



# ANSA

APPLIED NEUROSCIENCE  
SOCIETY OF AUSTRALASIA

## 13<sup>th</sup> Annual ANSA Conference & Workshops: Gateway to Health



## Conference Handbook

[www.appliedneuroscience.org.au](http://www.appliedneuroscience.org.au)

The [Applied Neuroscience Society of Australasia](http://www.appliedneuroscience.org.au) (ANSA) is a membership organization predominantly comprised of health professionals involved in the promotion of improving mental health with emerging technologies in applied neuroscience. ANSA promotes education and professional excellence for the research and practice of brain-based assessment and intervention.

# Acknowledgements

The Aboriginal and Torres Strait Islander flags are visual symbols of acknowledgement and respect. This is a way of showing awareness of and respect for the traditional Aboriginal or Torres Strait Islanders owners of the land and recognising the continuing relationship between Indigenous peoples and their Country.



The *Council for Aboriginal Reconciliation* implores Australian organisations to “recognise that reconciliation between the Aboriginal and Torres Strait Islander peoples and other Australians must be achieved if community division, and injustice to Indigenous Australians were to be avoided”.

The Applied Neuroscience Society of Australasia respectfully acknowledges the traditional custodians of the land on which our organisation is incorporated, and pays respect to elders of Aboriginal and Torres Strait Islander peoples, past and present.

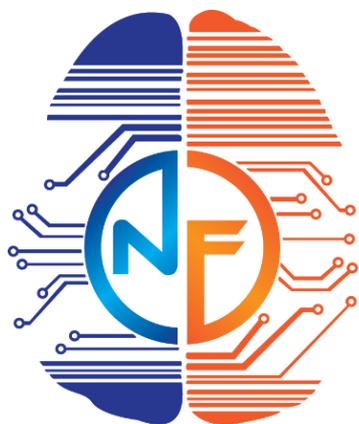
The artwork featured here is ‘**Brain Dreaming Tracks**’, a painting by **Sally Butler**, which represents the brain as a network of ‘song lines’ – brain circuits as journeys with mythical underpinnings. *Thank you, Leon Petchkovsky, for facilitating ANSA’s access to this artwork.*



## Sponsors & Social Media Access

ANSA appreciates the contribution of our sponsors and their commitment to attend our annual conference. *Exhibitors will be available during refreshment breaks and lunches.* To contact sponsors, speakers and other delegates and to hear about any conference program updates, please use our social media app – WHOVA – from [https://whova.com/portal/acwgt\\_201908](https://whova.com/portal/acwgt_201908). If you aren’t directly added to the event and are asked for an event invitation code when accessing the event, please type in this invitation code: **acwex**

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# Welcome to Cairns



## 6pm Friday 23<sup>rd</sup> August: Welcome Reception, *Daintree's Pool Deck*

This is a ticketed event. Please confirm your registration on arrival at Reception. The Daintree Pool Deck is set in the lush, tropical gardens of the Pullman International and the perfect place to mix and mingle. Renew acquaintances and make new contacts. Drinks, canapes and entertainment are provided for \$50pp.

*Dress code: Aussie Tropics; Entertainment provided by Artist, Steve Rockman.*

## Traditional Welcome by Carl Fourmile – local Indigenous leader

Carl is Artistic Director of Minjil and a Yidinji man from the land of Gimuy, Far North Queensland. He is a cultural performer and practitioner who has strong roots in dance, lore and education. Carl mentors youth and others wanting to connect further with their understanding of Aboriginal culture; through sharing his knowledge and identity of the Yidinji people. Carl is a proud to be an ambassador for his people and to work with Indigenous and non-Indigenous communities.



Cairns, considered the gateway to Australia's Great Barrier Reef, is a city in tropical Far North Queensland, situated on the edge of the Coral Sea. Cairns sits on a shallow mangrove bay, which often exposes mudflats at low tide, and is enfolded by the rainforest-draped hills of the Great Dividing Range.

Cairns is billed as the world's safest tropical city with modern, stylish restaurants, shops and nightlife. Cairns Esplanade, lined with bars and restaurants, has a swimming lagoon. Northwest of the city, Daintree National Park spans mountainous rainforest, gorges and beaches. The Australian tropics are

spectacular in their diversity, offering stunning environmental treasures and exhilarating adventure opportunities. The gorgeous Great Barrier Reef is the world's largest marine park. Several idyllic tropical white sandy bays are to be found to the north of the city, while Kuranda and the Tablelands beckon from the range.

