



Program for the 2017 Annual Conference of the Biofeedback Society of Texas

*The Use of Biofeedback and Neurofeedback in the Treatment of Addiction*

Conference Objectives:

1. Identify the utility of biofeedback and neurofeedback in treating addiction-related issues
2. Describe the cognitive, emotional, and physiological effects of addiction
3. Identify ways to implement training protocols in private practice.
4. Discuss biofeedback and neurofeedback with a panel of experts in the field
5. Practice using biofeedback and neurofeedback technology for clinical practice.
6. Explain the mind-body connection, and self-regulation tools that can be used to effectively treat issues related to addiction.

The Biofeedback Society of Texas is committed to accessibility and non-discrimination in its continuing education activities. BST 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 these feelings during discussion periods. Facilities are accessible to persons with disabilities and reasonable accommodations will be made for persons who request them. Please address questions, concerns and any complaints to Shanda Stevens at [shandabstx@gmail.com](mailto:shandabstx@gmail.com).

There is no commercial support for this program nor are there any relationships between the CE Sponsor, presenting organization, presenter, program content, research, grants, or other funding that could reasonably be construed as conflicts of interest, except where listed in the session descriptions.

Annual Conference of the Biofeedback Society of Texas  
University of Texas at San Antonio Downtown Campus  
San Antonio, Texas  
October 21, 2017

**7:30AM-8:00AM Registration & Breakfast**

**8:00AM-8:30AM President's Welcome & Student Awards – Dr. Marion Zahn**

**8:15AM–10:00AM** *PsychoNeuroPlasticity Principles & Practices in Addiction Treatment*  
Barbara S. Peavey, PhD, MS PsyPharm, BCIAC, Lawlis-Peavey  
PsychoNeuroPlasticity (PNP) Center, Grapevine, Texas. 1.75 CE Credits

Principles of neuroplasticity and addiction pathways, along with practices of psychoneuroplasticity in addiction treatment will be explained. Methods of impacting the brain to help heal, enliven, and direct are discussed. Intentionally adding dimensions of brain health and brain training, including biofeedback & neurofeedback, in addiction treatment will be covered.

**Target Audience:** Anyone interested in brain health as it applies to addiction treatment

Learning Objectives:

1. The attendee will be able to define neuroplasticity and psychoneuroplasticity.
2. The attendee will develop working knowledge of the brain pathways linked to addiction.
3. The attendee will understand how psychoneuroplasticity is applied to addiction treatment.
4. The attendee discuss biofeedback and neurofeedback inclusion in addiction treatment.
5. The attendee will gain understanding of the importance of addiction treatment to address: healing the brain and providing strategies & skills for sobriety.

\*Dr. Peavey is the CEO of PsychoNeuroPlasticity Center and a Consulting Psychologist at Origins Behavioral Health.

**10:00AM-10:15AM Break**

**10:15AM-12:00PM** *QEEG-Based Neurofeedback for Treatment of Addictions.* Richard E. Davis, M.S., LPC-S, BCN, Neurotherapy Associates of Texas, Denton, Texas, & Eugenia B. Davis, Ph.D., Licensed Psychologist, Professor Emerita, Department of Disability and Addictions Rehabilitation, University of North Texas, Denton, Texas, 1.75 CE Credits

Substantial EEG/QEEG research on the brainwave patterns of individuals with various forms of substance abuse has laid a strong basis for clinical application of QEEG-based neurofeedback protocols to treatment of addiction disorders. This presentation will summarize the major features of research-identified EEG patterns associated with addiction and will summarize common features of QEEG-based protocols applied by the presenter in cases treated in a residential addiction center over the past 17 years.

**Target Audience:** Individuals with basic knowledge of neurofeedback and QEEG.

Learning Objectives:

1. Participants will be able to identify the primary features of EEG brainwave patterns found through research to be associated with alcohol or marijuana addiction.
2. Participants will be able to identify the primary features of EEG brainwave patterns

found through research to be associated with addiction to stimulant drugs such as cocaine or methamphetamines.

3. Participants will be able to describe the QEEG features that might be expected in individuals with polysubstance abuse.
4. Participants will be able to summarize typical QEEG-based neurofeedback protocols that have been used with individuals being treated for various forms of addiction in a residential treatment center.
5. Identify cautions and contraindications associated with use of neurofeedback in residential and outpatient settings.

