



# BIOFEEDBACK SOCIETY OF WISCONSIN

## MEMBER NEWSLETTER

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

Winter 2005

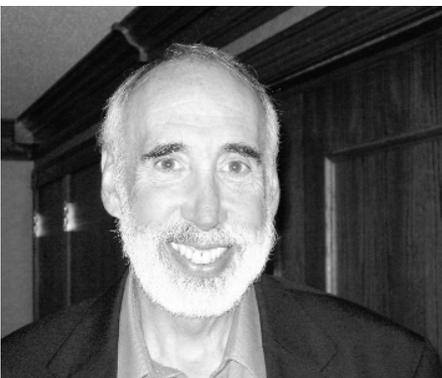
### A Message from New President: Interests Keep BSW Strong

By: Suzie Franklin, Ph.D.



*Suzie Franklin, Ph.D.; Adam Rindfleisch, M.D.; and Robert Hodes, Ph.D.*

Greetings from your new president and board. We have just completed our fall conference, with speakers, Richard Gevirtz, Ph.D., Adam Rindfleisch, M.D. and Yuri Danilov, Ph.D. Dr. Rindfleisch presented a wonderful array of treatment approaches for our attendees to reflect upon. Dr. Danilov reviewed his discoveries for the treatment of balance disorders, sprinkling his talk with fascinating videos of people with balance disorders being successfully treated. Dr. Gevirtz ably presented the use of heart rate variability as a treatment for a variety of disorders. The conference was a reflection of the broad spectrum of interests members of the Biofeedback Society enjoy and explore each year.



*Richard Gevirtz, Ph.D.*

The wide interest range is both our strength and our weakness, because we spread across disciplines. In our individual professional worlds, we are asked to contribute money, time and loyalty. Many of us are left without a surplus at the end of the day and are not interested in putting out more time money, etc., for BSW.

The good news is that BSW is really an “icing on the cake” organization. We are not charged with the day-to-day professional work, like licensing, appropriate professional activities. We are designed to take our wide range of interests in alternative health treatments and cater to those alone. We don’t cost much. We are a pleasant group, and an open-minded group. Our primary purpose is to support and nurture our members and present an excellent educational conference each year.

We have been doing this for years. Because we have a wide range of members and interests, our topics have been varied. Our plan is to repeat the same strategy this coming year. A quick review of suggested topics for next year’s conference included requests for mindfulness and physiology, pelvic floor issues, and use of skin temperature, and SCR for biofeedback modes. (I also noted

that someone didn’t like the fact that there was not enough chocolate and desserts. Hey! We ARE an alternative health organization!) We hope to focus on specific medical treatment issues and psychological issues. Plans are already under way to implement the conference. Which brings me to the next topic.

I have been fortunate to attend many of the BSW conferences over the years. I have always enjoyed them, learned from them, and gotten CEU’s from them. The conference planners know that many disciplines come and arrange for a wide range of CEU options. The conference and the CEU arrangements require some work. I decided that I had enjoyed many conferences and now was the time to make a contribution to the organization. I am looking forward to doing so and hope that you will all join me in the ongoing tradition of multi-disciplinary collaboration for our organization. I am in need of a ‘president elect’ candidate for the 2007 Board. **Please contact me ASAP if you have questions or you wish to fill the position.**

### Conference in Review

By: Bob Hodes

The BSW hosted its annual conference at the Country Springs Hotel in Waukesha, Wis., on Sept. 23-24, 2005. Consistent with the current trends in our field, the presentations melded our traditional interest in instrument-based biofeedback with the more eclectic approaches offered by the field of integrative medicine.

(Continued on page 2)

# Conference Proves Informative and Relaxing (Continued from page 1)

Dr. Adam Rindfleisch, from the Integrative Medicine program at UW Medical School, woke us up Friday morning with his enthusiastic review of integrative medicine approaches to health maintenance and pain management. His survey ranged from evidence-based uses of nutritionals and supplements to more speculative and provocative studies on energy medicine.

