

Information



Education · Research

IFEN

Institute for EEG-Neurofeedback

Institute for EEG Neurofeedback

INFO



Introduction



Welcome!

No matter which area of healthcare you come from – occupational therapy, psychology, neurology or coaching – you most likely arrived here because you want to continue your education and integrate Neurofeedback into your practice.

Then you are exactly right with us.

For 10 years, we have been one of the leading training institutes for bio- and neurofeedback in Germany, giving great emphasis to transparency, practicability and scientificity.

We know all of our graduates and stay in contact long after the exam. You need help, have questions about technical problems or specific clinical cases? We and our internationally connected community will support you wherever we can.

Our workshops are based on international standards and focus heavily on practice. In addition, we are in contact with numerous international scientists, researchers and clinics, we develop our own protocols and are involved in various research projects.

We look forward to welcoming you to our IFEN family!

The Important Facts at a Glance



What is IFEN?

- The **Institute for EEG Neurofeedback** – IFEN for short – was founded in 2008 by Thomas F. Feiner. IFEN specializes in the education and training of neurofeedback professionals.
- **Thomas F. Feiner**, founder and director of IFEN, is a BCIA-certified neurofeedback expert with over 25 years of experience. He has gained reputation through years of work with well-known neuroscientists and therapists, learning disorders, developing his own programs and his test software CAPITO. This tool was developed to measure cognitive performance and event-related potentials for research and therapy of disorders of the central nervous system.
- The IFEN has a large network of neurofeedback users who help and support each other.
- In addition to its core offer, IFEN works regularly with international experts and organizes workshops in various locations around the world.
- **Good to know:** In our training courses, we only use approved medical devices that comply with EU regulations. We also use state-of-the-art neurofeedback technology.

What is Neurofeedback?

- **Neurofeedback** (ancient Greek neuron = nerve) is a specialized biofeedback technique used primarily in neuronal and psychosomatic disorders such as ADHD, epilepsy, depression, sleep disorders, anxiety, panic disorders, etc.
- For that, electrodes on the scalp measure the fluctuations of the electrical potential in the brain which are then graphically displayed in an **electroencephalogram** (ancient Greek enkephalos = brain, graphein = write, abbreviated EEG).
- Sometimes certain symptoms and clinical pictures can be deduced out of abnormalities in the EEG, which usually result from an imbalance in brain activity. This is also called **brain map**.



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- In a neurofeedback session, the client's EEG is used to make his or her own internal processes of the brain visible, usually using different **visualizations**. For example, a video game in which an aircraft must be maneuvered through a target by changing brain activity.
- If the client manages to get into the desired state during the session, thereby influencing what happens on the screen (e.g. reaching a certain target), it activates the **reward center in the brain**. This triggers a learning process that in turn leads to an improvement in brain activity.
- This **"positive feedback"** encourages the brain to maintain a certain state of maximum concentration and performance while staying relaxed. Through regular training, brain activity can eventually become balanced in the long term.

What can Neurofeedback do?

- Depending on the correct setting and the client, neurofeedback has a lot of **positive effects**, including:
 - Increased concentration
 - Increased sleep quality
 - Noticeable relaxation & balance
 - Reduction of anxiety
 - Reduction of chronic pain
 - Reduction of psychosomatic symptoms
- Neurofeedback is mainly used for the following **disorders and mental health issues**:
 - AD(H)D
 - Depression
 - Chronic pain
 - Insomnia
 - Migraine
 - Autism
 - Panic / anxiety disorders
 - Addictions
- Some of our practitioners also successfully support top athletes with methods we impart in our courses

Our Education Program



Why choose IFEN?

Without a doubt, **neurofeedback is one of the most innovative treatments**, backed by countless positive testimonials and studies. We are convinced that the Neurofeedback certificate will be an important part in the portfolio of many occupational groups in the future: occupational therapists, alternative practitioners, neurologists, psychotherapists and many more.

Because we want to give as many people as possible access to high-quality neurofeedback training, we have focused on adapting our training concept to the needs of our customers. We call this important step the **"IFEN concept"** after Thomas F. Feiner.

The „IFEN-Concept“

Our training concept relies on tried and tested training methods based on normal-value databases supplemented by biofeedback. Every client is unique - we know how important an individualized and holistic treatment is for the therapy.

The IFEN offers numerous unique advantages for its trainees and therapists:

- **Always up to date** – Science is our top priority. We base the contents of our courses exclusively on current, well-founded research and studies as well as on years of experience. We also work closely with international universities.
- **Always hands-on** – Practice is one of our most important cornerstones. We award the certificate only to those who gain enough experience through our practicum and supervision with a personal mentor.
- **Working with people** – Our instructors are not just technicians, but also therapists and physicians who care about the well-being and health of people.
- **Reliable Support** – Our experienced neurofeedback experts are available almost 24 hours a day, online and via phone.

