MABS’S Fall Conference
September 26 & 27, 2020
A Virtual Event!

Overview: This eclectic conference has a neuroscientist/professor and a registered yoga teacher/massage therapist as presenters, along with a mind researcher/author and a PhD/LCSW/military veteran/retired firefighter-EMT. This covers the gamut of interesting and unique presenters – and presentations!

Target Audience: Doctoral-level psychologists, licensed social workers, RNs, LPCs and other mental health professionals. Both early career bio/neurofeedback practitioners and those who are seasoned clinicians who wish to enhance their practice will benefit from this opportunity. Note that Dr. Swatzyna’s session on Saturday qualifies for three (3) hours of Ethics.

Instructional Levels: Post-doctoral (see session descriptions).

Virtual Conference: Due to concerns about the possibility of a “fall surge” of COVID-19 and the continued need for social distancing, MABS has decided to make this conference an online event. Our presenters are prepared to make this conference as valuable as it would be if we were all gathered in one room. Join us for this exciting virtual event!
# Program

## Saturday, September 26, 2020

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Presenter(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 a.m.</td>
<td>Welcome &amp; Housekeeping: Jessica Eure, MABS President &amp; Bea Haskins, Executive Director</td>
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<tr>
<td>8:55 a.m.</td>
<td>Electric Brain – The Discoveries, Latest Research and Future Implications of Brain Waves (2.0 CE hours)</td>
<td>R. Douglas Fields, PhD</td>
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<tr>
<td>10:55 a.m.</td>
<td>Break</td>
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<tr>
<td>11:10 a.m.</td>
<td>Introduction to Brain Futures &amp; The Brain Health Project (1.0 hour)</td>
<td>Linda Raines, Holly McCormack &amp; Jude O’Brien</td>
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<tr>
<td>12:10 p.m.</td>
<td>Lunch Break</td>
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<tr>
<td>1:10 p.m.</td>
<td>Annual Business Meeting &amp; Installation of Officers &amp; New Board Members</td>
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<tr>
<td>1:30 p.m.</td>
<td>What Our QEEG May Be Missing in Children’s Brains: Ethical Considerations for Practice (1.5 hours)</td>
<td>Ronald Swatzyna, PhD</td>
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<tr>
<td>3:00 p.m.</td>
<td>Break</td>
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<tr>
<td>3:15 p.m.</td>
<td>Dr. Swatzyna continues (1.5 hours)</td>
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<tr>
<td>4:45 p.m.</td>
<td>Adjourn</td>
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**Total CE hours for Saturday: 6.0**

## Sunday, September 27, 2020

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>8:45 a.m.</td>
<td>Welcome &amp; Housekeeping, Anne Arena, MABS Incoming President &amp; Bea Haskins</td>
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<tr>
<td>8:50 a.m.</td>
<td>Body-Based Mindfulness: Yoga, the Five Senses and Fostering Self-regulation (2.0 CE hours)</td>
<td>Julie Aha, MA, LMT, RCST, RYT, PPA &amp; William A. Decker, PhD</td>
</tr>
<tr>
<td>10:50 a.m.</td>
<td>Break</td>
<td></td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>Personal Transformation &amp; Spiritual Awakening with the Mind Mirror EEG (1.0 hours)</td>
<td>Judith Pennington, BA</td>
</tr>
<tr>
<td>12:00 p.m.</td>
<td>Lunch Break</td>
<td></td>
</tr>
<tr>
<td>1:10 p.m.</td>
<td>(Tentative) Closing Bids &amp; Winners of Online Auction</td>
<td>Jay Dickinson, MABS Treasurer</td>
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<tr>
<td>1:40 p.m.</td>
<td>Ms. Pennington continues from the morning session (1.5 hours)</td>
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<tr>
<td>3:10 p.m.</td>
<td>Break</td>
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<tr>
<td>3:15 p.m.</td>
<td>Ms. Pennington continues (1.5 hours)</td>
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</tr>
<tr>
<td>4:45 p.m.</td>
<td>Adjourn</td>
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**Total CE hours for Sunday: 6.00**  
**Total for both days: 12.00**

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### Continuing Education Credits

This program, when each day is attended in its entirety, is available for 6.0 APA-approved credits on Saturday and 6.0 on Sunday. Sadar Psychological is approved by the American Psychological Association to sponsor continuing education for psychologists. Sadar Psychological maintains responsibility for this program and its contents.

