

ANFI's 36-hour Didactic Training for Neurofeedback in Clinical Practice

7 – 10 May 2021, Toowoomba



Accredited Course

What is neurofeedback?

EEG biofeedback (neurofeedback) is employed to monitor the electrical activity of the CNS including EEG, event related potentials, slow cortical potentials and other electrical activity either of subcortical or cortical origin. Neurofeedback therapy is a specialized application of biofeedback of brainwave data in an operant conditioning paradigm. The method is also used to enhance existing performance skills.

Why attend this course?

This post-graduate level course is open to professionals in health, education and sport, and others with an interest in the brain and neuroplasticity. A wide range of studies in applied neuroscience have demonstrated the clinical effects of neurofeedback (NFB) therapy for improving electrical activity of the brain and subsequently, improving daily functioning and outcomes for health and well-being. NFB is emerging as an effective adjunct to traditional methods used in therapy for clinical health difficulties and in training toward performance enhancement. NFB may have the potential to be an alternative to conventional psychopharmaceutical approaches for treating neurocognitive and neuro-behavioural disorders.

The course introduces neurofeedback, a significant therapeutic intervention to manage a range of disorders including, for example, attention deficit, anxiety, autism, pain, and behaviour disorders. Neurofeedback can also be used for performance enhancement in healthy clients with peak performance goals e.g. athletes, students and professionals. This course is an opportunity for mental health professionals to learn more about the potential of neurofeedback (EEG biofeedback) to improve brain health and functioning.

Objectives of the 36-hour Program

This is a didactic education program designed to teach the competencies required for BCIA-A* Certification in Neurofeedback. In addition, the course will provide continuing professional development for:

- mental health assessment, diagnostic formulation, treatment, and prevention of psychological problems and mental illness in a range of health contexts
- knowledge of psychopathology, neurobiology and neuropsychology relevant to mental health, clinical and health psychology and behavioural medicine
- understanding of scientific approaches to mental health intervention, e.g. qualitative and quantitative analysis, self-report, interview and observational methods, and genetic, biological and neuroimaging
- transformation of research and evaluation findings into evidence-based interventions for mental disorder (focussing on HRV & EEG biofeedback methods)
- understanding and communicating ethical obligations e.g. consent, working within scope of practice.

About the Course Provider

ANFI, the Australian Neurofeedback Institute, was initiated in early 2019, as a social enterprise of the NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS). We are leaders in the field of Neurofeedback and trauma and have experience in working with complex and chronic cases. This course is based on our clinical expertise in using Neurofeedback as a tool for trauma recovery in combination with other therapeutical modalities. We work with partners in Academia and researchers in the field of neuroscience and trauma to develop high quality neurofeedback treatment for clients suffering from PTSD, anxiety and depression. We are currently conducting research with the University of Sydney, University of NSW and Macquarie University. Our clinical work with trauma affected clients, has been endorsed by Prof. Bessel van der Kolk, Sebern Fisher, Dr Norman Doidge, Jay Gunkelman & Prof. Juri Kropotov.

The ANFI 36-hour Didactic Training in Neurofeedback course was accredited following extensive review by both the International BCIA Board and the BCIA-Australia in 2020.

Prerequisite Qualifications

To enrol in this Neurofeedback Training Course for Mental Health Practitioners, candidates must already be registered for independent health practice in one of the 15 professions regulated by [AHPRA](#). Non-registered health practitioners must be an active member of one of the allied health professions represented by [AHPA](#) (see ordinary and affiliate member lists). Non-health professionals may complete this training as a Technician, with evidence that they are working under direct supervision of a suitably qualified health professional. To complete the requirements for BCIA-A Certification (Neurofeedback), candidates must successfully complete the coursework & assessments of the NFB training course; and must successfully complete the BCIA-A entry examination provided at the end of the course – as detailed on page 2.

**The Biofeedback Certification International Alliance (BCIA) was created in 1981 as the Biofeedback Certification Institute of America, with the primary mission to certify individuals who meet education and training standards in biofeedback and progressively re-certify those who advance their knowledge through continuing education. To reflect our global identity, we adopted this new name in March, 2010. BCIA is an autonomous non-profit corporation whose policies and procedures are set by an independent board of directors, comprised of a rotating group of distinguished clinicians, researchers, and educators.*

Board certification is the mark of distinction for providers of biofeedback and neurofeedback services and establishes that the individual has met entry-level education and training requirements. However, BCIA certification is not a substitute for a valid license or other credential to legally practice one's profession as regulated by health care practices in your country.

In 2011, Biofeedback Certification International Alliance – Australia Inc (BCIA-A) was first registered in Australia as an affiliate of the BCIA.

In addition to healthcare status, **BCIA-A Certification in Neurofeedback** requires:

1] Didactic Education in Neurofeedback

A minimum of 36 hours of didactic neurofeedback education in a BCIA-approved course covering the 10 modules of the *BCIA Blueprint of Knowledge*:

1. Orientation to Neurofeedback	4hrs	6. Patient/Client Assessment	4 hrs
2. Basic Neurophysiology & Neuroanatomy	4hrs	7. Developing Treatment Protocols	6 hrs
3. Instrumentation & Electronics	4hrs	8. Treatment Implementation	6 hrs
4. Research Evidence for Neurofeedback	2hrs	9. Current Trends in Neurofeedback	2 hrs
5. Psychopharmacological Considerations	2hrs	10. Ethical & Professional Conduct	2 hrs

2] Proof of successful completion of two comprehensive university level courses:

- a. Human Anatomy, Physiology or Human Biology; **and**
- b. Neuropsychology, Cognitive Neuroscience or Psychophysiology
or alternatives approved by BCIA-A to meet the above two course requirements.