We will visit Tjapukai, Kuranda and Skyrail on Wednesday during our post-conference Day Trip. Tjapukai Aboriginal Park tells the stories of indigenous Aboriginal and Torres Strait Islander people with music and dance.

This is a tropical Australia: palm-fringed beaches, steaming rainforest and the legendary outback for unforgettable adventures. Cairns epitomises Australia's infamous laid-back and casual lifestyle. The tropical climate means casual clothes, balmy nights under the stars and plenty of opportunity to sit under a shady tree and enjoy a cool drink.



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The Annual Cairns Festival will be running throughout the period of our ANSA Conference - <https://www.cairns.qld.gov.au/festival/news-events>

# President's Address

In keeping with ANSA's commitment to reconciliation and respect, I acknowledge the First Peoples who are the Bama – the Aboriginal rainforest people who are traditional custodians/owners of the lands that cover this region. They are amongst the oldest living culture on this planet. I pay respect to Elders past and present and to emerging community leaders. We honour them for their custodianship, and we honour their wisdom. I also acknowledge other Aboriginal and Torres Strait Islander people who call this region home and those in attendance at this meeting. May we also walk this land with deep respect for all that is the Sorry Business and deep awareness to strengthen our connection to this wonderful and sacred place.

Welcome to our long-distance travellers, Members, Guests and first-time attendees. Thank you to our hosts here at the Pullman International. Welcome Everyone! I trust you will all benefit from the education and training opportunities provided throughout this our 13<sup>th</sup> Annual Conference but more importantly, please take time to greet each other, learn from each other's experience and support one another to grow in your confidence and capacity to continue working in this field.

ANSA depends on its members and community for its growth and success for **you** are ANSA. The Board represents you and works on your behalf to promote professional excellence in Applied Psychophysiology and Neurofeedback and to advocate for the contribution of our work to promote health and well-being in the community. Thank you to all our active members for your support of our organisation and for your ongoing interest and contribution to the field of applied neuroscience. I also thank my colleagues who have served on the ANSA Executive Board during 2018-2019:

Jon Hegg – Immediate Past President

Martha Mack – President-elect

Annette Andersen – Secretary

Terry Eichmann – Treasurer

Mirjana Askovic – Public Officer

Tim Hill - Asia-Pacific Journal of Neurotherapy Liaison

& Board Members: Rustam Yumash, Shelley Hyman, Michelle Gorgula, Sejla Murdoch, Yvonne Town.

I have served as President of this Applied Neuroscience Society of Australasia for the past two years and have worked for the Executive Board for over 10 years. I approached leadership as a *step in* (to the deep end) and a *step up* (to professional knowledge and capacity). I joined the Association with very little knowledge and experience, just a desire for professional community and support to learn more about neurofeedback. I soon learned that the more you give, the more you benefit. I brought to ANSA my enthusiasm and desire for learning and teaching. Like others before me, I made the commitment to align my professional development in this field according to the expectations of the BCIA (Biofeedback Certification International Alliance) and by the IQCB (International QEEG Certification Board). I achieved both my Certificate in Neurofeedback (BCN) and the QEEG Diplomate certificate (QEEG-D).

My Presidency has been characterised by my commitment to minimum standards of training as indicated by my management of the BCIA-Australia and QClub. Beyond personal gain, I have endeavoured to champion certification among our members. I am proud of the work we have accomplished with 18 QEEG Diplomates awarded over the past two years and our BCIA-Australia includes 45 Certified Neurofeedback practitioners. I anticipate that these numbers will have expanded on the back of our delegates who complete BCIA and IQCB exams during this conference. Thank you to those people for your work and your bravery stepping up to those daunting measures of your attainment. Your work is appreciated. We will continue to support those who remain affiliated with ANSA, BCIA-A and QClub.

