



IFEN

Institute for EEG-Neurofeedback



**CERTIFIED
NEUROFEEDBACK
THERAPIST I.F.E.N.**



Curriculum

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CERTIFIED NEUROFEEDBACK THERAPIST I.F.E.N.

Neurofeedback is effective,

and you can apply it to a variety of disorders.

These include: AD(H)D, learning disorders, autism, Asperger syndrome, epilepsy, bipolar disorders, anxiety, depression, pain and sleep disorders. We have a wide range of experience with chronic problems.

With our offer, we would like to prepare you for interesting and successful work in the best possible way. Help your patients with neurofeedback, too: It is very exciting to adopt the new techniques and the costs for training and equipment will amortize within a short period.

Our training concept

is based on tried and tested standards based on evidence. You will learn the training based on standard score EEG databases as well as the classic tried and tested beta SMR training (low beta). We place great significance on practical training and have thus anchored the accompanying supervision in our training concept.

You can, however, constantly extend your knowledge at the Institute for EEG Neurofeedback. We offer supervision, mentoring, and special workshops with other methods and content all the time.

Therapists from around the world already work with the help of scientific databases. From many years of experience in our own practice and the positive feedback from our graduates, we make a high degree of safety and efficiency possible for you. With that, the focus is on your clients with their symptoms and grievances, in order to guarantee individual and holistic treatment tailor-made for them.

Module 1 Intensive Course (50 units)

Wed – Sat 9 a.m. – 6 p.m.
Sun 9 a.m. – 4 p.m.
A total of 50 units/45 minutes

During lessons, we offer coffee, tea, cake, water and desserts (loghurt).



Day 1

- Development and history of bio- and neurofeedback
- Understanding the biofeedback mechanism and how it works
- Biofeedback, learning theory of conditioning
- Application in the field of peripheral biofeedback
- Biofeedback on skin resistance and heart rate variability
- Stress and managing stress – what is disordered regulation?
- Basics on the development of the EEG and the brain wave
- The EEG as indicator for disorders
- Practice: Self-awareness of biofeedback (skin resistance, heart rate variability)

Day 2

- Repetition and summary of day before
- Slow waves: Delta, theta, alpha and their characteristics
- Fast waves: Low beta, beta, high beta and gamma
- Assessments, tests, evaluation and grounds for treatment
- Introduction to quantitative EEG by means of standard score method
- Recording of brain waves made easy – international 10/20 system
- What is a neurofeedback protocol?
- Basic principles of the treatment of ADHD with classic and individualized protocols
- Practising and self-awareness of SMR (low beta) training

Day 3

- Repetition of the days before
- Neurofeedback protocols with examples
- Practical trainings: Practising NF training by means of database and z score protocols
- Simple one- to four-channel assessment of the EEG
- Exercises with z score protocols

➔ Day 4

- Repetition of the days before
- Practising neurofeedback training with databases
- Evaluation of the result of treatment
- Features of symptoms and signs of performance in the EEG.
- Functional neuroanatomy
- Practical training: Specifics of the software, real time z score training and z score protocols in Combination with classic methods and biofeedback alternatives

➔ Day 5

- Standardised database training: Individual possibilities of approach and constraints
- Ethical principles and dealing responsibly with neurofeedback
- Further practical exercises including relaxation protocols and peak performance trainings
- Hemoencephalography neurofeedback
- Brief advance examination
- Prospects and the extension of the possibilities e.g. with the application of Loreta neurofeedback (low resolution electromagnetic tomography)

In order to practise, each participant will receive a software set. It is free of charge. There is sufficient equipment available for practising.

Module 2 Practical experience

- Working on and taking care of the client at one of our partner practices
- The main focus is practical work, handling equipment and software as well as Interpreting therapy results
- Enhancing own knowledge, applying practical knowledge
- Written exam

Module 3 Supervision

- Discussing own clients
- Advice in particular issues
- Sessions are analysed using "Teamviewer" software in real time

The supervision takes place here via a data line on the Internet. In this so far unique concept this means: You conduct a session and the content of your screen is transmitted directly to the supervisor without a delay in time. This facilitates the discussing and accompaniment of the session as if the tutor were sitting right there in the room. It is thus fully up to you to schedule appointments in the most appropriate way to your needs.

You will need the "Teamviewer" software to do this. You can find it on the IFEN website and download it for free.

Brief overview of all modules

Training unit Units required	Investment costs	Possible concessions
Module 1 Intensive Course (5 days, 50 units)	1100.00 EUR	10 % discount each for you for every person registering at the same time thanks to your recommendation. Reduced conditions for in-house training (upon prior arrangement)
Module 2 Practical training with exam 8 units The exam lasts a total of 45 minutes and must be taken in writing. The practical work will be assessed and a feedback form will be used to indicate the criteria necessary for the successful completion of training.	90.00/45.00 EUR per unit (60 min)	A maximum of two participants can sign up for the same practical training site. This reduces the costs for each participant by 50%.
Module 3 Supervision 8 units Via telephone and online sessions The certificate will be sent after the successful exam, completion of practical training and the supervision.	90.00/45.00 EUR per unit (60 min) (6 dates 60 minutes each)	A maximum of two participants can take part in the supervision. This reduces the costs for each participant by 50%. Invoices are issued to only one participant.

Training manager and concept:

Thomas Feiner, BCIA BCN
Manager and Owner of the Institute for EEG Neurofeedback
Biofeedback Certification International Alliance (Board Certified in Neurofeedback BCN, instructor)