



BIOFEEDBACK SOCIETY OF WISCONSIN

MEMBER NEWSLETTER

Web site: www.biofeedbackwi.org

Spring 2006

BSW Hosts Another Successful Conference

Reported by: *Karen Rauen, BCIAC, PMDB, BSW Board Member*

Last Fall, the Biofeedback Society of Wisconsin (BSW) hosted a very successful conference entitled **New Directions in Biofeedback & Self-Regulation**. Featured speakers included the following people:

Richard Gevirtz, PhD, Distinguished Professor of Psychology, California School of Professional Psychology, who spoke about heart rate variability (HRV) biofeedback and the positive impact its use can have in disorders such as irritable bowel syndrome, fibromyalgia, generalized anxiety and some types of pain. The useful applications of HRV continue to evolve.

Yuri Danilov, PhD, Director of Clinical Research, Wicab, developer of the rehab system BrainPort, who spoke about this innovative electro tactile sensory substitution system. BrainPort helps people regain balance and posture in previously believed “unrecoverable” disabilities of the auditory, visual and vestibular sensory systems.

Adam Rindfleisch, MD, Faculty at UW Madison Department of Family Medicine, spoke about how to use

supplements, herbs and energy techniques as part of an integrative approach to maintain health and manage pain. He discussed supportive research studies as well as where the research is weak or non-existent. Since many people are seeking alternative medicine approaches on their own, the challenge to us is to be better informed about this treatment area.

Attendees rated all three speakers as excellent presenters with excellent AVs. Comments such as “his enthusiasm is catching,” “surpassed my most optimistic expectations,” and “impressive” were stated in the comment section of the evaluation form. It came as no surprise that attendees said each speaker met the objectives set forth for their respective presentations.

Program additions included a panel presentation/discussion entitled Biofeedback Solutions: New Directions, moderated by Robert Hodes, PhD, BSW 2005 President. Panel participants included: Susan Baumann, OTR; Jim Heider, EdS; Linda Nett-Duesterhoeft, OT; Karen Rauen, MSN, RN; and Janice Singles, PsyD. They discussed how

to work with children, people with developmental disabilities and patients who lack insight about self-regulating techniques, with good interaction with the audience. Marguerite Ramlow, a Certified Yoga Teacher, helped participants learn about and practice energizing yogic breathing as well as yogic breathing for stress relief and relaxation.

Over-all Program Evaluations by attendees was very high. They felt the program was relevant, free of commercial bias, would help them in their ability to provide care and was both theoretical and practical. When asked what they liked best about the program, attendees answered, “quality of presentations,” “networking,” “cutting edge,” “enthusiasm to help people,” “useful handouts,” “sharing info,” and many more. When asked where we could improve, the answer was, “Have chocolate desserts!”

THANK YOU to the Conference Planners: Bob Hodes, Chair, Susan Baumann, Suzie Franklin, Jim Heider, Phyllis Kasper, Linda Nett-Duesterhoeft, Karen Rauen, Janice Singles, Shelly Vanness

It's Membership Time Again

Our membership is loyal and steadfast. We are strong given our numbers, but we can have even a stronger voice with more members.

Please go to the BSW Web site to complete your membership form or watch for the membership mailing coming soon. Be sure to share a copy of the membership form with anyone who may be interested in joining BSW

Thank you for making BSW better every year. Your continued support is truly appreciated.

Wireless Technology for Thought Technology, LTD Instruments

Submitted by: Maureen Murphy

Telemetry is used mostly for sports, ergonomics and for muscle retraining where freedom of movement is required. It is useful for sports applications, such as monitoring the golfer, archer or shooter. For Ergonomists and Researchers, the telemetry option is useful where tethered connections would hinder the movement or job to be analyzed.

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ProComp Infiniti™ and FlexComp Infiniti™ (used in the Procomp Infiniti™ mode.) The thumb-size telemetry unit attaches to the encoders and transmits data to 30+ feet using the Bluetooth protocol. (Bluetooth is not a brand name, but a term used to describe a wireless technology that is a short-range communications system intended to replace the cables connecting portable and/or fixed electronic devices. 1.)

While Bluetooth technology can offer you freedom of movement, the wireless signals can be susceptible to interference from cell phones, transmitters, wireless networks etc. There are also concerns that unnecessary exposure of users to

emissions from powerful Bluetooth transmissions may produce adverse effects on their EEG activity. 2-

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1. Information obtained from www.Bluetooth.com
2. Information obtained from Thought Technology, Ltd., Montreal, Canada

Biofeedback Society of Wisconsin

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

WPA Convention Is Set for April

By: Mark Marnocha

As a long-time BSW member, I wanted to let you know that the Spring WPA convention is coming up in Middleton, April 6-8.

Nonpsychologists who are members of a state professional group (ie WOTA, etc) can register at member rates.

The day-long program on Saturday is on Spirituality and Psychotherapy by Dr. Ken Pargament, a nationally recognized researcher, teacher, and clinician.

A variety of other convention topics may interest BSW folks, including:

- Cardiac psychology (Dr. Al Bellg).
- Placebo effects (Dr. Bruce Barrett).
- Integrative pain approaches (Dr. Rindfleisch, given at the fall BSW event!).
- Poetry and healing (Ellen Kort and myself).
- Peace psychology.
- Many, many other topics of interest.

Contact me if you are interested, or watch the WPA Web site for the conference brochure to be posted shortly: www.wipsychology.org.

BSW Treasurer Provides Report

By: Robert Hodes

Report as of January 30, 2006

Assets:

- Checking Account: \$5380.34
- CD, 3-month (2.71%) due 4/2/06 \$3230.34

Total \$8610.68

All submitted bills have been paid. All expenses from 2005 conference have been paid. I will provide an itemized accounting of our expenses and income at the end of the calendar year. We enjoy good financial health for a society of our size, but we need to be conservative in our expenses. The board is reviewing all recurring expenses. In addition to the cost of hosting our annual conference, our major expenses involve:

- Hosting and maintaining our Web site.
- Administrative assistant wages.
- Phone service (voice mail).
- Newsletter publishing and printing.

At the board meeting on January 28, 2006, the board moved to terminate our monthly phone service at a savings of \$35.60 per month. The voice mail service was rarely used and was not an effective use of the Society's income. The Web site will now contain an email contact and the phone number for our administrative assistant.



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