- **Inclusive community** – No one is alone in the IFEN family. Our friendly community welcomes everyone who needs help and seeks advice.
- **Versatile offer** – There is something for everyone in our wide range of training opportunities. In our workshops, we are supported by international experts. Quantitative EEG is one of our most important topics.



Four Steps to Become a Certified Neurofeedback-Therapist IFEN



The path to become a certified neurofeedback therapist IFEN consists of four modules: a beginners course, an internship, a supervision and the final exam.

You have the opportunity to complete Module 2 and 3 in any order.



Module 1 – Beginners Course (40 CE)

Your First Step to the Certified Neurofeedback Therapist IFEN takes you to our **Module 1**.

This is a **5-day beginners course** comprising **40 units** (CE).

Here you will be introduced to the basics of neurofeedback: e.g. History and origin of biofeedback, neurophysiology, applications as well as taking an EEG and its evaluation.

You do not need to bring any equipment to participate in the course. Equipment is provided by us. During the workshop, you work in small groups with complete neurofeedback systems (software and hardware, 4-channel and 19-channel) to ensure optimum learning success.

In addition, we would be pleased to advise you on further purchase decisions relating to Neurofeedback.

You always wanted to know how neurofeedback works, but you still can not decide on a complete education program? Then just come over to our special trial day!

We want to make this important step towards being a Neurofeedback Therapeut IFEN as easy as possible for you. That's why we will be offering the first day as an optional trial day for all Module 1 events. Here you will be introduced to the most important basics of neurofeedback by our experienced professionals.

You can "change over" at any time and participate in the entire 5-day intensive course!

You have the choice

- either to immediately participate in the following 5-day course,
- or to visit Module 1 on another date. In this case, the first day is of course optional for you.

In both cases, the standard costs for the course (usually € 1250) are incurred.

Curriculum of the beginners course:

Day 1 (*free trial day included*)

- History and origins of bio- and neurofeedback
- The biofeedback mechanism and its mode of action
- Learning theory of conditioning
- Application in the field of peripheral biofeedback
- Biofeedback via skin resistance and heart rate variability
- Stress and stress regulation – what is disturbed regulation?
- EEG basics and brain waves
- EEG as an indicator of disorders
- Biofeedback hands-on training (skin resistance, heart rate variability)

Day 2

- Recap
- Slow waves: delta, theta, alpha and their characteristics
- Fast waves: low beta, mid beta, high beta and gamma
- Testing, recording and assessment of treatment
- Introduction to the quantitative EEG through normative procedures
- Derivation of brain waves and the international positioning system
- What is a neurofeedback protocol?
- Basics of treating ADHD with classic and individualized protocols
- Hands-on training with SMR-Beta and Z-Scores

Day 3

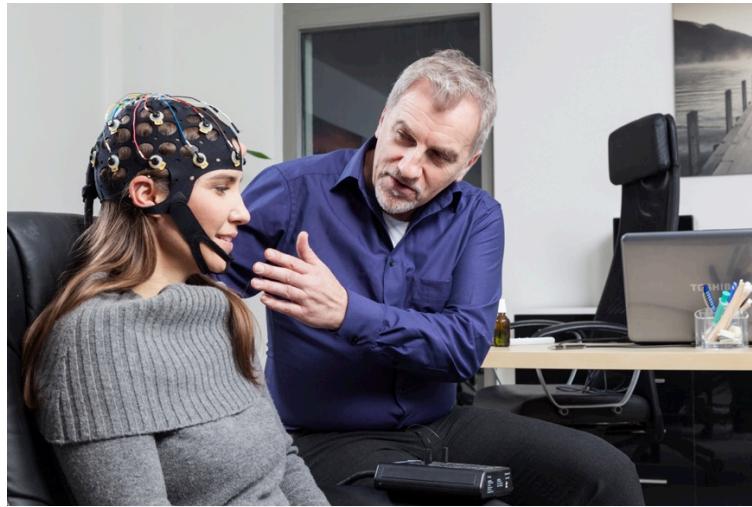
- Recap
- Neurofeedback protocols with examples
- Practice NF training using databases and Z-Score protocols
- Simple one- to four-channel assessments of EEG
- Training with the Z-Score protocols

Day 4

- Recap
- Practice four-channel neurofeedback training with databases
- Evaluation of treatment outcomes
- Symptoms and features in the EEG
- Functional neuroanatomy
- Practice: Special features of the software, real-time Z-Score training and Z-Score protocols in conjunction with classic methods and biofeedback variants

Day 5

- Standardized database training: individual approach - possibilities and limits
- Ethical principles and responsible use of neurofeedback
- Other practical exercises e.g. with relaxation protocols and peak performance training
- Hemoencephalography neurofeedback
- Short preliminary exam with recap
- Outlook and expansion of possibilities, e.g. Loreta neurofeedback (Low Resolution Electromagnetic Tomography)



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Module 2 – Practicum (7 CE)

Your next step to Certified Neurofeedback Therapist IFEN will take you to our **Module 2**.

