



BIOFEEDBACK SOCIETY OF WISCONSIN

MEMBER NEWSLETTER

Website: www.biofeedbackwi.org

Winter 2005

A Message from the BSW President

By: Bob Hodes

Being competitive but insecure by nature, I found myself in quite a dilemma after I realized that I had indeed agreed to accept the post of President of our Society. The previous Presidents had all done a top-notch job, and I certainly wanted to do my best to make this a successful year for the Society and its members. But in one of life's ironies, this honor was offered me after I had already changed careers. I now do very little work as a psychologist and biofeedback practitioner. Adrift in this sea of personal change, I wondered where to look for inspiration in helping to set the Society's agenda for the next year.

By sheer good luck (or perhaps divine providence, as this next event did occur in a house of worship), one day, I spotted a poster advertising a public lecture on "Happiness and Compassion" to be delivered by Richard Davidson, PhD. Dr. Davidson is the Director of the Laboratory for Affective Neuroscience at the University of Wisconsin-Madison. He is perhaps best known to the public for collaborating with the Dalai Lama on the benefits of meditation, including the practice of mindfulness meditation. Dr. Davidson confided that the Dalai Lama agreed to collaborate with the understanding that Dr. Davidson would try to get

other scientists to understand that topics like happiness and compassion were worthy of their attention and effort. Dr. Davidson has been true to his word, and he has established a world-class program of research looking at brain circuitry involved in the experience and regulation of human emotions including positive emotional experiences.

Among the myriad of data presented at the lecture, I was fascinated by Dr. Davidson's work on the prefrontal cortex. Many of his studies look at frontal activation asymmetry as reflected by EEG, fMRI, and PET scans. His research established that left prefrontal region activation is associated with certain forms of positive emotion and what he calls a positive affective style. In contrast, negative affect and withdrawal behavior are associated with right prefrontal activation.

Affective style and prefrontal activation asymmetry are, to some extent, genetically determined, but Dr. Davidson presented quite a bit of data that argued for the role of environmental and lifestyle choices as additional influences. Crucially, his studies demonstrated that certain activities, including the regular practice of mindfulness meditation, increased left-sided anterior asymmetry. These changes would

occur with as little as eight weeks of training. This finding alone (that this seeming trait of affective style could be massaged in a positive direction by meditation) is quite exciting. But in the same study, all subjects received influenza vaccinations. Lo and behold, the magnitude of the increase in left-sided activation predicted the magnitude of the rise of antibody production in response to this vaccine. By choosing to meditate (and I recognize that this is quite effortful and not as simple as it seems), some subjects had changed activity in brain circuitry involved in both the regulation of affect but perhaps also in the regulation of the body's immune system.

I would like to offer one final note. One of the audience members asked Dr. Davidson if he ever considered using real-time feedback from the functional MRI machines to help his subjects learn to self-regulate their brain activity. Dr. Davidson admitted that the thought had crossed his mind (and if you look at his vita you will see that he did many early studies in biofeedback and self-regulation back in the 1970s), and that he had been approached by companies interested in getting him to develop and market this type of training. However, he felt that our understanding of these

(Continued on page 2)

It's Membership Renewal Time

Is your membership current? Is your professional information up to date? Check out the enclosed Membership Renewal/Website Data Form. Complete both. The organization is only as strong as it's membership.

BSW Financial Status for the Beginning of 2005

By: James Heider and Cindy Schmitt

Our financial situation is not as good as we hoped this fall.

BSW has incurred costs for establishing our website and there were several extra conference expenses (2004 Conference lost about \$1000).

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A Message from the BSW President

issues was too fragmentary to justify this type of commercialization.

I left that lecture energized. As I [mindfully] reflected on this event, I recognized that the positive affect I felt after this lecture (and my left prefrontal cortex was humming) was the same as the excitement I always felt following a BSW conference. All the elements were in place:

- An excellent speaker who presents *programmatically* research that ties together both clinical practice and basic science.
- Evidence-based support for our efforts to help individuals learn to regulate their mind, their body and their spirit.
- An optimistic view that, with effort, guidance, and practice, people can learn these skills and that we are not merely slaves to our genetic destinies.
- A humble attitude that appreciates the complexity of our field of study and our need to be both excited but cautious when we apply these insights to our patients.

I am still not certain how I am going to use these insights, but I hope they help guide me in the decisions that I make over the next year.