I stepped in. I stepped up. Now it's time for me to *step out* and hand over leadership of ANSA to our President-elect, Martha Mack; and leadership of the BCIA-A to Chair-elect, Yvonne Town. I thank you for your support and I commend you to our incoming leadership group. Please support Martha, Yvonne and their executive teams. Don't be an isolate. ANSA needs your input. **We** need each other. Our growing field will benefit from your participation. Go well. *Michelle Anifetos* (ANSA President 2017 – 2019)



# Conference Brief Overview

## Thursday 22<sup>nd</sup> August – Preconference Workshops

8.30am – 9am: Registrations & Welcome Coffee in Tully Foyer. Workshops run 9am – 5.30pm. Catering is provided with 2 x 15-minute breaks in room plus 1 hour for lunch at 1pm

**Workshop 1 (in Tully 1): 2-day Physiology and Clinical Outcomes with Brain Stimulation Technologies: Audio-visual Entrainment (AVE), Cranio-electro Stimulation (CES) & transcranial DC Stimulation (tDCS).** Presenter: Dave Siever Silver Sponsor: [Bio-Medical Instruments](#)

**Workshop 2 (in Tully 2): Mental Health Neurobiomarkers: discovering neurological/physiological causes for symptoms is key for successful treatment.** Presenter: Dr Ronald Swatzyna Silver Sponsor: [Neurotherapy Institute of Australasia \(NIA\)](#)

6-7pm: BCIA-Australia Annual General Meeting in Tully 2

## Friday 23<sup>rd</sup> August – Preconference Workshops continued

7.30 – 8.30am: **APS Neurofeedback & Psychology Interest Group AGM**, Tully 1  
Please RSVP to Yvonne Town via email: [eboejo@digisurf.com.au](mailto:eboejo@digisurf.com.au)

8.30am – 9am: Registrations & Welcome Coffee in Tully Foyer. Workshops run 9am – 5.30pm. Catering is provided with 2 x 15 minute breaks in room plus 1 hour for lunch at 1pm

9am – 12 noon: **BCIA Certificate in Neurofeedback or QEEG Certification (Boardroom #2)**

**Workshop 1 (in Tully 1): 2-day Physiology and Clinical Outcomes with Brain Stimulation Technologies: Audio-visual Entrainment (AVE), Cranio-electro Stimulation (CES) & transcranial DC Stimulation (tDCS).** Presenter: Dave Siever Silver Sponsor: [Bio-Medical Instruments](#)

**Workshop 3 (Tully 2): 1-day Pharmaco-EEG & Neuromodulation Techniques**  
Presenter: Dr Ronald Swatzyna Silver Sponsor: [Neurotherapy Institute of Australasia \(NIA\)](#)

5.30-6pm: **AAPI Neurofeedback and Neuromodulation Networking Group** meeting in Tully 2  
Please RSVP to Yvonne Town via email: [eboejo@digisurf.com.au](mailto:eboejo@digisurf.com.au)

6 – 8pm: **Welcome Reception, Daintree's Pool Deck**

## Saturday 24<sup>th</sup> August – Conference Day 1

7.30 – 8.15am: **Practical HRV Biofeedback Forum** in Kuranda Ballroom. *Sponsored by BMMI & Mindspace*

8 am: Registration Desk open

8am – 5pm: Sponsors and Exhibitors in Tully Trades Arena

8.15am: Welcome by ANSA President, Michelle Aniftos

8.30 – 9.30am: **Keynote: Neuro-correlates of the 'Self' and Implications for Neuro-psychotherapists**  
*Presenter: Dirk de Ridder*

9.30 – 11am: **Traumatic Brain Injury and Thalamocortical Disconnect; its Relation to Alzheimer's; and Treatment with Audio-Visual Entrainment;** *Presenter: Dave Siever*

11.30 – 4.30: Your choice from eight Presentations

5.30 – 9pm: The Spirit of Cairns Conference Dinner Cruise, departing from Marlin Marina.

## Sunday 25<sup>th</sup> August – Conference Day 2

8 am: Registration Desk open

8am – 5pm: Sponsors and Exhibitors in Tully Trades Arena

8.15am: Welcome by ANSA President-elect, Martha Mack

8.30 – 9.50am: Addressing Opioid Addiction Using Advanced Neuromodulation Techniques  
*Presenter: Nick Dogris*

10am – 1.30pm: Your choice from five Presentations including 2-hour Masterclass in HEG Neurofeedback with Adrian van Deusen

2.30 – 4pm: iCAN - Neurofeedback in the treatment of ADHD: Rating the evidence  
*Presenter: Martijn Arns*