\*Richard Davis is a BrainMaster International Progressive Clinician Courtesy Program member and occasionally sells equipment for BrainMaster International.

**12:00PM-1:00PM** Lunch

**1:00PM-2:00PM** *Hands-On Guided Learning Labs, Part 1. QEEG-Based Neurofeedback Protocol Selection Lab.* Richard E. Davis, M.S., LPC-S, BCN, Neurotherapy Associates of Texas, Denton, Texas, & Eugenia B. Davis, Ph.D., Licensed Psychologist, Professor Emerita, Department of Disability and Addictions Rehabilitation, University of North Texas, Denton, Texas, 1 CE Credit

In this one-hour learning lab experience, participants will review the presenter's guidelines for using QEEG assessment data as part of the information for selecting a neurofeedback treatment protocol for an individual with an addiction disorder. As part of this lab exercise, participants will apply the guidelines to two anonymous client cases from the presenter's own practice at a residential addiction treatment center in order to identify an initial neurofeedback protocol for each case

**Target Audience:** Individuals with basic knowledge of neurofeedback and QEEG.

Learning Objectives:

1. Participants will review the kind of topographic and statistical information one can acquire from QEEG brain maps that can be used to assist in protocol selection for addiction treatment.
2. Participants will list guidelines for selecting a treatment protocol for addiction disorders using QEEG assessment information along with other relevant client information.
3. Participants will identify relevant QEEG and other client data needed to select a neurofeedback protocol for two cases selected from the presenter's files from a residential addiction center.
4. Participants will name specific site(s) and frequency band(s) selected to treat each of the cases presented.

**2:00PM-3:00PM** *Hands-On Guided Learning Labs, Part 2. Neurofeedback and Integrative Therapies for Clients Dealing with Benzodiazepine Withdrawal.* Allen Novian, Ph.D., LMFT, LPC-S, Neurofeedback Provider, San Antonio, Texas, 1 CE Credit

Benzodiazepine withdrawal takes time, and it is not easy on the individual undergoing the process. We are seeing more and more of these individuals seeking neurofeedback to help mitigate or ease their symptoms while weaning off the medications. In this session, we will investigate methods for working with the client using neurofeedback and integrating other forms of therapy into the process as well.

**Target Audience:** Any neurofeedback provider, psychiatrist, psychologist, counselor, or therapist who sees clients prescribed with or withdrawing from benzodiazepines, including Xanax, clonazepam, and Wellbutrin.

Learning Objectives:

1. Participants will be able to identify identify common symptomology associated with benzodiazepine withdrawal.
2. Participants will be able to explain the abilities and limitations of neurofeedback when used with benzodiazepine withdrawal.
3. Participants will be able to plan appropriate protocols for use with benzodiazepine withdrawal symptoms.
4. Participants will be able to prepare a treatment plan utilizing neurofeedback and complementary techniques to support their client dealing with benzodiazepine withdrawal.

**3:00PM-3:05PM** Break

**3:05PM-4:30PM** *Alpha/Theta EEG Biofeedback and Addiction*, William (Bill) C. Scott, BSW, Co-Founder & CEO BrainPaint, Inc., Malibu, California, 1.5 CE Credits

This presentation provides a brief overview of the alpha theta component of the Scott and Kaiser modification of the Peniston protocol. We cover some recent resting state network fMRI research that's confirming our hypothesis for its efficacy for addiction treatment. You'll also learn of some preliminary published research on an EEG biomarker that might be useful to test the efficacy of as little as one alpha suppression session. We'll also explore an alternative view of the origin of addiction and a potential research project that could test the hypothesis that addiction may be related to more than attachment (bad moms) or trauma.

**Target Audience:** Clinicians who work with PTSD, phobias, insecurities, peak performance, and addictions.

Learning Objectives:

1. Participants will learn evidence based bandwidths for this protocol.
2. Participants will be able to inhibit alpha and reward alpha and theta at Pz.
3. Scientists will have a method to examine biomarkers for change from Pz alpha suppression training.
4. Scientists will be inspired to test a hypothesis on the origins of addiction.
5. Participants will leave with an easy method to identify and handle sleep during sessions.

\*Bill Scott is the CEO of BrainPaint, Inc., and his primary income is from EEG biofeedback equipment rental.