Happy New Year to everyone and hope to see you soon.

Our current financial status:

- Checkbook balance = \$4571
- CD Account = \$3150
- Total Assets = \$7721**

A BSW Board meeting was held on 1/15/05, and we reviewed the estimated financial status of BSW.

Even with the 2004 Conference losses, the BSW board voted to keep membership dues at the current rate.

We are looking at trying to have the 2005 Conference closer to the Madison area. This may increase participation of health professionals from the Milwaukee/Madison area.

Biofeedback Society of Wisconsin

c/o Support Staff Solutions

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Website: www.biofeedbackwi.org

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Newsletter Advertising Rates

Camera-Ready Display Ads

Half-page \$100

Quarter-page \$50

Classified Ads

BSW Members FREE

Non-Members \$10 per line

Pain and Treatment Across the Life Span

October 29-30 at Elkhart Lake

Another successful conference has come and gone, providing a compassionate montage of healing techniques. Attendees overall rated Dr. Andrasik's science on the Biobehavioral Management of Headaches as 'excellent' as well as the multiple concurrent sessions that were truly dynamic and provided people with new skills. We also enjoyed the fine catering and beautiful surroundings of the Osthoff.

Our membership meeting provided the opportunity to highlight 2004's accomplishments: the creation of the BSW website and the new benefit to members of posting their professional information on the website. Retiring board members were honored: Dr Mark Marnocha, PhD, for his three years serving in the position of President (and many years before as a board member). Also retiring was Dr. Suzanne Marnocha, BSN, MSN, PhD, who introduced the nursing profession to our Society. New board

member, Karen Rauen, MSN, BCIAC, was cheerfully welcomed. Dr. Robert Hodes, PhD, expressed his appreciation for BSW and his commitment to taking on the BSW President position for 2004/2005. President-elect, Dr. Suzie Franklin PhD, brings her experience in treating children with headaches at Children's Hospital to BSW.

I am relieved to pass on the baton, and have grown and learned immensely with this past year's responsibilities. Some of you have suffered through my poetry, with tear filled eyes, and compassionate hearts. I am grateful I had it in me to give back to such a fine Society. BSW is doing well, thanks to the support of our members and the commitment of our board to providing quality continuing education for the development of biofeedback skills as well as Integrative Medicine.

In closing, I would like to acknowledge our Administrative Assistant, Melissa Meyer, and our

Webmaster, James Putzer, for bringing us into the new millennium.

Here's to seeing you all in September 2005.

Sincerely,
Linda Nett-Duesterhoeft
Past President of BSW

For Sale

J&J I-330 C2 Biofeedback System: uses Windows software, included and all excellent state of the art sensors with magnetic respiration sensor, ECG wrist straps, and ability to do two channels of EEG, EMG, HRV, EDA, RESpiration. Temp.System also has USB interface. (The USB interface and Magnetic sensor + ECG wrist straps alone cost \$400.). I will sell the whole unit for \$1400. A great, dependable unit! Please call Gib Koula at 920-788-3502, or email at gkoula@new.rr.com



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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.

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Biofeedback
Society of
Wisconsin

Biofeedback Society of Wisconsin Membership Renewal/Website Data Form

Please complete both sides even if you are **not** posting information online.
We would like consistent data for all members.

Membership categories, definitions and fees:

The dues year for the Biofeedback Society of Wisconsin is the **calendar year**.

Member: Persons with interest in biofeedback research, technology or clinical application. Full members receive all BSW mailings and may attend professional meetings at a reduced member rate. Full members may vote on affairs of BSW and serve on the Board of Directors or committees. Members are also able to post their contact and professional information on the BSW website. See options below.

Annual dues are \$65.

Students/Retirees: Students are actively pursuing a related professional degree in a timely manner with a reduced income. Please provide photocopy of current tuition invoice. Retired professionals are over 65 with a reduced income. Please provide a photocopy of your driver's license as proof of age. Students/Retirees receive all BSW mailings. They may not vote or serve on the Board of Directors, but may serve on committees. Their data can only be posted in the MEMBER DIRECTORY (not provider directory) on the website.

Annual dues are \$30.

I only want to renew/become a member! Information is completed below, but please do not post my information online.

I want to be listed online in the (check one):

- Member directory only (member of the BSW, but not providing biofeedback services).
 Member AND Provider directories (BSW member and providing biofeedback services).

