5-Day Professional EEG Neurofeedback Course Outline
Stens Corporation
Mary Tracy, PhD and John Anderson, MA

Day 1 – Online Training – Participant Hub
Webinars - * Indicates a ‘Must View’ Prior to First Onsite Day

A. *Introduction to Multi-Modal Neurofeedback: General Overview
B. *EEG Basics (Fantastic Brainwaves and Where to Find Them)
C. Basic Neurophysiology
D. *Neurophysiological Assessment

*Evening Studies – Read What is Neurofeedback: An Update by D. Cory Hammond

Day 2 – Onsite Training
Morning Session (9:00 am)

A. Didactic Presentation: Introduction to Neurofeedback
B. Video: How Does NeuroTherapy Work?
C. LIVE DEMO: Electrode Placement Techniques

D. Didactic Presentation: Anatomy of a Neurofeedback Screen
E. Video: Amplitude Training
F. STUDENT LAB: 12-15 Hz (SMR) Training
(See Nexus 10 & Nexus 32 SMR Manual)

LUNCH!
Day 2 – Onsite Training

Afternoon Session

A. Didactic Presentation: *Visualizing the Electroencephalogram*

B. Video: 1 Channel 3 Band EEG Training

C. **STUDENT LAB: 1 Channel 3 Band Neurofeedback**
   Bi-Polar Montage Single Channel F3-F4 (Red, F3 – Black, F4, White Cz)
   Uptrain 15-18 Hz Beta; Downtrain 4-8 Hz Theta and 22-36 Hz High Beta
   *(see Lab #4b in Nexus-10 and -32 NFB and QEEG Lab Manual)*

Evening Studies - **New Q Assessment Questionnaire handout** – to be completed by each student before morning session on Day 3

Day 3 – Onsite Training

Morning Session (9:00 am)

A. Didactic Presentation: *Administering the NewQ Assessment*

B. **LIVE DEMO: 2-Channel EEG Assessment Using the New Q**

C. **STUDENT LAB: 2-Channel EEG Assessment Using the New Q**
   *(see Lab #3: 2-Channel Assessment Using the NewQ in Nexus-10 and Nexus-32 Lab Manual)*

LUNCH!

Day 3 – Onsite Training

Afternoon Session

A. **LIVE DEMO: Processing and Interpreting NewQ Results**

B. **STUDENT LAB: Compare NewQ Outcome Variables With NewQ Questionnaire**

C. Didactic Presentation: *Developing Training Protocols*

Evening Studies – **Video: Introduction to Z-Score Neurofeedback Training**
Day 4 – Onsite Training

Morning Session (9:00 am)

A. **LIVE DEMO: 19 Channel Recording**
   a. Removing Artifact
   b. Evaluating Raw Signal in Neuroguide
   c. Brief Visual Assessment in Multiple Montages
   d. Creating Symptom Checklist

LUNCH!

Day 4 – Onsite Training

Afternoon Session

A. Didactic Presentation: *Functional Localization of Client Symptoms in the Brain*
B. **CLASSROOM COORDINATED LAB EXERCISE - Introduction to NeuroGuide Demo**

C. Video: *How to Perform Z-Score Training in Biotrace*

D. **STUDENT LAB: 2- or 4-Channel Z-Score Training**
   (see Lab #7 in Nexus-10 and -32 NFB and QEEG Lab Manual)

Day 5 – Online Training – Participant Hub - Webinars

A. Standards of NFB Practice
B. Blueprint for BCIA
C. SMR Training – A Review
D. Scalp Preparation – A Review
E. Instrumentation and Electronics
F. Alpha-Theta Deep States Training
G. Neuroplasticity

*Be sure to review all online webinars, complete the test and fill out the course evaluation – remember, you have 90 days to complete these requirements*