**BCIA Recertification:** This program meets the requirements for BCIA recertification.

**Attention LPCs, Social Workers and Other Mental Health Professionals:** Many state licensing boards accept APA-approved credits for mental health professionals. Check with your board to see if they will accept APA-approved CE credits for this conference.

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### Accessibility, Participation Guidelines and Disclaimers

The views of the presenters are theirs and do not necessarily represent a position by the Mid-Atlantic Biofeedback Society, MABS is committed to accessibility and non-discrimination in its continuing education activities. The Society is also committed to conducting all activities in conformity with the American Psychological Association’s Ethical Principles for Psychologists. Participants are asked to be aware of the need for privacy and confidentiality throughout the program. If program content becomes stressful, participants are encouraged to process those feelings during discussion periods. Facilities are accessible to persons with disabilities; reasonable accommodations will be made for persons requesting them. There is no commercial support for this program nor are there any relationships between the CE sponsor, presenting organization, presenters, program content, research, grants or other funding that could reasonably be construed as conflicts of interest. Please address questions, concerns and any complaints to Bea Haskins, 717-637-6518 or execdirector@mabs.us.

### Presenters’ Disclaimers

**Dr. Fields** has no commercial interests to disclose and there are no limitations or risks for his presentation. **Ms. Raines & Ms. McCormack** also have no financial interests to disclose nor are there any risks to her presentation. **Dr. Swatzyna** has no financial interests to disclose. This information is for the therapist’s knowledge only and is not intended to be used by the therapist to recommend medications to the patient or to the treating medical doctor. The EEG interpretation should be shared with the treating medical doctor to provide him/her data of which s/he may not be aware. **Ms. Aha** has no financial interests to disclose and states there are no risks for her presentations. **Ms. Pennington** discloses a commercial interest in Mind Mirror 6, for which she is an international distributor and indicates there are no risks, clinical assessments, treatments or interventions.
Session Descriptions & Learning Objectives

Saturday, September 26, 2020

Session 1. Electric Brain – The Discoveries, Latest Research and Future Implications of Brain Waves (Introductory)
Presenter: R. Douglas Fields. In this session, Dr. Fields will relate the discovery of brainwaves, the current state of research, how psychological and neurological conditions can be influenced by brain stimulation, brain-computer interface technology and applications and the implications of being able to assess cognitive abilities and to predict the learning potential of individuals by analyzing brain function through EEG and related methods. Learning Objectives: participants will be able to:
- Explain the discovery of brainwaves and why this history is generally unknown.
- Explain the mechanisms and applications of brain-computer interface technology.
- Explain how brain stimulation can influence neurological and psychological conditions.
- Explain the current controversy of brainwaves in neuroscience.

Session 2. Introduction to BrainFutures & the BrainHealth Project (Introductory)
Presenters Linda Raines, Holly McCormack & Jude O’Brien. This session will present an overview of BrainFutures’ initiatives to educate the public about the science and efficacy surrounding new generation technologies for brain health and present an overview of the organization’s policy agenda, including release of the first in a series of brain fitness and treatment issue briefs. “Brain Fitness and Executive Function: Evidence-Based Interventions that Improve Student Outcomes” assessed the efficacy of classroom-based brain fitness programs and calls for widespread adoption of effective brain fitness programs in schools. Additionally, an overview of The BrainHealth Project will be shared. Led by the Center for Brain Health at the University of Texas at Dallas, this 10-year international collaboration seeks to double brain performance among research project participants. Learning Objectives: participants will be able to:
- Describe the effective classroom-based brain fitness interventions identified using the BrainFutures rubric.
- Describe the four domains that comprise the protocol for The BrainHealth Project.
- List the strategies and assessment processes used to measure changes in brain performance in The BrainHealth Project.

Session 3. What Our QEEG May Be Missing in Children's Brains: Ethical Considerations for Practice (All Levels)
Presenter: Ronald J. Swatzyna. Children and adolescents are very difficult to treat with medication and therapy, including neurofeedback. Those of us who use quantitative electroencephalogram (qEEG) guided neurofeedback are using science (not just symptoms) to personalize treatment for each child. However, there may be neurological abnormalities that the qEEG is unable to discern. This workshop is based on the presenter’s recent systematic review of the literature that was compared with a cross sectional analysis of 772 children and adolescents from his data archive. He proposes that there is enough evidence to suggest that every child that has been prescribed two or more medications has a neurological abnormality that can only be identified in raw EEG interpreted by a board certified electroencephalographer. The moral and ethical implications of the findings are discussed. Learning Objectives: participants will be able to:
- Elaborate on why doing an EEG on children and adolescents is vital to successful treatment.
- Discuss isolated epileptiform discharges and their prevalence in children and adolescents.
- List the psychiatric medications that lower seizure threshold.
- Identify what neurological issues the qEEG cannot identify.

