



# BIOFEEDBACK SOCIETY OF WISCONSIN

## MEMBER NEWSLETTER

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

Summer 2005

### A Message from the BSW President: 2005 Conference

By: Bob Hodes

The 2005 Annual Conference is scheduled for Sept. 23 and 24 at the Country Springs Hotel in Waukesha, WI. The theme of the conference is "New Directions in Biofeedback and Self-Regulation." Here's a sneak peak at some of the presentations:

**Dr. Richard Gevirtz** is the keynote speaker. He obtained his PhD in clinical psychology at the UW-Madison, so this is a homecoming for him. Dr. Gevirtz is professor of psychology at the California School of Professional Psychology. He is known for his excellent workshops, and he will be talking to us about Heart Rate Variability, Theory and Practice. His research and practice in recent years has focused on psychophysiological mechanisms and treatment of disorders affected by the autonomic nervous system, such as IBS, Pain, Fibromyalgia, Generalized Anxiety Disorder, etc. HRV is one of the most promising recent trends in biofeedback, and we are fortunate

that he is willing to come back to Wisconsin for this presentation.

**Dr. Yuri Danilov** is an assistant scientist in the UW School of Veterinary Medicine. He is an experimental and theoretical neuroscientist with extensive knowledge of the human sensory systems, including visual and vestibular sensory systems. He and his colleagues have created a novel form of biofeedback using the "Brain Port" device. This device transmits information about head position, as sensed by an accelerometer, to an electrode array placed on the tongue. Prior research with a prototype device has shown that the BrainPort device permits people with severe or profound BVD to maintain near-normal static posture control under a variety of conditions. This is truly cutting edge stuff.

**Dr. Adam Rindfleisch** is a member of the Integrative Medicine Program at the UW Medical School. He has a

particular interest in energy medicine and botanicals and nutritional supplements. He will be discussing the use of these complementary medicine approaches in the treatment of various medical conditions including chronic pain.

I think you are going to like the location for our conference. The Country Springs Hotel is conveniently located near Milwaukee, WI. This facility has top-notch meeting rooms and lodging accommodations. The hotel recently added a 45,000 sq. ft. water park. It is located adjacent to the Westwood Health & Fitness Center and the Willow Run Golf Course. There should be plenty of opportunities for fun and relaxation for you and your families.

The conference brochure will be arriving soon. Please reserve these dates, and support your Society.

Thanks.

### Karen Rauen Joins Select Few As Biofeedback Certified

Karen Rauen, MSN, RN, clinical nurse specialist of the Children's Hospital of Wisconsin Spina Bifida Program, has become the 27th person and the second RN in Wisconsin to earn Biofeedback Certification from the Biofeedback Certification Institute of America (BCIA). Most of the other certified biofeedback professionals in Wisconsin are psychologists or occupational therapists.

The certification process includes 60 hours of BCIA approved courses in biofeedback, 140 hours of supervised clinical biofeedback training in specific areas of biofeedback (as thermal, EMG), and a successful score on the written exam. The BCIA is the only certifying body for biofeedback in the U.S.

Rauen has been providing biofeedback services over the past five years, mostly in the area of

urinary incontinence. She is presently using her biofeedback skills for pelvic floor dysfunction related to continence issues in the neurogenically impaired. At some point, she hopes to expand into other areas such as stress management for "at risk" children.

In the state of Wisconsin, any licensed professional with added

(Continued on page 2)

# Relaxation: A Little Bit About Mindfulness Meditation

By: Shelly Vanness

If you are not familiar with Dr. Jon Kabat-Zinn's work with mindfulness meditation, it is most inspiring. He has written two books. One is "Full Catastrophe Living, Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness," written in 1990. Another is "Wherever You Go There You Are, Mindfulness Meditation in Everyday Life," written in 1994. Another book, "Coming To Our Senses," is coming out in January 2006.

He also has produced several series of tapes and CDs designed to train you in his mindfulness techniques. These items are available on his Web site at [www.mindfulnessstapes.com](http://www.mindfulnessstapes.com).

They are very helpful and necessary to form your own daily practice.

I had the opportunity, along with my co-worker, Linda Nett-Duesterhoeft,

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(Continued from page 1)

## Karen Rauen Is Biofeedback Certified

training can provide biofeedback services without being certified. However, completing the certification process successfully assures the patient/client/family of demonstrated "competency to use biofeedback instrumentation for the purposes of monitoring, recognizing, and assisting in physiological self-regulation according to the ethical principles and practices of the BCIA."

It is becoming common practice for insurance companies to reimburse for biofeedback services contingent on the provider being certified.

BCIA Certification is good for four years.

## Congratulations, Karen!

to take Jon's Mindfulness-Based Stress Reduction program in Madison last November and December. It was initially challenging to find the time to practice, but now that I have, I have found it life-changing. Linda and I are teaching a course for Affinity Health Systems Integrative Medicine Dept. based on his

program. We call it "The Art of Relaxation." It is an eight-week session we offer several times each year. It is very exciting and rewarding to share it with others who want to learn how to be more "present" and attentive and non-judgmental in their own lives.

## Biofeedback Society of Wisconsin

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# An Invitation to Make Me Rich: Share Skills and Ideas

By: Bob Hodes

The BSW board and yours truly have worked hard to develop the 2005 Conference. Now I want to get paid.

As a form of payment, I want to become a better clinician. I think a good way to do that is to **network with other BSW members and to steal some of your best ideas**. So, I'm calling in my marker.

The **board would like to invite YOU to participate in a panel discussion** where you share your healing "tricks," tips or approaches.

Read the following announcement:

We all have too much to do and too little time to do it. But I'm hungry to learn what you have to teach. Have pity on me and give generously.

**Seize your 10 minutes of fame! Be part of a Biofeedback Society of Wisconsin Panel** presenting a potpourri of practical tips to make biofeedback training more effective.

Part of the fun of our annual conference is networking and learning from other clinicians who share our interest in biofeedback and self-regulation. We hope you will share your hard-earned practical wisdom with your colleagues. Your tips can make all the difference.

The board is looking for up to six panelists willing to share their secrets of success at the 2005 Fall Conference. Possible topics (and many more exist) include:

- Homework and other exercises that help clients transfer what they

learn from their biofeedback sessions to everyday activities.

- Home-brewed techniques and handouts for teaching breathing exercises, relaxation, and other forms of low arousal training.
- Psychophysiological assessment strategies and protocols.
- Methods for educating clients about the nature of biofeedback and promoting attitudes, and beliefs consistent with a self-management, rehabilitation philosophy.

Step forward. Share your skills and knowledge. Send suggestions to Bob Hodes at [rchodes@charter.net](mailto:rchodes@charter.net) by July 31. Thanks for helping make our annual conference a success.

## Finances Are Up and Looking to Successful Conference

By: James Heider

The bank account is up a little bit (over \$5,000 again) after membership dues have started coming in! I am optimistic that with the annual conference, that we can get back to a better place financially.



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