

The Mid-Atlantic Biofeedback Society's Fall 2017 Conference

Co-sponsored by the Association for
Applied Psychophysiology and Biofeedback

The Open Focus™ Brain: An Introduction

by Les and Susan Fehmi

October 21, 2017

Loyola University Graduate Center, 8890 McGaw Road, Columbia, MD 21045

Overview of the Conference:

- Valuable information for psychiatrists, psychologists, social workers, licensed professional counselors and other health and mental health care professionals.
- Instructional Level: suitable for Introductory, Intermediate and Advanced.

Overall Course Learning Objectives:

This conference will provide a thorough overview of the Open Focus™ attention training and the theory of attention, attention styles and how different attention styles result in corresponding EEG patterns.

Continuing Education Credits:

- This program, when attended in its entirety, is available for 6.0 continuing education credits. AAPB is approved by the American Psychological Association to sponsor continuing education for psychologists. AAPB maintains responsibility for this program and its content.
- BCIA approved CE credits to meet requirements for BCIA recertification.
- **Attention MFTs, LPCs, Social Workers, School Counselors and Other Mental Health Professionals: Many state licensing boards accept APA-approved CE credits for mental health professionals. Check with your board to see if they will accept the APA-approved credits for this conference.**
- **NOTE!** \$25.00 fee for CE certificates.

For information: Contact Bea Haskins

717-637-6518

execdirector@mabs.us



Program

- 8:30 a.m. **Registration and “Light Breakfast”**
- 9:00 a.m. **Welcome:** Katherine Thorn, LPC, President of the Mid-Atlantic Biofeedback Society
- 9:15 a.m. **Presentation:** *History and Theory of Open Focus™ and Whole-Head Synchrony Training, Open Focus Exercise*
- Presenters:** Les Fehmi, PhD, and Susan Shor Fehmi, MSW, LCSW - 1.25 CE credits
- 10:30 a.m. **Break**
- 10:45 a.m. **The Fehmi’s continue** - 1.25 CE credits
- 12:00 p.m. **Lunch (provided)**
Presentation of the Lifetime Achievement Award (tentative)
- 1:15 p.m. **The Fehmi’s continue** - 1.25 CE credits
- 2:30 **Break**
- 2:45 **The Fehmi’s continue** - 1.75 CE credits
- 4:30 p.m. **Q&A, Wrap-up Discussion, Evaluation Forms** - 0.5 CE credits
Moderator: Katherine Thorn
- 5:00 p.m. **Adjourn**

Student Scholarships Available!

Our co-sponsor, AAPB, has provided the MABS with scholarship money for students to attend our conferences. The Society’s board members also contribute to the scholarship fund. The Mid-Atlantic Biofeedback Society encourages students to attend this conference for the educational opportunities as well as the chance to network with established professionals in the field. Contact Bea Haskins at execdirector@mabs.us for information on the scholarship application process.



Speakers/ Session Descriptions / Learning Objectives

Les Fehmi, PhD, received his doctorate from UCLA and did post-doctoral work at the Brain Research Institute at UCLA. He was an Assistant Professor at the State University of New York at Stony Brook and a founding member of the Biofeedback Society of America (now AAPB). Currently, he is the Director of the Princeton Biofeedback Centre, LLC. He developed Open Focus™ attention training and specializes in multi-channel, phase synchrony neurofeedback. His work is documented in his two books, *The Open-Focus Brain* and *Dissolving Pain*, as well as in articles posted on his web site, www.openfocus.com. He has served as a consultant to the Harvard Medical School, the Veterans Administration of New York, the Dallas Cowboys, the NJ Nets, the Princeton University Women's Tennis Team, the Olympic Development Committee and the National Association of Speed and Explosion.

Susan Shor Fehmi, MSW, LCSW, received her Master's degree from Columbia University and is a Licensed Clinical Social Worker. She was a psychotherapist in private practice in New York City, the Co-Director of the Biofeedback & Stress Management Clinic of Manhattan, a Consulting Psychotherapist for the New York Commission for the Blind, a Field Instructor for Hunter College's Graduate School of Social Work, an Adjunct Faculty member at Hunter College's Center for Lifelong Learning, a Co-leader of Multiple Family Therapy Groups at the Staten Island Family Court, Department of Probation and the Director of Social Services and Clinical Supervision at The Dimele Center for Psychotherapy. She is currently the Executive Director of the Princeton Biofeedback Centre, LLC in Princeton, NJ, where she combines the teaching of Open Focus™ training with multi-channel, phase synchrony neurofeedback. She is interested in combining traditional psychodynamic psychotherapy with the skills of Open Focus™ and Synchrony Training.

Session Description: The session will include a brief history of the clinical and research events that led to the understanding that attention is a behavior as well as an orchestrator of EEG activity. It will describe the theory of attention, attention styles and how different attention styles result in corresponding EEG patterns. The session will illustrate how Open Focus™ attention training was formulated and how it is used in combination with whole-head, phase synchronous EEG training. The session will end with an Open Focus™ exercise led by Dr. Les Fehmi.

Learning Objectives:

Participants will be able to.