Dr. Yuri Danilov, the Director of Clinical Research at Wicab, Inc., offered a presentation on the BrainPort device. This novel form of biofeedback uses electro tactile stimulation to the tongue's surface to provide sensory substitution to patients with sensory deficits. His programmatic research outlined the use of the BrainPort device to assist patients with balance disorders caused by a variety of insults to the vestibular system. His data documented how rather modest amounts of biofeedback training contributed to persisting improvement in balance and ambulation. He ended by discussing pilot work that demonstrated the possible use of this device in providing sensory substitution for patients with blindness.

A panel of our own BSW members generously shared their favorite practical tips and training protocols. The topics ranged from modifying biofeedback-training protocols when working with children or with developmentally disabled populations, to a discussion of approaches for helping patients generalize gains from the clinic, to day-to-day living circumstances. A very satisfying ending to a stimulating day.

The keynote speaker, Dr. Richard Gevirtz, lectured the group on Day Two. He demonstrated his absolute command of the topic of heart rate variability biofeedback with his theoretical explanations and hands-on demonstrations of HRV training procedures and protocols. He proved to be an entertaining and nimble lecturer who could quickly change the focus of his talk to respond to the needs of his audience. His lecture

focused on protocols for the treatment of chronic pain, anxiety and stress-related medical conditions. He also reported on new research, addressing the role of the sympathetic nervous system in maintaining myofascial pain syndrome. Dr. Gevirtz's talk provided a nice complement to Dr. Paul Lehrer's emphasis on using HRV for respiratory disorders during his presentation to the BSW in 2001.

As a bonus to the society's members, we asked an experienced yoga instructor, Marguerite Ramlow, to lead us in a few yogic breathing exercises. She demonstrated a

number of her favorite breathing exercises for energizing and for relaxing the mind, body and spirit. As always, the focus was on providing our members with practical techniques that they could take back to their clinical practices or for their own personal use.

I very much enjoyed the two-day conference but I am quite biased. I always look forward to visiting with my BSW friends and colleagues. It was a privilege to serve the society in my own modest way, and I can't wait to see where we will go in 2006 under Dr. Suzie Franklin's able leadership.

## Biofeedback Society of Wisconsin

c/o Support Staff Solutions  
4510 Windigo Trail — Madison, WI 53711  
Phone: 608-252-8503 — Fax: 240-526-8076  
Web site: [www.biofeedbackwi.org](http://www.biofeedbackwi.org)

### Board of Directors

#### President

**Suzie Franklin, PhD**  
Work: 262-786-3788  
Email: [sfranklin@mail.mcw.edu](mailto:sfranklin@mail.mcw.edu)

#### Past President

**Robert Hodes, PhD**  
Work: 608-256-5176

#### President Elect

Open position. Contact Suzie Franklin for more information.

#### Treasurer

**Robert Hodes, PhD**  
Work: 608-238-5176

#### Secretary

**Shelly Vanness, OTR**  
Work: 920-738-2683

#### Web site Editor

**Phyllis Kasper, PhD**  
Work: 920-683-9500  
Email: [pkasper@bytehead.com](mailto:pkasper@bytehead.com)

### Members-at-Large

**Linda Nett-Duesterhoeft, OTR**  
Work: 920-831-1410

**Janice Singles PsyD**  
Work: 608-265-6527

**Cindy Schmitt, MEd, OTR**  
Work: 920-235-4910, ext. 2261  
Email: [schmicm@dhfs.state.wi.us](mailto:schmicm@dhfs.state.wi.us)

**Susan Baumann, OTR**  
Work: 920-887-4039

**Karen Rauen, MSN, BCIA**  
Work: 414-266-2690

**Bruce Wendt, MSE**  
Phone: 715-847-2772

### Newsletter Advertising Rates

#### Camera-Ready Display Ads

|              |       |
|--------------|-------|
| Half-page    | \$100 |
| Quarter-page | \$50  |

#### Classified Ads

|             |               |
|-------------|---------------|
| BSW Members | FREE          |
| Non-Members | \$10 per line |

## Biofeedback in Children: Helpful Hints

Recommended by: Karen Rauen, MSN, BCIAC, PMDB

### **PARENT** Buy-in, involvement, benefit for child and family

- Parent understanding of the commitment
- Importance of continuity
- Demonstrate how they work with the child at home
- Contribute to “what is happening,” but not dominate discussion

