinence | <input type="checkbox"/> Blepharospasm | <input type="checkbox"/> Myofascial pain | <input type="checkbox"/> Psychogenic emesis |
| <input type="checkbox"/> Dermatitis | <input type="checkbox"/> Dysmenorrhea | <input type="checkbox"/> Raynauds disease | <input type="checkbox"/> Tic |
| <input type="checkbox"/> Essential hypertension | <input type="checkbox"/> Migraine/tension headache | <input type="checkbox"/> Writers cramp | <input type="checkbox"/> Fibromyalgia |
| <input type="checkbox"/> Adult attention deficit disorder | <input type="checkbox"/> Post-traumatic stress disorder | <input type="checkbox"/> Tinnitus | <input type="checkbox"/> Eating disorders |
| <input type="checkbox"/> Chronic pain | <input type="checkbox"/> Other _____ | _____ | _____ |

Check all rehabilitation medicine areas in which you accept referrals for biofeedback:

- | | | | |
|--|---|--|---|
| <input type="checkbox"/> Causalgia | <input type="checkbox"/> Spinal cord injuries | <input type="checkbox"/> Cerebral palsy | <input type="checkbox"/> Stroke |
| <input type="checkbox"/> Esophageal motility disorders | <input type="checkbox"/> Dysphagia | <input type="checkbox"/> Cardiac rehabilitation | <input type="checkbox"/> Tendon transfer |
| <input type="checkbox"/> Multiple sclerosis | <input type="checkbox"/> Tic | <input type="checkbox"/> Guillian Barre syndrome | <input type="checkbox"/> Hemiplegia |
| <input type="checkbox"/> Torticollis | <input type="checkbox"/> Reflex sympathetic | <input type="checkbox"/> Orthopedics | <input type="checkbox"/> Carpal tunnel |
| <input type="checkbox"/> Parkinson's disease | <input type="checkbox"/> Whiplash | <input type="checkbox"/> Paretic muscles dystrophy | <input type="checkbox"/> Respiratory disorder |
| <input type="checkbox"/> Neuromuscular rehabilitation | <input type="checkbox"/> Other _____ | _____ | _____ |

Check all areas in which you provide special biofeedback services to children:

- | | | |
|---|---|--|
| <input type="checkbox"/> Attention deficit disorder | <input type="checkbox"/> Attention deficit/hyperactivity disorder | <input type="checkbox"/> Learning disabilities |
| <input type="checkbox"/> Other _____ | <input type="checkbox"/> Other _____ | <input type="checkbox"/> Other _____ |

Check all areas in which you would be willing to be a mentor to other BSW members:

- mentor members who are just getting started in biofeedback
- be a "phone consultant" for members getting started in biofeedback
- help members understand what to do to become BCIA certified
- supervise BCIA candidates (must be BCIA certified to do this)
- provide on-site training & consultation in biofeedback