3] Practical Skills Training

Certification candidates require 25 contact hours with a BCIA-A-approved mentor for supervision of:

- a. the review of 10 sessions of self-regulation,
- b. 100 patient/client sessions,
- c. 10 case presentations, and
- d. Mentor Attestation of the Essential Skills for Neurofeedback.

5] Successful completion of the written certification exam on the “[Blueprint of Knowledge](#)”.

For more information about BCIA-A Certification contact bciaaustralia@gmail.com

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Course Overview

The *ANFI 36-hour Didactic Training in Neurofeedback for Clinical Practice* covers the 10 Modules of the BCIA Blueprint of Knowledge for Neurofeedback, the required didactic training component of Neurofeedback Certification. As a face-to-face program, the comprehensive course is structured as 4 days of teaching and practice. Practicum time within the workshop is maximised by *pre-reading and assignments to partially complete some of the course by distance education with access to electronic materials, webinars and mentoring. The 4-day practicum and associated assessment tasks are required to attain evidence of completion of the *BCIA-A Accredited 36-hour Didactic in Neurofeedback*.

*The following modules are offered by distance education in advance of the face-to-face workshop:

- Module 2: Basic Neurophysiology and Neuroanatomy
- Module 3: Instrumentation and Electronics
- Module 5: Psychopharmacological Considerations

Recommended Reading: Hammond, D.C. (2011). "[What is Neurofeedback: An Update.](#)" *Journal of Neurotherapy*. **15**(4): 305-336.

About the Presenters



Mirjana Askovic is a Senior Psychologist, BCIA-A Certified neurofeedback practitioner and QEEG Diplomate who uses an integrative, neuroscience-based approach to psychotherapy. Since 2001 she has been a clinician at the NSW Services for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS), where she coordinates the Neurofeedback Program; and is a Director of the Australian Neurofeedback Institute (ANFI). The STARTTS Neurofeedback Program was established in 2007 to help clients with chronic, complex PTSD learn to regulate their physiological states to support their emotional, cognitive, and social rehabilitation. Mirjana established ANFI to develop specialised neurofeedback training and mentoring. Mirjana is a PhD candidate with the Discipline of Psychiatry

at the University of Sydney. Her research is focused on the examination of the mechanisms and efficacy of neurofeedback in reducing symptoms of PTSD in traumatised refugees. Mirjana is a regular national and international conference presenter and trainer and is the author of multiple publications on the integration of neurofeedback in working with trauma survivors. For her contribution to the field of applied neuroscience in Australia, Mirjana was awarded an ANSA Fellowship in 2017.



Michelle Aniftos BCN, QEEGD, ACP (*BSSc; MEd; MPsych; GC ClinNeuroPhys*) is a Clinical Psychologist working in private practice in Australia. She has been accredited by Australian Health Practitioner Regulation Agency and the Australian Psychological Society's Clinical College as a Supervisor of Provisional Psychologists and Clinical Registrars. Michelle is a Fellow and President of the Applied Neuroscience Society of Australasia; and a Fellow and past Chair of the Biofeedback Certification International Alliance - Australia. Michelle has neurofeedback certification with the [BCIA](#), QEEG certification with the [IQCB](#) and has been endorsed as a mentor for those seeking neurofeedback and/or QEEG certification. Michelle is also an Accredited Clinical

Physiologist given her training and experience in EEG. Michelle has extensive knowledge and skills to share. She has over 30 years of education, training and practice working in Australian schools as a teacher, Guidance Officer and Principal; and in mental health as a Clinical Psychologist.

REGISTRATION FORM

1. Account Holder Details (Tax Invoice to this contact)

Surname:	Given names:
Postal address:	
Email:	Contact Phone:

2. Registrant Undertakings

Please register me _____ (*First and LAST name*) as a participant in the ANFI Neurofeedback Didactic Course by workshop & distance education.

I understand that I am required to complete three Neurofeedback Education Modules by distance education in advance of the face-to-face workshop:

- Module 2: Basic Neurophysiology and Neuroanatomy
- Module 3: Instrumentation and Electronics
- Module 5: Psychopharmacological Considerations

These are delivered as an online, self-guided learning materials including readings, recorded webinars and compulsory review tasks with personalised feedback from a BCIA-A Mentor.

I understand that to complete the requirements of the 36-hour Didactic Training in Neurofeedback, I should complete the 3 study modules listed above, plus the 4 days of face-to-face training to be delivered in Toowoomba from Friday 7th to Monday 10th May (inclusive).

I understand that hands-on learning materials and EEG equipment will be available at the course. I do not need to provide my own equipment to participate, although welcome if available.

I understand that a **Tax Invoice for \$1850 plus GST** (per participant) will be dispatched to the Account Contact identified above, following receipt and approval of this, my registration form.

Signed:

Registrant Details

Surname:	Given names:
Postal address:	
Email:	Contact Phone:

3. Academic Qualifications

Please provide evidence of your professional status and/or demonstrate suitability to participate in this post-graduate professional training in applied neuroscience.

I have completed higher education studies in: _____

I have professional credentials in the field of: _____

I have attached recommendation from my supervisor who is Certified in Neurofeedback.

Submit your Registration Form to Michelle Aniftos via email: michelle@msmh.com.au

Phone enquiries to: MSMH on (07) 4638 8464