After you have been introduced to the basics in Module 1, it is now time to deepen your **practical knowledge**. This is done as part of an internship, which includes **7 CEs (5 hours)**. You are free to decide how many internship hours you would like to attend. At least 5 hours are required for successful completion.

But not only that: we also organize internships for you at a **location near you**, as our network of well-trained therapists is constantly growing.

In some cases an internship with us can be dispensed with upon proof of supervision hours already taken or equivalent internships. You will then receive the certificate based on already existing experience.

What we focus on during the practicum:

- Working with clients and getting support in one of our partner practices
- Practical work, handling of equipment and software
- Interpretation of therapy results
- Deepening and applying your knowledge

You also have the opportunity to complete modules 2 and 3 in any order, which offers you much more flexibility.



Module 3 – Supervision (7 CE)

Your next step to Certified Neurofeedback Therapist IFEN will take you to our **Module 3**.

As part of this module, for the first time you will be able to carry out neurofeedback applications in your own practice.

For this you will be accompanied by a personal mentor. The **supervision** includes at least **7 CEs (5 hours)**.

Supervision takes place via **screen sharing**. For this we usually use a software (TeamViewer or Zoom), which can be installed quickly and is easy to use. All you need is a working internet connection. Your screen will be transmitted directly to your supervisor during the neurofeedback session, accompanying you through the process in real time.

What we focus on during the supervision:

- Assessment of your own clients
- Analyzing your clinical cases
- Accompaniment throughout the process
- Advice on specific questions

In addition, as in module 2 (practicum), in module 3 you can freely decide how many lessons you want to take and whether you would like to take the supervision before or after the practicum.



Module 4 – Exam

Your last step will take you to **Module 4**.

For this you have to take an online exam, which takes about **one hour**.

In general, we strongly believe that you will not use unauthorized aids in answering the questions. Nevertheless, we want to ensure the quality of our education program. We therefore would like to ask you to understand us contacting you personally during the exam time. We will connect to your computer via webcam in real time.

About one hour before the examination date, you will receive a **link** together with the **access code**, which you can use to check-in.

Take your time and generously allow for **1.5 hours** to take the exam, so you have enough time to answer all questions.

Your results will be shown directly after the end of the exam.

If you want to prepare for the exam, we recommend our **questionnaire "IFEN 100"**, which covers all relevant topics. You can download it for a small fee of 30 € on our website.

Other Topics of IFEN



QEEG

The quantitative EEG (QEEG) uses state-of-the-art data processing to make disorders visible in the brain using a brain map. Thus, a diagnostician can significantly expand his or her range of possibilities - ultimately, the biological basis of autism, stress, diseases or learning disorders in the brain can be identified.

ISF

ISF stands for Infra Slow Fluctuation. It is the scientific term for oscillations in the brain with a very low frequency (infra = below, below, slow = fluctuation = fluctuation). ISF Neurofeedback specifically trains these slow oscillations to improve overall brain performance.

Neuromeditation





In neuromeditation, neurofeedback techniques are used in meditation practices, such as MBSR (mindfulness based stress reduction). This can help meditators and therapists to define and refine the process, potentially increasing motivation, interest, and impact. Neuromeditation can be used on many mental health conditions, including: AD(H)D, anxiety and depression.

Photobiomodulation

Photobiomodulation (ancient Greek photos = light, Greek bios = life, Latin modulatio = measure) is a special branch of phototherapy. In Photobiomodulation areas of the body (e.g., the head) are irradiated with near infrared light so as to excite the mitochondria in the cells. This increases the cells energy, helps them regenerate faster and makes them more resistant.



The IFEN education concept – overview

| Module | Price | Info |
|--|--|--|
|  Module 1 (intensive course) 5 days, 40 units | 1250 € (please note our early bird discounts) | Free trial day (day 1) included; inhouse- and online courses available |
|  Module 2 (practicum) 5 hours, 7 units | 450 € (90 € per 60 min) | Completion flexible |
|  Module 3 (supervision) 5 hours, 7 units | 450 € (90 € per 60 min) | Completion flexible |
|  Module 4 (exam) 2 units | 150 € | Online available as online exam |

After completion of the respective modules, the IFEN certificate will be sent to you.

Management and concept:

Thomas F. Feiner, BCIA, BCN

Director of the Institute for EEG-Neurofeedback

Biofeedback Certification International Alliance (Board Certified in Neurofeedback BCN, Instructor)

More information and registration at:

www.neurofeedback-info.de/en

General Terms and Conditions:

<https://www.neurofeedback-info.de/en/terms-2.html>

*Subject to change

Imprint

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