**4:40PM-5:45PM** Panel Q&A, 1 CE Credit

Participants will be given the opportunity to participate in a discussion of the use of biofeedback and neurofeedback with a panel of experts in the field.

**5:45PM-6:45 PM** BST General Meeting

**7:00PM-9:00PM** *Informal Dinner/Social Location TBD – RSVP Required*

## Speaker Biographies



Barbara Peavey, PhD is an internationally recognized psychologist. Dr Peavey holds PhD from University of North Texas in Behavioral Medicine / Clinical Psychology and Post-Doctoral degree in Psychopharmacology. Co-Founder and CEO of Lawlis-Peavey PsychoNeuroPlasticity (PNP) Center, as assessment center recognized by Dr. Phil Show for its outstanding capability to work with complex brain-based disorders and consulting psychologist for Origins Recovery Centers developing and integrating principles and practices of psychoneuroplasticity with 12-Step for more comprehensive addiction recovery. Dr. Peavey is BCIA certified in biofeedback, Past-President of BST and past board member of AAPB.



Richard E. Davis, M.S., LPC-S, BCN is a licensed counselor in private practice in Denton, TX. He has a Master's degree in Counseling and Human Development from the University of North Texas, with a concentration in biofeedback and is Board certified in Neurofeedback by the Biofeedback Certification International Alliance. He is trained in all forms of biofeedback but specializes in neurofeedback and Quantitative EEG. He has been involved with neurofeedback and biofeedback for over 20 years and has worked almost exclusively with neurofeedback during that time. He was a consultant to and on the training staff of the University of North Texas Neurotherapy Lab. He is a former Treasurer and Board Member for the Biofeedback Society of Texas, a Past President and Treasurer for the International Society of

Neurofeedback and Research, a Past Treasurer for the ISNR Research Foundation, and a former Board Member of the Association for Applied Psychophysiology and Biofeedback Neurofeedback Division.



Eugenia (Genie) Bodenhamer-Davis, Ph.D., Licensed Psychologist, BCN, is Professor Emerita, Department of Disability and Addictions Rehabilitation, University of North Texas (UNT) where she taught courses in Biofeedback, Neurofeedback, Rehabilitation Counseling, and Health Psychology until her retirement in 2013. As founder and director of the UNT Neurotherapy Lab from 1992 to 2013, she supervised graduate-level clinical training and research in EEG and general biofeedback. Her published research focused primarily on physical rehabilitation and addictions applications of bio/neurofeedback. Dr. Davis has received several awards from the International Society for Neurofeedback and Research (ISNR) recognizing her contributions to Neurofeedback education, including an ISNR Lifetime Achievement Award, Joel Lubar Award, and 2013 President's Award. From 2013 – 2016, she served on the Board of Directors of the Biofeedback Certification International Alliance (BCIA), chairing its most recent revision of the EEG Biofeedback Certification Examination and Training Standards.

## Speaker Biographies Continued



Allen Novian, Ph.D., LMFT, LPC-S has been working in the neurofeedback and biofeedback fields since 2001. Dr. Novian was blessed with the opportunity to use his skills in both a therapeutic setting as well as at the VA hospital, where he was the program coordinator for the Stress Buster's Program until 2009. That program is now run by WellMed. Dr. Novian has been in private practice since 2007 and has made neurofeedback and biofeedback a specialty. He has provided more than 15,000 neurofeedback sessions, with clients ranging from 5 to 94, and diagnoses including anxiety, depression, ADD/ADHD, bipolar, seizure disorder, ASD, and benzodiazepine withdrawal. In 2016 he became the Neurofeedback Professor at St. Mary's University, where he is working to build the program and bring new, well trained clinicians into the field.



William (Bill) C. Scott, BSW, CEO BrainPaint, Inc., began work in our field in 1993 with Eugene Peniston. He has dedicated the last 24 years of his life to improve the quality of mental health and addiction treatment through well designed EEG biofeedback research and publications with UCLA, Harvard, Chapel Hill, UCSD, and UNCW. The heart of his work is most commonly referred to as the, "Scott and Kaiser modification of the Peniston protocol." He is a reoccurring guest expert on CBS's The Doctors, Discovery Science and History Channel. He's trained over 3000 clinicians with EEG Spectrum, Thought Technologies, BrainMaster and Stens. Standing on the shoulders of many giants, his body of work has culminated in the last 10 years as cofounder and CEO of BrainPaint, Inc.