



BOSTON
NEURODYNAMICS
APPLIED NEUROSCIENCE CENTER

Introduction to Neurofeedback Online Training

36 hour BCIA Approved Training

1/27/2021 - 1/30/2021

Contact Information:

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Neurofeedback Basic Training

This document outlines a neurofeedback training course designed for clinicians seeking to acquire neurofeedback skills. The training provides the participants with the knowledge and practical skills necessary to successfully integrate neurofeedback into their clinical practice. The training is also a necessary part of preparing the participants for Board Certification in Neurofeedback.

This 36-hour neurofeedback training is accredited by Biofeedback Certification International Alliance (BCIA) and fulfills all the criteria of didactic training necessary for BCIA board certification in Neurofeedback.

The training prepares its participants to immediately begin the practice of neurofeedback on the way to board certification. Neurofeedback is a powerful clinical tool that enables clinicians to successfully work with otherwise difficult to treat patients suffering from a variety of psychophysiological disorders. Neurofeedback has been empirically demonstrated to be an efficacious treatment of ADHD, epilepsy, depression, anxiety, post-traumatic stress disorder, autism, and many others.

This training provides sufficient material so clinicians will gain:

- Knowledge the psychophysiological and electrical bases to understand the theory underlying neurofeedback
- Understanding of the conditions appropriate for neurofeedback treatment
- Familiarity with common assessments
- Understanding of different neurofeedback modalities
- Knowledge of the neurofeedback recording devices
- Practical experience to perform an effective neurofeedback session and assessments.

Learning objectives: To provide in-depth knowledge of the psychophysiology, electrical and neurofeedback training techniques required to perform neurofeedback training. This knowledge is crucial to effectively integrate and apply neurofeedback into the clinician's practice. In particular:

1. Summarize the psychophysiological and electrical background as a basis to understand neurofeedback treatment
2. List the conditions appropriate for neurofeedback treatment.
3. Explain the theoretical knowledge of the different modalities and protocols and assess their appropriate use.
4. Demonstrate the ability to use neurofeedback equipment to successfully perform neurofeedback sessions and assessments.
5. Apply theoretical knowledge to implement both assessments and sessions.

BCIA-approved health care fields include: psychology, nursing, (including 2-year registered nurses with license; not LVNs or LPNs), physical therapy, occupational therapy, social work, counseling, rehabilitation, chiropractic, recreational therapy, physician's assistant (with certification or license), exercise physiology, speech pathology, and sports medicine. The following fields require a master's degree: music therapy and counseling education (M.Ed. in counseling). Appropriately credentialed doctors of medicine are also accepted. Degrees in health care fields other than those listed above must be submitted to the Certification Review Committee.

Boston NeuroDynamics and BCIA will consider requests for special review for the demonstration of equivalency for most of our requirements, including prerequisite education. However, degree review requests must be compared to a BCIA-approved clinical health care field.

The training consists:

- 36-hours of didactic teaching, through a live, interactive online format
- Live demonstrations of practical skills
- Optional two day hands-on practicum: an in-person practical training using state-of-the-art neurofeedback equipment (this cost is included in the registration fee and a date will be determined once health conditions and COVID-19 regulations allow for this to happen safely)
- All workshop materials provided in a PDF format
- Official certificate of course completion
- Help with completing BCIA application

Credit hours: This workshop provides participants with the 36 didactic hours necessary for BCIA certification. These hours correspond to the BCIA blueprint requirements for each area of knowledge.

Neurofeedback blueprint and hours:

Unit	Topic	Hours
I	Introduction	2
II	Anatomy and Physiology	4
III	Electricity	4
IV	Research and Protocols	2
V	Psychopharmacology	2
VI	Assessments	4
VII	Protocol Development	6
VIII	Treatment Implementation	6
IX	Trends	2
X	Ethics	2
		Total: 36

Schedule and format: The January 2021 training will take place over 4 days (on January 27, 2021 through January 30, 2021) virtually, with a forty-five minutes break for lunch and two ten minute breaks in the morning and afternoon. It will also include demonstrations.

We are working to make the online training as interactive as possible. The majority of the presentations will be live, with options to ask questions, have conversations, and see each other. It will also include some demonstrations. This 36-hour training is sufficient to get BCIA accreditation.

An optional hands-on practicum will be offered at a later date. This cost is included in the registration fee and a date will be determined once health conditions and COVID-19 regulations allow for this to happen safely. More information to follow.

Location: Virtual. The sessions will be in on Zoom and you will receive a link to join closer to the date. All presentations will be emailed in a PDF file format.

Tuition and fees: Tuition for the virtual training in January 2021 will stay at the early bird discount of \$1200. An additional discount to students and groups will be given. In-house trainings may be arranged to train staff within an organization, with tuition negotiated separately, based on the number of attendees (minimum number applies).

Cancellation policy: All payments will be fully refunded if the cancellation is made 4 weeks prior to the training, with a \$50 processing fee. Cancellations made less than 4 weeks, but more than 5 days before the training can be refunded at 50% or fully credited towards the next workshop. Cancellations made 5 days or fewer before class cannot be refunded or credited.