Sunday, September 27, 2020

Session 4. Body-Based Mindfulness: Yoga, the Five Senses and Fostering Self-regulation (Introductory)
Presenter: Julie Aha & William Decker. In cases of stress and trauma, many people overstimulate the nervous system in an attempt to self-regulate. This presentation will explore yoga techniques that can be used successfully for self-regulation with many populations, such as at-risk youth, seniors, trauma survivors and those struggling with the impact of COVID-19. We will review the Eight Limbs of Yoga and focus on two of them: (1) The fourth limb, Pranayama, or techniques to regulate breath. Because breathing is partially controlled through the vagus nerve, a cranial nerve originating in the brainstem, it is a direct pathway to the autonomic nervous system. (2) The fifth limb, Pratyahara, a meditative approach involving the five senses. This will allow us to experience mindfulness while focusing on our body. Concluding with a participatory demonstration of yoga, we will calm and balance the autonomic nervous system using these techniques. This method can be used as a template for working with groups or individuals in a therapeutic setting. During the session, Dr. Decker will offer reflections and commentary regarding the neuroscience of yoga self-regulation and other elements of the presentation. Learning Objectives: participants will be able to:
- Enumerate the five elements within Classical Yoga philosophy, as well as the correspondences with the five senses of the body and how the five senses can lead to stress relief and relaxation.
- Apply the yogic term, Pratyahara, for self-regulation.
- Encourage contentment in clients by both stimulating and calming the five senses within the context of a therapeutic setting.
- Explain when and why it is appropriate to suggest clients consider yoga as another avenue to self-regulation.

Session 5. Personal and Spiritual Awakening with the Mind Mirror EEG (All Levels)
Presenter: Judith Pennington. EEG-monitored meditation is the scientific fast track to personal development and spiritual growth. Mind researcher and biophysicist C. Maxwell Cade, humanistic psychologist Anna Wile and now the Institute for the Awakened Mind have studied the brainwave patterns of advanced meditators and spiritually awake people for more than 40 years. This knowledge base is relevant to the work of every neurofeedback and biofeedback practitioner. Conference participants will see, Continued on the next page
Session Descriptions & Learning Objectives, continued

understand and experience during at least one guided meditation the brainwave patterns of the ideal Awakened Mind pattern of creative flow and peak performance. This presentation includes live monitoring of a volunteer from the audience, exploration of the physiological correlates of consciousness and leading-edge discoveries made during collaborative studies with The Rhine Institute, The Monroe Institute and EFT Universe. **Learning Objectives:** participants will be able to:

- Discuss and experience the art and science of brainwave mastery and how it expands and enlightens consciousness for lasting change. Measurement: Table of Subjective Landmarks and Self-Evaluation Scale (filled out in the morning and at the end of the day).
- Describe the role of the beta conscious mind for access to the creativity, insight, and intuition flowing in subconscious theta and unconscious delta waves. Measurements: Table of Subjective Landmarks and Sensualization Scale.
- Explain the internal landmarks for the Awakened Mind in order to externalize this peak performance brainwave pattern into everyday life. Measurement: Test this for self and experience the change.
- Demonstrate several quick and easy relaxation techniques for use by self and others. Measurement: increased relaxation which can be mapped on the Table of Subjective Landmarks.
- Describe the important role of theta and gamma waves in neurogenesis and neuroplasticity and learn how to recondition brainwaves by shifting into orchestrated states during meditation.

**About the Speakers**

**R. Douglas Fields, PhD,** is a neuroscientist with degrees from UC Berkeley, San Jose State University and UC San Diego. He conducted postdoctoral research at Stanford, Yale and the National Institutes of Health. He is author of the new book, Electric Brain: How the New Science of Brainwaves Reads Minds, Tells us How we Learn, and Helps us Change for the Better; also author of The Other Brain, about glia, and Why We Snap, about the neuroscience of sudden aggression.

