

## A Message from the BSW President

By: Linda Nett-Duesterhoeft, OTR

In conference planning and juggling prospective dates, I struggled to the point that I instinctively retreated to doing what Dr. Herbert Benson calls, "pulling the breakout trigger."

After going to bed, and awakening in a wee morning hour with the same anxiety producing questions in my mind, I surrendered. I got out of bed at 4:30 a.m., sat on my cushions, repeated my meditation mantra. That was when the "breakout" happened.

A message came loud and clear. "You need to make a decision today. This is your limit of what you can handle, and that makes today the day." I felt relieved, determined and calm.

The decision is, our 2004 BSW Conference will be held on Oct. 29 and 30. Please take note of this change from the date listed in the "Call for Papers." Mark your calendars. We will keep you apprised of the locale as well as the Saturday program as these are determined.

I have had the privilege of talking to and corresponding with Dr. Frank Andrasik who will be our keynote speaker at this year's conference. He will speak on *Biofeedback and Therapies for Headaches*. Dr. Andrasik will present on Friday, for the entire program and again on Saturday for several hours. He is the senior research scientist and professor of psychology at the University of West Florida. He served as AAPB President in 1993 and is the current editor-in-chief of the *AAPB Journal*. He has done immense research in the areas of headaches, and we are extremely grateful he has agreed to present to us this year. He has a gentle speaking voice and is a pleasure to listen to. We can look forward to spending time with him.

Also planned is a Thursday, Oct. 28 pre-conference biofeedback instrumentation workshop. For those of you who want to get started using biofeedback instrumentation, this is your chance to learn and practice the basics.

I am so excited to announce the development of our updated website which can now include member's contact information, for those of you who choose this. Our new website is [www.biofeedbackwi.org](http://www.biofeedbackwi.org).

The board will be discussing linking with other sites to improve our visibility, and public awareness of what BSW has to offer. We thank our webmaster, James Putzer, and our administrative assistant, Melissa Meyer, for their professional skills in making this a reality. I'd also like to thank board member Phyllis Kasper for her multitude of ideas for this web project.

Lastly, I want you all to know that if you missed Gib Koula's presentation at the 2003 BSW conference on Herbert Benson's *The Breakout Principle*, then you're likely wondering what in the heck I'm talking about in that first paragraph. If you want to get informed, maybe Gib will let you borrow his book. But then I'd have to get it back to him.



## Check Out Your Mailing Label

Take a quick look at your mailing label. If you do not have an "04" (or later year) in the upper corner of the label, you are not a current member! Please complete the enclosed renewal form as soon as possible to continue receiving our newsletter and other important member communications.

Thank you for your support of BSW.

## Submit Your Proposal Today

Please consider submitting a proposal to present at the 2004 Biofeedback Society of Wisconsin Conference scheduled for October 28-30. The site will be determined. Our keynote program will be on *Therapies for Headache*, by Dr. Frank Andrasik.

We are seeking 90-minute presentations with relevance to biofeedback practitioners, as well as to clinicians with an interest in Integrative Health-Care. Your proposal should include a brief summary of your background and experience, your presentation title/topic, a 200-word summary of presentation content, and three to five participant knowledge or skill objectives. Please submit the requested information by March 31 via email to supportstaff@tds.net or by U.S. mail to:

M. Marnocha, UW-Health, 229 S. Morrison St., Appleton, WI 54911

Thank you for contributing to the success of our annual conference!

*The BSW Board and CE Committee*

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

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## Financial Outlook Is Very Positive

*By: James Heider, BSW Treasurer*

Just a brief update since the conference:

#### Cash on Hand:

As of 02-19-04 Checkbook Balance was \$8228.16 as a result of the following:

- deposits of new memberships of \$195 on 2-19
- \$325 on 2-11 and \$585 on 2-09.

Recently, expenses increased slightly due to new website (\$295 for design on 2-09), and we also are paying for a bulletin board and two domain names, with a total of about \$400 projected for total Internet expenses. Our secretarial services just went up slightly as well, with recent payments of \$297.18 and \$434.15

(Jan.) We are currently worth more than \$11,000 due to the CD of \$3,160. We continue to be in good shape with our fiscal policy, and I see no reason to change direction at this point. We hope to recoup a little more of our long-ago investment in the video by selling DVDs at an increased price of \$60. We will have to pay any vendors we sign up on contract, however.

### Check Your Information

Please check your online member and provider information carefully. If you believe you sent information and it is NOT on the website, or if you have any edits, please contact Melissa as soon as possible. Thanks!

*Melissa Meyer, BSW Administrative Assistant, (608) 238-5307  
supportstaff@tds.net*

# Website Has Gone Through Many Significant Changes

By: Phyllis Kasper and James Putzer

Our society's website at [www.biofeedbackwi.org](http://www.biofeedbackwi.org) has just undergone a major upgrade. It now benefits current members by listing those who are interested in making their practice and member information available. It also is designed to attract interest from the public by promoting the benefits of biofeedback and treatment options available for a variety of issues. It will also promote our Annual Conference and our professional biofeedback video. Another new benefit is the bulletin board.

The bulletin board (BB) encourages members and others interested in biofeedback to communicate in an effective and organized manner. This facilitates: member networking, recruitment of new members to BSW and discussion. The bulletin board facilitates discussion among biofeedback professionals regarding topics such as the annual conference, the new website, public education and

outreach. The general public can also ask questions and participate in discussions.

The board itself is referred to as a forum. Under this heading there are various topics already set up, such as Public - Introduction to Biofeedback. Within categories are posted topics. The option is to either start a new topic of interest, or reply at some juncture to a particular chain of replies to a beginning topic. The topics can form chains, much like replying back and forth to the same email chain. To registered members, the icons to the right (or links pertinent to the page you find yourself on) allow you to post a reply or start a new topical message of interest. The aim of the BB is sharing: to allow all BSW members, professionals, and other interested parties to ask questions, provide answers and conduct lively discussions on a variety of topics while keeping the flow of thoughts and ideas visible to all.

Although anyone can visit and read the current posted messages, only those who have registered (free) can reply to topics. The option of providing your email allows for the BB member to be contacted directly. Phyllis Kasper will be the moderator. As moderator, she will act in the capacity of editor only when there are issues pertaining to conduct or content that are not acceptable to professional standards. Otherwise, she hopes to post topics or replies to stimulate or coordinate discussion or to answer simple questions pertaining to what is occurring on the BB.

We hope that you will use and enjoy the website and encourage you to put the web address on your business cards. We invite your participation in BB discussions and hope you will initiate new topics and respond to postings.



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