

The Biofeedback Society of Florida
in cooperation with the Association for
Applied Psychophysiology and Biofeedback
presents



**Biofeedback, neurofeedback,
and hypnosis as
treatment for the
Polytrauma Clinical Triad:
Mild traumatic brain injury,
PTSD, and pain**

with Gabriel Tan, Ph.D., ABPP
Clinical Health Psychologist,
Anesthesiology Pain Program
Michael E. DeBakey VA Medical Center
Associate Professor,
Baylor College of Medicine, Houston

July 24 - 25, 2010

**Regal Sun - Walt Disney World Resort
Lake Buena Vista (Orlando), Florida**

A 12 contact-hour APA approved CE program for biofeedback/neurofeedback practitioners, psychologists, clinical counselors, clinical social workers, marriage and family therapists, nurses, physicians, and other health care professionals and academicians interested in the phenomena of mBTI, PTSD, and pain associated with blast injury and other trauma.

Conference Schedule

Saturday, July 24, 2010

**Biofeedback and hypnosis as treatment for the Polytrauma
Clinical Triad: Mild traumatic brain injury, PTSD, and pain**

Biofeedback and hypnosis as treatment for the Polytrauma Clinical Triad: Mild traumatic brain injury, PTSD, and pain

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|---------------|--|
| 8:00 – 8:30 | Sign-in – Coffee |
| 8:30 - 8:45 | Welcome, introductions, and announcements
Frank Andrasik, Ph.D., BSF President |
| 8:45 - 10:30 | Gabriel Tan, Ph.D., ABPP
The Polytrauma Clinical Triad: introduction and historical context within the Veteran Health Administration

Updates on the research and clinical experiences related to the Triad in selected VA's |
| 10:30 - 10:45 | Break |
| 10:45 - 12:00 | Gabriel Tan, Ph.D., ABPP
Review of existing/traditional and alternative interventions for the Triad: strengths and weakness

Q&A |
| 12:00 - 1:30 | Lunch on your own
“The Market”, “Poolside Bar”, or other fast alternatives in the Lake Buena Vista area |
| 1:30 - 3:00 | Gabriel Tan, Ph.D., ABPP
Relationships among the Triad with special focus on the relationships between chronic pain and PTSD: a neurobiological connection?

Is there a dysregulated autonomic system (ANS) associated with the Triad? |
| 3:00 - 3:15 | Break/refreshments |
| 3:15 - 5:00 | Gabriel Tan, Ph.D., ABPP
Biofeedback/neurofeedback and the Triad: what do we know so far?

Demonstration and hands-on experience with biofeedback/neurofeedback protocols |
| 5:00 | Q&A -Adjourn
Organization of dinner groups - network with colleagues and friends at one of the many restaurants nearby |
| 5:15 - 7:00 | BSF Board of Directors Meeting |

Conference Schedule

Sunday, July 25, 2010

**Biofeedback and hypnosis as treatment for the Polytrauma
Clinical Triad: Mild traumatic brain injury, PTSD, and pain**

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|---------------|--|
| 8:00 – 8:30 | Sign-in – Coffee |
| 8:30 - 10:15 | Welcome and announcements

Gabriel Tan, Ph.D., ABPP
Review of Saturday’s content - Q&A

Introduction to hypnosis from both clinical
and research perspectives

Efficacy and application of hypnosis on
pain, PTSD and mTBI |
| 10:15 - 10:30 | Break |
| 10:30 - 12:00 | Gabriel Tan, Ph.D., ABPP
Demonstration and hands-on experience
with hypnosis |
| 12:00 - 1:15 | Lunch on your own
“The Market”, “Poolside Bar”, or other fast
alternatives in the Lake Buena Vista area |
| 1:15 - 2:15 | Gabriel Tan, Ph.D., ABPP
Demonstration and hands-on experience
with hypnosis continued

Combining hypnosis and biofeedback in
clinical practice |
| 2:15 - 3:30 | Gabriel Tan, Ph.D., ABPP
Case presentations and discussion
Bring your challenging PTSD, mBTI, and pain cases
for group discussion

Roles and future of portable electronic devices
in enhancing access to the care of veterans with
the Triad (Stress eraser, alpha-stim)

Q&A |
| 3:30 - 3:45 | Completion of exams and evaluations
Distribution of certificates

Adjourn |

Workshop schedule is subject to change

Conference Faculty

Gabriel Tan, Ph.D., ABPP is a clinical health psychologist with the Anesthesiology Pain Program at the Michael E. DeBakey VA Medical Center in Houston. He is also Associate Professor in the Departments of Anesthesiology, Psychiatry & Behavioral Science, and Physical Medicine & Rehabilitation at the Baylor College of Medicine. He is currently the President-Elect of the Association for Applied Psychophysiology and Biofeedback (AAPB). Dr. Tan's clinical specialties include pain management, applied psychophysiology and biofeedback, neuropsychology, and clinical health psychology. His research interests and numerous publications have been on such topics as CBT in pain management, non-pharmacological neuromodulatory approaches to pain management, complementary and alternative medicine (CAM) such as cranial electrotherapy stimulation, hypnosis, and biofeedback, and ANS dysregulation in mTBI, PTSD, and chronic pain. He is currently conducting research funded by the U.S. Dept. of Defense entitled, *Identification of and at-risk interventions for pre-deployment psychophysiological predictors of post-deployment mental health outcomes*, and a study entitled, *Improving access to care for women veterans suffering from chronic pain associated with trauma and depression* funded by the VHA Rural Health Initiatives. Dr. Tan holds a Specialty Board Certification in Clinical Health Psychology (ABPP), is a Diplomate-Fellow in Psychopharmacology (IPR), a Certified Consultant in Clinical Hypnosis (ASCH), a QEEG Diplomate, and is a BCIA Board Certified Fellow in both EEG and General Biofeedback.