How do you prefer to be contacted by website visitors?

Phone Email Other _____

Name _____ Degree _____
(First, MI, Last)

Position/Title _____

Institution/Facility _____

Work Address _____

Phone _____

Email _____

Professional website (link will be provided) _____

Where do you want to receive the BSW newsletter, phone and email communications?

- Contact information listed above.
 Alternate contact location listed below (i.e. home; will NOT be posted on the website!).

Please provide, on separate sheet, a brief description of your background and services offered (mini bio; maximum 50 words will be posted online, written in the first person "I" to the website visitors).

Profession _____

Certifications/Licenses: _____

WI License/Registration # _____

Accepting new clients: ____ YES NO ____

Types of Biofeedback used (check or add other):

_ SEMG _ Autogenic Training _ EEG _ Heart rate variability _ Contingency Training

Check all areas in which you provide services for biofeedback or about which you would like to network with colleagues:

- | | | |
|--|---|---|
| <input type="checkbox"/> Adult ADD | <input type="checkbox"/> Essential hypertension | <input type="checkbox"/> Post-traumatic stress disorder |
| <input type="checkbox"/> Anxiety disorders | <input type="checkbox"/> Fecal incontinence | <input type="checkbox"/> Psychogenic emesis |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Fibromyalgia | <input type="checkbox"/> Psychotherapy |
| <input type="checkbox"/> Blepharospasm | <input type="checkbox"/> Guillian Barre syndrome | <input type="checkbox"/> Raynauds disease |
| <input type="checkbox"/> Bruxism/TMJ | <input type="checkbox"/> Hemiplegia | <input type="checkbox"/> Reflex sympathetic |
| <input type="checkbox"/> Cardiac rehabilitation | <input type="checkbox"/> Hyperhidrosis | <input type="checkbox"/> Respiratory disorder |
| <input type="checkbox"/> Carpal tunnel | <input type="checkbox"/> Instrumentation | <input type="checkbox"/> Sexual disorders |
| <input type="checkbox"/> Causalgia | <input type="checkbox"/> Irritable bowel syndrome | <input type="checkbox"/> Sleep disorders |
| <input type="checkbox"/> Cerebral palsy | <input type="checkbox"/> Migraine/tension headache | <input type="checkbox"/> Spinal cord injuries |
| <input type="checkbox"/> Chronic pain | <input type="checkbox"/> Multiple sclerosis | <input type="checkbox"/> Sports applications |
| <input type="checkbox"/> Dermatitis | <input type="checkbox"/> Myofascial pain | <input type="checkbox"/> Stress management |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Neuromuscular rehab | <input type="checkbox"/> Stroke |
| <input type="checkbox"/> Drug/Alcohol control | <input type="checkbox"/> Orthopedics | <input type="checkbox"/> Tendon transfer |
| <input type="checkbox"/> Dysmenorrhea | <input type="checkbox"/> Paretic muscles dystrophy | <input type="checkbox"/> Tic |
| <input type="checkbox"/> Dysphagia | <input type="checkbox"/> Parkinson's disease | <input type="checkbox"/> Tinnitus |
| <input type="checkbox"/> Eating disorders | <input type="checkbox"/> Peds ADD | <input type="checkbox"/> Torticollis |
| <input type="checkbox"/> Educational applications | <input type="checkbox"/> Peds ADD/ADHD | <input type="checkbox"/> Urinary incontinence |
| <input type="checkbox"/> Epilepsy | <input type="checkbox"/> Peds Learning disabilities | <input type="checkbox"/> Whiplash |
| <input type="checkbox"/> Esophageal motility disorders | <input type="checkbox"/> PMS | <input type="checkbox"/> Writers cramp |

Check all areas in which you are willing to mentor other BSW members:

- members just getting started in biofeedback.
- "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 and consultation in biofeedback.

Signature: _____

(Returning this information via email will constitute your consent and electronic signature.)

For questions regarding this form or the posting of information on the BSW website, please contact Phyllis Kasper at 920-683-9500 or pkasper@bytehead.com.

Please submit this information via mail with your dues or via fax or email to:

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c/o Support Staff Solutions

4510 Windigo Trail

Madison, WI 53711-2729

Fax: 240 526-8076 Email: supportstaff@tds.net