Faculty: The training is designed and will be taught by Ainat Rogel, PhD, MSW and Diana Martinez, MD, PhD in collaboration with Leon Morales-Quezada, MD, PhD and Mirret M. El-Hagrassy, MD

Ainat Rogel, PhD, MSW, BCN, LICSW

Ainat is the co-founder and co-director of Boston Neurodynamics where she practices neurofeedback, performs and analyzes brain mapping (qEEG). She trains and supervises neurofeedback practitioners and students and gives international presentations. She specialized in developmental trauma and PTSD. Ainat currently serves as the ISNR (International Society of Neurofeedback and Research) Board of Directors Secretary. She believes in incorporating neurofeedback as part of therapy, and focuses on developmental trauma.

Ainat advocates incorporating neurofeedback and biofeedback as part of therapy in general, and in her practice specifically focuses on developmental trauma. She also believes in fundamental and large-scale research studies.

Ainat received her Ph.D. in Computer-Science and Neurobiology from The Hebrew University in Jerusalem, Israel, received her MSW from Simmons College in 2014 and LICSW in 2017. She has worked in brain research at various places such as MIT, the Marinos Center for Biomedical Imaging and Hebrew University in Jerusalem, Israel. Since 2010, she has focused on neurofeedback research and clinical work at the Mental Health Center in Beer-Sheva, Israel and at Ben-Gurion University. Ainat worked as a clinician, educator, and group intake coordinator at Arbour Outpatient Clinic in Jamaica Plain, Boston. She has been on the staff at the Trauma Center at JRI since 2012 as a chief scientist of neurofeedback and a senior affiliate at the neurofeedback clinic. She also trains and supervises NFB clinicians. She coordinated the child Neurofeedback Study and was part of the adult NFB study.

Ainat is fluent in Hebrew and English

Pronouns: She/Her/Hers

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Diana Martinez, MD, MSc, PhD, BNC

Diana is a medical doctor with a specialty in Neurorehabilitation. She received her medical degree from University of Aguascalientes, Mexico in 2002, Fellowship in Neurological Rehabilitation from IAHP, Philadelphia, USA in 2006; M.Sc in Neurological Rehabilitation in 2009, Fellowship Neurophysiology from University Hospital, Cleveland, USA in 2012 and PhD from De Montfort University from Leicester, UK in 2018. She has 15 years of experience treating severe brain injured patients in United States, Mexico, Spain, Italy, China, Brazil, Colombia and Honduras. She developed, along with other professionals, an integrative intervention to rehabilitated neurological conditions including neurofeedback and other non-invasive brain stimulation techniques. She is the CEO (since 2012) of Neocemod (Neuromodulation Center), Mexico City and Aguascalientes, Mexico, with experience treating

patients with epilepsy, learning disorders, behavioral disorder, mood disorders, sleep disorders, TBI and CP. She has extensive experience in neurophysiology, EEG/qEEG/ERP interpretation. Also, she is an international consultant for Neurofeedback professionals and currently she combines clinical work, and research; which lead to study the effects of Neurofeedback in epilepsy for her PhD thesis. She continues received invitations to give lectures and workshops for ISNR, BFE, NRBS and SMNB (Mexican Neurofeedback society) and other international neurological and neurophysiology societies.

In 2017 she became the Director of Neurofeedback Clinic at Trauma Center at JRI in Boston and currently she is cofounder of Boston Neurodynamics offering high quality training and consulting for neurophysiological evaluations, neurofeedback, biofeedback and noninvasive brain stimulation interventions.

Diana is fluent in Spanish and English

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Leon Morales-Quezada, MD

Dr. Leon Morales-Quezada is a physician-scientist with experience in neurocognitive rehabilitation, noninvasive neuromodulation, applied psychophysiology, and technology development for neurological rehabilitation. Dr. Morales-Quezada received his MD degree from Universidad Autonoma de Aguascalientes and completed clinical training in emergency medicine and intensive care. He also completed a fellowship and Masters in Neuropsychology Rehabilitation at Touro College, a PhD in Cognitive Neurosciences from De Montfort University in Leicester UK, and a Master's in Public Health from Harvard School of Public Health. Dr. Morales-Quezada completed a fellowship in Integrative Medicine from the Harvard-NIH program, at the Division of General Medicine and Primary Care at Beth Israel Deaconess Medical Center (BIDMC) and Spaulding Rehabilitation Hospital (SRH), Harvard Medical School. Dr. Morales-Quezada research interests focus on noninvasive neuromodulation, the placebo effect, and technology development applied in rehabilitation and behavioral medicine.

Mirret M. El-Hagrassy, MD

Mirret M. El-Hagrassy, MD, is a licensed neurologist, board-certified in Neurology and Epilepsy. She is currently a post-doctoral research fellow at the Spaulding Neuromodulation Center, Harvard Medical School. Dr. El-Hagrassy is conducting research and training in neuromodulation with an emphasis on neurologic disorders, and her current research projects involve the effects of non-invasive brain stimulation on Parkinson's disease, chronic pain as well as EEG changes in healthy volunteers. She has co-authored book chapters and papers (in press) on clinical research and non-invasive brain stimulation. Dr. El-Hagrassy has a special interest in non-invasive brain stimulation, EEG, epilepsy, and neurofeedback. She enjoys living and working in multicultural environments and multi-specialty groups.



Dr. El-Hagrassy completed her medical training at the Faculty of Medicine, Cairo University (Cairo, Egypt) over a decade ago, and has moved to the US since. She completed her neurology residency at SUNY Upstate University Hospital (Syracuse, NY), clinical neurophysiology (EEG and Epilepsy track) fellowship at Cleveland Clinic (Cleveland, Ohio).

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