Course Description

Blast trauma is a key signature of our current wars in the Iraqi and Afghanistan theatres. Unlike head injury from gunshot, automobile accident and other traumatic brain injury occurring in the civilian world, blast trauma has continued to baffle experts in the field partly due to the repetitive nature of the trauma and occurring under very emotionally very stressful environment. The Veteran Health Administration has established a system of polytrauma care throughout the country in an effort to better meet the needs for rehabilitation of these veterans.

Recent findings indicated that as expected, these veterans suffer from multiple medical conditions resulting from the blast injury. However, a triad of conditions seems to prevail over all others; e. g., in one study, the prevalence of mild traumatic brain injury (mTBI) alone was 5.3%, posttraumatic stress disorder (PTSD) alone was 2.9%, and pain alone was 10.3%, but all three simultaneously was 42.3%. This has led some to coin the phrase, "**Polytrauma Clinical Triad**". As one might expect, there are substantial symptoms overlaps among these conditions. For instance, is sleep disturbance, fatigue, and decreased concentration due to mTBI, PTSD or pain? This has posed significant challenge to clinicians charged with the rehabilitation of these veterans.

This workshop has been designed to increase our understanding of the Triad, and of promising treatment alternatives including biofeedback, neurofeedback, and hypnotherapy.

Registration Form

Biofeedback and hypnosis as treatment for the Polytrauma Clinical Triad: Mild traumatic brain injury, PTSD, and pain

July 24 - 25, 2010 - Regal Sun Disney Resort - Lake Buena Vista

To register online, go to www.FloridaBiofeedback.ky

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

CONTACT TELEPHONE: _____

EMAIL ADDRESS: _____

LICENSE NO: _____ BSF MEMBER: _____ AAPB MEMBER: _____

CONFERENCE TUITION - 12 CEU's:

	By 7/2	After 7/2
BSF Members:	\$189.	\$219.
With new BSF membership:	\$219.	\$249.
Non-members:	\$239.	\$269.
Students (degree-seeking, ID required):	\$ 79.	\$ 95.

Credit Card Number (VISA or MC): _____

Expiration Date: _____ Amount authorized: \$ _____

Cardholder signature: _____

(I authorize BSF to charge the amount specified above to my credit card account)

Credit card billing address: _____
(if different from above)

CVV2 number (3 digit security number on back of card): _____

Or Mail check payable to: The Biofeedback Society of Florida, Inc.,
1230 S. Federal Hwy, Suite 101 , Boynton Beach, FL 33435

CONFERENCE LOCATION AND LODGING

The conference will be held at the **Regal Sun Resort**, 1850 Hotel Plaza Blvd., Lake Buena Vista, Florida. Immerse yourself in the **Walt Disney World®** Resort experience. The Resort is located directly across the street from **Downtown Disney®**, steps from unique shops and lively restaurants, and is just a free shuttle ride from the excitement of **Walt Disney World®**. The hotel is offering BSF conference attendees a discounted room rate of \$75./night plus tax and other fees for reservations made by June 24, 2010. For reservations, call toll-free 800- 624-4109 or 407-828-4444. More information about the hotel can be found at www.regalsunresort.com.

Directions to hotel: **From the east**, Take I-4 West towards Tampa. **From the west**, take I-4 East towards Orlando. Go to exit 68, Lake Buena Vista. At bottom of the ramp, turn left at the stop light. Proceed to the next stop light and turn left onto Hotel Plaza Blvd. The Regal Sun Resort is the last hotel on the right before the Downtown Disney® Resort area. **From the airport**, exit onto SR 436. Get onto 528 (the BeeLine Expressway) heading toward Orlando (West). Go to the end of the BeeLine Expressway and get on I-4 towards Tampa. Go to exit 68 as above.

CONTINUING EDUCATION CREDIT

This workshop is co-sponsored by AAPB and BSF. AAPB is an approved continuing education provider by the American Psychological Association. The approved provider maintains responsibility for this program. In the past, similar programs have been approved for 12 continuing professional education credits for licensed psychologists, mental health counselors, clinical social workers, marriage and family therapists, and other health care providers.

For additional information about the conference, call (561) 742-7122, email at info@FloridaBiofeedback.ky, or see www.FloridaBiofeedback.ky.

The Biofeedback Society of Florida, Inc.
c/o 1230 S. Federal Hwy., Suite 101
Boynton Beach, FL 33435



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