4pm: Conference Close by Jon Hegg & invitation to participate in the ANSA AGM

4 – 5pm: ANSA Annual General Meeting

5- 6pm: Happy Hour in the Ballroom Foyer

5.30 – 9pm: ANSA Executive Board Dinner Meeting (elected officials)

## Monday 26<sup>th</sup> August – Post-conference Workshops

8am-8.30am: QClub Interest Group Meeting

8.30am – 9am: Registrations & Welcome Coffee in Tully Foyer. Workshops run 9am – 5.30pm. Catering is provided with 2 x 15 minute breaks in room plus 1 hour for lunch at 1pm

**Workshop 4 (in Tully 1):** The Use of Neurostimulation (tDCS, tACS, tRNS, pEMF) and Clinical Neurotherapy in Clinical Practice. *Presenters: Dr Nick Dogris & Dr Tiff Thompson*  
*Silver Sponsor: [NeuroField](#)*

**Workshop 5 (in Tully 2)** The Absolute Basics: Beginners EEG Recording and QEEG Analysis  
*Presenters: Rivi Sela & Michelle Aniftos* *Silver Sponsor: [Brain, Mind & Memory Institute](#)*

5.30 – 6pm: Introduction to ERPs Webinar with Professor Yuri Kropotov, Tully 2

## Tuesday 27<sup>th</sup> August – Post-conference Workshops

8.30am – 9am: Registrations & Welcome Coffee in Tully Foyer. Workshops run 9am – 5.30pm. Catering is provided with 2 x 15 minute breaks in room plus 1 hour for lunch at 1pm

**Workshop 4 (in Tully 1):** The Use of Neurostimulation (tDCS, tACS, tRNS, pEMF) and Clinical Neurotherapy in Clinical Practice. *Presenters: Dr Nick Dogris & Dr Tiff Thompson*  
*Silver Sponsor: [NeuroField](#)*

**Workshop 5 (in Tully 2)** The Absolute Basics: Beginners EEG Recording and QEEG Analysis  
*Presenters: Rivi Sela & Michelle Aniftos* *Silver Sponsor: [Brain, Mind & Memory Institute](#)*

## Wednesday 28<sup>th</sup> August – The After-Party

This Full Day Tour is exclusively offered to our delegates to access the premier attractions of the region:

- 0845 Depart Pullman Cairns International for bus transfer to Tjapukai
- 0915 Tjapukai Indigenous Experience
- 1245 Skyrail Rainforest Cableway to Kuranda
- 1530 Scenic Rail service from Kuranda to Freshwater Train Station
- 1700 Depart Freshwater Train Station by bus to return to Pullman Cairns (via Airport)

# With thanks to our Sponsors...

Be sure to visit all of our sponsors in the Tully Tradeshow throughout the conference.

## PLATINUM & SILVER SPONSOR: NeuroField Inc.

### Our History

TMS was originally developed by Anthony Barker at the University of Sheffield in 1985. Barker demonstrated an evoked motor response (thumb movement) by applying an electromagnetic stimulation (EMF of 1-2 Tesla) over the motor cortex of humans (Barker, Jalinous, & Freeston, 1985). As the technology evolved it became possible to give multiple pulses to people which gave rise to *repetitive* or rTMS. Since that time a great deal of research has been conducted strongly suggesting that rTMS has clinical value for the treatment of depression and other clinical conditions.

rTMS protocols are known as either being high frequency (HF-rTMS, EMF stimulation  $\geq 5$ Hz) or low frequency (LF-rTMS, EMF stimulation  $\leq 1$  Hz). The EMF frequency and site of stimulation is theorized to have clinical effects that can have either an excitatory or inhibitory impact on neuronal cellular activity. rTMS protocols are typically given in short pulses with an 'on' and 'off' time that prevents tissue damage but limits the frequency range in which the therapy can be given. The safety of rTMS therapy was deemed safe (FDA 2008) and approved for the treatment of depression in the US.

The notion that low intensity electromagnetic stimulation could be of clinical value is one of the driving forces behind NeuroField technology.

The NeuroField system was evaluated by 10 beta testers around the United States - all of which are licensed health care professionals. Dr. Dogris has written well over 50 experimental protocols for the system that have been rated by NeuroField users as having clinical value. The inflammation reduction protocol has been given the highest ratings with more than 30 NeuroField users confirming inflammation reduction in their clients.

