The art and science of combining neurofeedback and meditation to target specific mental health conditions

IN THIS TWO DAY WORKSHOP, we will explore four different styles of meditation practices based on the role of attention, intention, brainwave states and brain regions involved; these four styles include Focused Attention, Open Monitoring, Automatic Self-Transcending and Loving-Kindness/Compassion (Cahn & Polich, 2006; Lutz et al., 2004). Using this information, we can identify which practices might be best suited for particular goals (Tarrant, 2016). In this way, it is possible to link each style of meditation with specific mental health concerns as a therapeutic intervention. For example:

Focused Attention (Concentration) practices impact the brain networks in ways that specifically encourage improved concentration and reduced distractibility.

Open Monitoring (Mindfulness) practices have the greatest impact on stress and anxiety.

Loving-kindness/Compassion targets mood concerns and empathy building.

Automatic Self-Transcending (think TM) may be ideal for addictions, affect regulation, and personality based concerns.

Based on the content of this workshop, the participant will be able to…

- Describe the 4 different styles of meditation
- Match client goals to specific meditation styles
- Explain how each style fits with specific mental health concerns
- Design neurofeedback protocols for each style

The approaches to NeuroMeditation taught in this workshop can be used immediately to achieve deeper states of meditation or as a treatment intervention for mental health conditions such as ADHD, anxiety, depression, personality disorders or addictions.

AS PART OF THIS WORKSHOP, you will receive standard and sLORETA neuromeditation protocols to help your clients achieve the meditative state desired. You will also have the opportunity to practice using HRV biofeedback in conjunction with certain meditative techniques.

DR. TARRANT RECEIVED HIS PH.D. in Counseling Psychology from the University of Missouri in 1997 and has trained extensively in both ancient and modern healing practices. His work utilizes several forms of technology-based therapies including neurotherapy, audio visual entrainment, brain blood flow biofeedback (HEG), and Heart Rate Variability (HRV). In addition, Dr. Tarrant has studied and taught the ancient practices of Qigong, mindfulness, and energy psychology for the past fifteen years.

Dr. Tarrant is a Global Neurotherapy Initiative (GNI) Instructor and conducts certification workshops for both neurotherapy and heart rate variability biofeedback. His most recent publication is the book chapter, “NeuroMeditation: An Overview and Introduction” in The Clinician’s Companion to QEEG and Neurofeedback.

3401 Enterprise Parkway
Suite 340
Beachwood OH 44122
(216) 766-5707 • (800) 447-8052
stsinc@stresstherapysolutions.com
www.stresstherapysolutions.com

JANUARY 28-29, 2017
DENVER CO
$595.00
14 CREDIT HOURS
TO SIGN UP, GO TO:
WWW.STRESSTHERAPYSOLUTIONS.COM