1. Explain what attention is.
2. Discuss how attention styles reflect EEG patterns.
3. Describe the value of whole-head phase-synchrony training.
4. Demonstrate Open Focus™ as an attention training technique.

Target Audience: The session is open to all levels of experience and interest. Mental care professionals, as well as other health care providers, will be interested in this presentation.

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.

The Mid-Atlantic Biofeedback Society 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. If participants have special needs, we will attempt to accommodate them. Please address questions, concerns and any complaints to Bea Haskins, 717-637-6518, execdirector@mabs.us. Facilities are accessible to persons with disabilities and 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.

Presenters' Statements on Utility/Validity, Limitations, Risks and Financial Disclosure

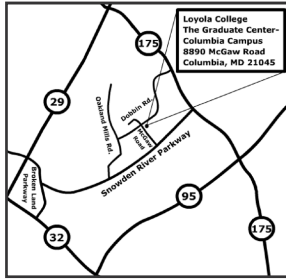
Dr. Fehmi has financial interests to disclose as the owner of the Princeton Biofeedback Centre, LLC, and Biofeedback Computers, Inc. The Centre is a clinical entity. Ms. Fehmi is a salaried employee of the Centre. The Fehmi's state, "There are no risks involved. We are not including clinical assessments or interventions. We are describing the general relationship between attention and EEG."



DIRECTIONS: Loyola University Graduate Center, Columbia, MD

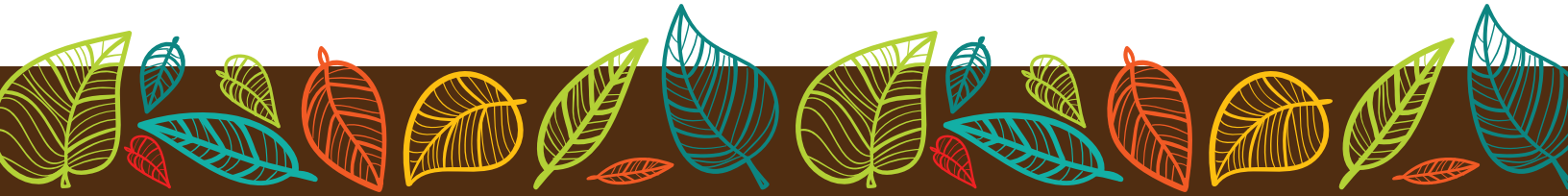
Directions from I-95

1. From I-95, follow Rt. 175 West towards Columbia.
2. From Rt. 175 West, take the 3rd exit, Snowden River Parkway. At the end of the exit ramp, turn left at the light to go south.
3. Follow Snowden River Parkway to the 2nd light and turn right on McGaw Road (landmark: Apple Ford).
4. Follow McGaw Road past the Gramophone store. Just before the light at the intersection of McGaw and Dobbin Roads, turn right into the Graduate Center parking lot.



From the Baltimore Beltway, I-695

1. From I-695 in Towson, take the outer loop towards Pikesville and take Exit #16A, I-70 West, towards Frederick.
2. Follow I-70 West and take the left exit onto Rt. 29 South toward Columbia.
3. Follow Rt. 29 South and exit onto Rt. 175 East.
4. Follow Rt. 175 East to the 3rd traffic light and turn right onto Dobbin Road.
5. Follow Dobbin Road to the 3rd light and turn left onto McGaw Rd.
6. Immediately after turning onto McGaw, turn left into the Graduate Center parking lot.



Registration Form

TWO WAYS TO REGISTER: ONLINE OR BY MAIL

ONLINE: Go to www.mabs.us and click the Conference tab.
 MAIL: Print out this page and send with your check payable to Mid-Atlantic Biofeedback Society by October 13th to:
 MABS, c/o Bea Haskins,
 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.

Registration Fees, Check one:

Early-bird Registration (ends October 13th)

- Members: \$175.00
- Non-members: \$250.00
- Students (university/college ID required) and Fully Retired: \$75.00
- CE Certificate fee \$25.00
- Additional Late Fee applies to all registration forms postmarked after October 13th (or online registrations after that date). \$25.00

Total Enclosed \$ _____

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

PLEASE PRINT

Name _____ Address _____

City _____ State _____ Zip _____

Phone _____ Email Address _____

Refund Policy:

- Prior to October 13th: Refunds will be issued less \$25.00 for administrative costs.
- October 13th or after: No refunds will be provided.

How did you first hear about this conference? Check all that apply:

- Advertisement (please tell us where if you remember _____)
- Social Media; please specify: _____ Facebook _____ Twitter
- Email from the Mid-Atlantic Biofeedback Society via Constant Contact
- The Society's website
- Professor or instructor
- Other; please specify _____
- Colleague sent me information
- Word of mouth

The Mid-Atlantic Biofeedback Society is a 501(c)(3) nonprofit, tax exempt organization as recognized by the IRS and is incorporated in the State of Maryland. "Mid-Atlantic Biofeedback Society" is the legal trade name of the Mid-Atlantic Society for Biofeedback and Behavioral Medicine.

For Office Use Only

Date Rec'd. _____ Amount _____

Payment Method (check one):

- Credit Card
- Check # _____
- Cash