This technology is experimental and is being evaluated by licensed health care professionals. The clinical use of NeuroField is for stress reduction and relaxation

. NeuroField requires a professional license to obtain.

### What is NeuroField?

The NeuroField technology incorporates very low intensity, pulsed electromagnetic field (pEMF) stimulation, transcranial direct current and alternating current stimulation (tDCS/tACS), heart rate variability (HRV) and electroencephalography (EEG) all in one biofeedback system.

The **NeuroField X3000** is a four channel frequency generator that can generate pEMF frequencies from 0.31-300,000 Hz. The pEMF output ranges from 1-50 microtesla. NeuroField low intensity pEMF is 10,000,000 times *weaker* than traditional rTMS (transcranial magnetic stimulation) which was approved by the FDA in 2008 for the treatment of depression. The NeuroField X3000 Plus is FDA 510K exempt registered.

The tDCS/tACS is a single channel transcranial stimulation device, capable of generating frequencies from 0.001-1,000 Hz. The maximum output power is limited to 2.5mA, within the NIH maximum recommended for transcranial direct current stimulation.

The **NeuroField Q20 EEG** is a DC coupled, 19 channel EEG amplifier. The Q20 is sharp, clean EEG that has can used with the X3000 device to measure EEG in between pEMF stimulation utilizing the real time z-score procedure in the NeuroField software platform. The Q20 has also been integrated in the Neuroguide 19 channel LORETA and Surface neurofeedback z-score platform. In this way the Q20 is truly a versatile EEG amplifier that combines pEMF, tDCS/tACS and z-score neurofeedback technologies.

NeuroField has evolved into the first system that measures physiological responses to pEMF or tDCS/tACS through EEG and HRV. Furthermore, NeuroField stimulation therapy uses norm referenced, z-score, data to guide the brain to a regulated, normative state. As a result of these innovations,

NeuroField brings the science of low intensity pEMF into the clinical setting.



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**Brain Mind & Memory Institute (BMMI)** is a private foundation established to promote the new era of personalised medicine through application of neuroscience-based methods in the clinical practice of mental health. Our focus is on EEG based neuromarkers –precise measurements of brain function and cognition, including QEEG and Event Related Potentials - allowing for more specific and sensitive personalised interventions.

**BMMI is an exclusive distributor of Mitsar EEG systems in Australasia.** Mitsar medical amplifiers are among the most popular devices for EEG acquisition among QEEG experts, especially its unique software WinEEG, which was developed at Human Brain Institute in St Petersburg Russia. The system allows the user to record high quality EEG and Event related Potentials but also through analysis using ICA (independent component analysis). We also distribute **HBIMed brain normative database**, which is unique as the **only database that includes norms for ERPs.**

Become a member of Brain Mind & Memory Institute at [www.braininstitute.com.au](http://www.braininstitute.com.au) to gain access to masterclasses and workshops, comprehensive advice and support, reporting service and receive updates and latest news from the field.

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## Neurotherapy Institute of Australasia

**DR MOSHE PERL FOUNDED NIA TO HELP GROW THE FIELD OF NEUROFEEDBACK IN OUR REGION. WE TRAIN AND SUPPORT PRACTITIONERS THROUGHOUT THEIR PROFESSIONAL DEVELOPMENT.**

**WE SHARE OVER 20 YEARS OF CLINICAL EXPERIENCE, BUILT ON LEARNING FROM LUMINARIES IN THE FIELD OF EEG AND NEUROFEEDBACK, AND ENHANCED BY TEACHING AND MENTORING HUNDREDS OF PROFESSIONALS.**

### Our Mindset



- We provide education, support and guidance to practitioners all the way through their neurofeedback journey.
- We continually update our services to better serve the community, adding and adapting our offerings as the field develops.

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### Our Services



- Courses
  - Classroom courses from entry level neurofeedback to advanced EEG/QEEG
  - Online learning, including webinars and group mentoring
  - BCIA and IQCB/QEEGD accredited
- Neurofeedback equipment sales and support
  - EEG Education and Research (EEGer)
  - Betterfly
- Professional mentoring (BCIA and IQCB/QEEGD)
- QEEG, Minimap and TOVA interpretations
- Online forum for community discussions on neurofeedback and EEG

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**Bio-Medical Instruments Incorporated** carries a wide variety of biofeedback and neurofeedback equipment and supplies including EEG, qEEG, EMG, temperature, GSR & heart-rate products from major manufacturers.