### **CHILD** Reflect (mirror) parental attitude, but also their own

- They need to have the basic understanding that they have to listen to body signals (Body Boss) (Power Queen/King)
- Work folder-diaries, Water logs, Exercise sheet, Tangible to their effort
- Enjoy the attention
- Need routine, including their Home Exercise Program
- Concrete Learners-What they experience through their senses is what the child knows — SHOW and TELL

### **BF PRACTITIONER**

- Child-focused rapport
- Identify and review short-term and long-term goals
- Sensitive to the Attention Span:  
Very rushed- some relaxation exercises first  
Twitching, itching, and wiggling
- Change the exercises
- Change your approach (what has been going on last)
- Reward System — Verbal Celebrations
- Creative — engage the child
- Flexible, Encouraging, Joyful

**DOCUMENTATION** Checklist format is a time saver if you do not dictate.

Providing biofeedback treatments to children always involves a dynamic process of interaction between the child, practitioner and parent.

## Bruce Wendt is Your New Board Member

**B**ruce has been employed at Aspirus Wausau Hospital in Wausau, Wis., for 19 years. For the past 12 of those years, he has held the role of mental health counselor for Aspirus Employee Assistance Services. Prior to that, he was a medical social worker in cardiac services. He also was a “Lifestyle Coach” at Aspirus Center for Integrative Health before it disintegrated.

Being a late bloomer, Bruce spent 14 years as an electrician in an industrial setting before changing careers. He received a bachelor’s degree in Sociology/Anthropology in 1970 from UW - Stevens Point, and a master’s degree in Guidance and Counseling from UW - Oshkosh in 1986. His licensures are LCSW and LPC, and he is a Certified Employee Assistance Professional (CEAP).

His interests include long-distance running (despite growing protests from his body), exploring the meaning of mind, matter, and the universe, and practicing presence. He is delighted to be able to share the journey with the members of BSW!



### *The Comprehensive Instrumentation Resource*

We draw from the products of the leading manufacturers, and augment them with proprietary hardware, software and service components, to produce uniquely optimized solutions. Our offerings are based upon experienced engineering know-how, rich in application specific knowledge:

#### **Applications**

Stress — Anxiety — Pain — Neurofeedback — Neuromuscular — Substance Abuse — Pelvic Floor

#### **Products**

Systems — Instruments — Ambulatory — Trainers — Supplies

#### **Services**

Applications — Selection — Financing — Integration — Training — Support

#### **Brands**

Autogenics — J&J Engineering — Thought Technology — Biocomp Systems  
Neurodyne Medical — EEG Spectrum — Focused Technology — API Neurodata — Others

**E.J. McGowan & Associates, Inc.**

**656 Stratford Avenue — Elmhurst, IL 60126-4654**

**PHONE: 630-530-5556**

**FAX: 630-530-2663**

## CONSIDER THE OPTIONS !

Autogenics \* The Prometheus Group \* J & J  
Thought Technology, Ltd \* SRS \* Neurodyne

BIOFEEDBACK  
INSTRUMENTATION & SUPPLIES  
FROM THE MAJOR MANUFACTURERS ...  
FOR A VARIETY OF APPLICATIONS!  
PORTABLE MODELS OR  
COMPUTERIZED SYSTEMS

**CALL 800 - 322 - 4461**

### **Current Technology, Inc.**

2001 Regent Avenue No., #100  
Minneapolis, MN 55422  
Fax: 612-588-0066

## CONSIDER THE OPTIONS !

# VIDEO

## Biofeedback

Effective Tools for Today's Health Care

Educates patients, insurance carriers, legislatures, human resource managers, business owners, other health professionals, and the general public about applications, clinical efficacy and cost-effectiveness of biofeedback.

Demonstrates the use of biofeedback with anxiety disorders, migraine, incontinence, spinal cord injury, neurofeedback, and more. 15-minute running time.

Professionally produced and narrated. High quality graphic displays. Compelling, easy to understand.

Make checks payable to Biofeedback Society of Wisconsin  
Mail to Biofeedback Society of Wisconsin  
c/o Support Staff Solutions  
4510 Windigo Trail  
Madison, WI 53711

**\$50**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_

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

