



# IFEN

Institute for EEG-Neurofeedback



## CERTIFIED NEUROFEEDBACK THERAPIST IFEN



# Curriculum

Institute for EEG Neurofeedback  
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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 data-bases. 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.



**IFEN**

Institute for EEG-Neurofeedback

# Module 1 Intensive Course (40 units)

Wed – Sat: 9 a.m. – 6 p.m. \*)

Sun: 9 a.m. – 4 p.m. \*)

A total of 40 units/45 minutes

Module 1

Module 1

Module 1

## 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

## Module 3 Supervision

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

## Module 4 Examination

The examination is taken as an online multiple-choice testing. Available after go through the modules I-III, a link to the examination site where you can then take the exam quite easily at home.

Your exam will be accompanied by a competent inspector of the IFEN via TeamViewer and can assist you immediately side with emerging issues.

*The supervision and the examination will take place via a data line on the internet here.. 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. Your exam will be accompanied by a competent inspector of the IFEN via TeamViewer and can assist you immediately side with emerging issues.*

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

For further information, please visit:

**[www.neurofeedback-info.de](http://www.neurofeedback-info.de)**

<sup>\*)</sup> Subject to change



## Brief overview of all modules

Training unit Units required	Investment costs	more information
 <b>Module 1 Intensiv Course</b> 5 days, 40 units	Maximum 1250.00 EUR Please note our early booking discounts	In-house training possible
 <b>Module 2 Practical Experience</b> 5 Tage, 5 hours, 7 units	90.00 EUR per hour (60 min) at least 5 hours required = 450.00 EUR	
 <b>Module 3 Supervision</b> 5 hours, 7 units via telephone and online sessions	90.00 EUR per hour (60 min.) at least 5 hours required = 450.00 EUR	
 <b>Module 4 Examination</b> 2 units	150.00 EUR	Online examination

### Training manager and concept:

Thomas Feiner, BCIA BCN  
Direktor of the Institute for EEG-Neurofeedback  
Biofeedback Certification International Alliance (Board Certified in Neurofeedback BCN, Instructor)

For further information and booking , please visit:

[www.neurofeedback-info.de](http://www.neurofeedback-info.de)

Please note our terms at:

[www.neurofeedback-info.de/en/education/terms.html](http://www.neurofeedback-info.de/en/education/terms.html)