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## Professional Training and Resources in Neuromodulation Therapies for Depression, ADHD, OCD and Sleep Disorders

The neuroCare Group is active in the fast-growing market for sustainable and medication-free alternatives in mental health, building a network of researchers, engineers and therapists throughout Australia and across the world who will promote neurotherapies and their correct application in clinical practice. Through appropriate advocacy and by promoting professional training standards, our mission is to see evidence-based applications of Neurofeedback and Neurostimulation techniques (i.e. rTMS, tDCS) become more widely understood and appropriately administered in mental healthcare practice in Australia, following countries such as The United States and The Netherlands.

neuroCare is proud to be an ANSA Conference **Sponsor** for a 4<sup>th</sup> consecutive year. We look forward to meeting in Cairns.

Contact by phone: + 61 2 8317 5034; or email: [info@neurocareclinics.com.au](mailto:info@neurocareclinics.com.au)

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## Bronze Sponsor



**Mike Terreiro**

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# About ANSA

The Applied Neuroscience Society of Australasia is a membership organization comprised of Health Professionals from Australia, Australasia and New Zealand, involved in the promotion of better mental health. ANSA promotes education and professional excellence in the fields of Applied Psychophysiology, Neurotherapy and Nutrition seeking to obtain broad acceptance of this combination of disciplines as a viable treatment approach in mental health.

Neurotherapy, also called Neurofeedback, EEG Biofeedback or EEG operant conditioning, is the most commonly used form of regulation of brain electrical activity. It is often used in conjunction with other forms of biofeedback as well as medicine, clinical and educational psychology, social work, nursing, nutritional approaches, chiropractic and osteopathy.

Qualified professionals who practice within this framework are invited to submit an application for [membership](http://appliedneuroscience.org.au/page-65866) - <http://appliedneuroscience.org.au/page-65866> .

## Origins of ANSA

ANSA was formed in November 2006 from the amalgamation of the AAAPB (Australian Association for Applied Psychophysiology & Biofeedback) and the Pacific Rim Chapter of the iSNR (International Society for Neurofeedback & Research) - under the original incorporation of the AAAPB.

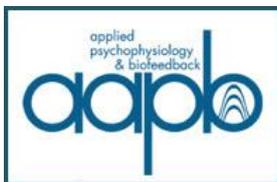
### A short history of Pacific Rim Chapter of ISNR

The Australia Pacific Rim Chapter of the iSNR was established in 1999 in Brisbane. Since then the organisation grew steadily and attracted people from various professional disciplines conducting neurotherapy training and research. iSNR has supported education and the promotion of excellence in the field of neurotherapy and the promotion of the acceptance of this discipline by society.



### A Short History of the AAAPB

AAAPB was established largely through the efforts of Dr. Del Sherlock, psychologist and founding member, who studied brain asymmetry for her PhD at Monash University. While attending the 1995 'Australian Psychological Society Conference' in Cairns she was encouraged by the potential of Biofeedback for self-regulation. A network of interested psychologists started to meet at workshops presented by biofeedback specialists and eventually became members of the U.S. based Association for Applied Psychophysiology and Biofeedback (AAPB).



A small committee in Australia became involved in providing regular Newsletters and monthly teleconferences to interested professionals throughout Australia and eventually incorporated the Australian Association for Applied Psychophysiology and Biofeedback (AAAPB) with Don Brinkworth as Secretary and Dr. Rob Apathy as President. To coincide with the Incorporation of the AAAPB an inaugural Conference was held at the John Curtin School of Medical Research, ANU Canberra, on the 25th May, 1997.

While 2019 marks the 13<sup>th</sup> National Conference of ANSA, this is the **22<sup>nd</sup> anniversary** of our applied neuroscience professional body in Australia.