**Linda Raines** is the CEO of BrainFutures, a not-for-profit organization working to improve brain health outcomes by connecting providers, policymakers and the public to science to practice innovation. Holly McCormack joined BrainFutures in February 2020 as the Chief Strategy Officer and oversees national efforts to advance proven innovations in brain fitness and treatment. McCormack co-developed one of the nation’s first college-accredited mindfulness, social and emotional learning (SEL), and yogic-based semesters at Kripalu Center. McCormack worked in higher education for twenty years, most recently as Dean for Career Development at Kenyon College where she designed the College’s strategic approach to career education. **Jude O’Brien** is a 27-year practitioner of meditation and has worked with organizations to investigate and promote the benefits of mindfulness and brain fitness. As the Development and Communications Officer for the Mind and Life Institute, he assisted in advancing the field of Contemplative Sciences through the organization’s facilitated dialogues between His Holiness the Dalai Lama and renowned neuroscientists. He co-authored the 2019 BrainFutures report, Brain Fitness and Executive Function: Evidence-Based Interventions That Improve Student Outcomes. He is currently authoring BrainFutures’ report on neurofeedback as an efficacious treatment for ADHD and anxiety (due out in Summer 2020).

**Ronald J. Swatzyna, PhD,** received his MSSW and PhD from The University of Texas Arlington. He is the Director of Electro-Neuro Analysis Research and Director of Neurotherapy at the Tarnow Center in Houston, Texas. Dr. Swatzyna is an LCSW and board certified in neurofeedback and biofeedback by the BCIA. For the past 22 years, he has analyzed and treated the most diagnostically challenging cases. Fifteen years ago, he started using EEG and qEEG data to assist psychiatrists in medication selection and titration. As a researcher, he has presented and/or published 80 peer-reviewed papers on brain dysfunction and psychotropic medications at national and international conferences. He is a member of the Neuropsychiatric Electrotherapy Section of the World Psychiatric Association. Dr. Swatzyna is a U.S. Air Force veteran of Vietnam and the first Gulf War and a retired professional firefighter-EMT.

**Julie Aha,** MA, LMT, RCST®, RYT, PPN, has practiced massage therapy since 2000, integrating biodynamic craniosacral therapy and polarity therapy. She also teaches yoga, emphasizing alignment, breathing and meditation skills. As a pre-and-perinatal educator, she brings a practical understanding of the autonomic nervous system as it relates to growth and development and the biology of attachment and bonding to assist her clients in creating more productive strategies to living. She holds a Masters of Arts degree in Architecture and Urban Planning from UCLA. **William A. Decker, PhD,** has been in private practice in Alexandria, VA, since 1985. Prior to that, he held various positions including as a Managing Partner in Decker, Lamb, Scafidi Group, LLC. He received his PhD from California State University at San Diego. Dr. Decker is a Past President of MABS and currently serves as an Advisory Board Member.

**Judith Pennington,** BA, is a mind researcher and world authority on EEG and the Awakened Mind, co-developer of the Vilistus Mind Mirror 6 and founder of the Institute for the Awakened Mind, an international consortium of Mind Mirror practitioners dedicated to personal and planetary transformation. A writer, publisher and author of two award-winning books, she teaches the science of spirituality and instrument-led meditation around the world. In the U.S., she has taught at Edgar Cayce’s A.R.E., Esalen Institute and MABS. She is known for her ease in communicating complex ideas and for her musical ability to usher people into transcendent states of awareness.
Three Ways to Register: Online, by Mail or by Phone!

Online: [https://www.mabs.us/fallregistration](https://www.mabs.us/fallregistration)

Mail: Print this page and mail with your check payable to MABS by September 19, 2020, to:
Mid-Atlantic Biofeedback Society, c/o Bea Haskins, MS, Executive Director
217 E. Middle Street, Hanover, PA 17331
Please print clearly and use a separate form for each registrant. *Be sure to check the box if you need a CE certificate and include that fee in your remittance.*

Phone: Call the office during regular business hours at 717-637-6518 and have your credit card information ready.

Registration Fees

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<tr>
<td>Saturday only</td>
<td>$140.00</td>
<td>$215.00</td>
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<td>$140.00</td>
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<td>Both days (save $25.00)</td>
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Students (with ID) & Fully Retired

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<td>Both days (save $5.00)</td>
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Total Enclosed

Please print clearly!

Name ________________________________________________________________

Address __________________________________________________________________________________________

City ___________________________ State ___________________________ Zip ____________

Email __________________________________________________________________ Phone _________________

Registration fee includes provided food, beverages and printed handouts.

Refund Policy: Prior to September 19, 2020, full refunds will be issued less a $25.00 administrative fee. After that date, no refunds will be provided (certain exceptions may be made; contact Bea Haskins).

If you are not certain of your membership status, or would like to become a member, please contact Bea Haskins at executordirector@mabs.us or 717-637-6518.