# ANSA Education & Certification Initiatives

In 2009, a sub-group of ANSA members established an Interest Group within the Australian Psychological Society (APS) to enhance the professional identity of neurofeedback practitioners and to strengthen the link between the fields of psychology and neuroscience. Access membership details for the **APS NFB & Psychology Interest Group** at - <http://groups.psychology.org.au/igs/>

In 2010, ANSA agreed to the development of an independent body whose role would be to develop and oversee standards for certification of neurofeedback practitioners within Australasia. It was also agreed that this new organization would be affiliated with The Biofeedback Certification International Alliance. The Biofeedback Certification International Alliance – Australia Inc (BCIA-A) was first registered in Australia in 2011. For information regarding **minimum standards for neurofeedback certification**, please enquire via email to [bciaaustralia@gmail.com](mailto:bciaaustralia@gmail.com)

Also in 2010, Jon Hegg initiated a study group among ANSA members who shared an interest in the field of Quantitative Encephalography. The 'Q-Club' members met regularly over the next five years to improve their understanding of EEG and its potential to contribute to assessment and intervention. Since 2016, **QClub** has evolved to structure professional development in QEEG to attain the minimum standards required for **QEEG Certification**. You can access full information about the QEEG Certification from <http://qeegetcificationboard.org/>. QClub provides a collegiate avenue for ANSA members and guests to access didactic training, mentoring, informative webinars and QEEG study groups. To learn more about QClub registration, email [michelle@msmh.com.au](mailto:michelle@msmh.com.au)

## ANSA Member Benefits

- ✓ **Discounted registration for our [Annual Conference](#) and Professional Development Workshops**
- ✓ **Affiliate membership of iSNR, International Society for Neurofeedback and Research, including full access to iSNR journals and membership benefits.** Members [contact iSNR](#) for their unique login details after ANSA pays the annual affiliate fees.
- ✓ **Access to Psyche Visual/OWL Talks** online resources via the ANSA website. OWL Talks provides an innovative approach to adult learning in the fields of psychology, psychiatry and mental health care. Users will find papers and multimedia presentations easy to access and are given a wide range of material of value to professionals and to the public.
- ✓ **ANSA Practitioner Directory** where members can opt to have their professional practice details accessible to general public online. The website is also the place to go for:
  - Up to date details of [upcoming events](#)
  - Access to scientific papers, Professional Journals ([AAPB](#) & [iSNR](#))
  - Member information and resources.
- ✓ **Opportunities for active participation in** Committees, sub committees, interest and discussion groups to shape the future of applied neuroscience in Australia.

Enquiries to: [secretary@appliedneuroscience.org.au](mailto:secretary@appliedneuroscience.org.au)

# ANSA Annual General Meeting

SUNDAY 25 August 2019 at 4.00pm Pullman Cairns International, 17 Abbott Street, Cairns Qld 4870

## Order of Business

1. Attendees:
2. Apologies:
3. Tabling of Proxies:
4. Minutes of the previous AGM - moved by the Secretary as a true and accurate record.
5. Matters arising from the AGM Minutes 2018:
  - a. Notifications to the Department of Fair Trading.
6. Tabling of Reports by:
  - [i] President: Michelle Aniftos
  - [ii] Treasurer: Terry Eichmann
7. Election of Office Bearers - **See Appendix 2 Nomination Form**
  - a. vote of thanks to out-going Office Bearers, Martha Mack
  - b. all positions, other than President, declared vacant
  - c. nominations tabled and election commences where multiple candidates exist

### **President – Martha Mack**

Declared. Progressing to this position from President-elect roll appointed at AGM 2018.

### **President-Elect –**

### **Secretary –**

### **Treasurer –**

### **Public Officer (must be NSW Resident) –**

### *Additional Committee Members – appointed by the Executive*

- Conference Convener
- Website/social media Manager
- Membership Officer
- APJN Liaison
- Members at Large

8. Nomination of Signatories – committee members
9. Statement of Intention to forward items to the Department of Fair Trading & to the Australian Charities and Not-For-Profit Commission, e.g.
  - notification of change of office bearers
  - notify ANSA postal address & Secretary's residential address
  - notify of modification to the association rules (constitution)
10. OTHER BUSINESS:
  - a) Fellowships & Honorary Memberships
  - b) Updates from alliance groups: BCIA-A; APS NFP IG; AAPi; QClub; other
  - c) Conference 2020: 3 – 8 September 2020, Melbourne. Save the dates!
  - d) Any other business?
11. Next AGM: Sunday 6<sup>th</sup> September 2020.
12. CLOSURE OF MEETING:

AGM Attendees welcome to *Happy Hour* immediately following the close of meeting.



## The Biofeedback Certification International Alliance

*Isn't it time you were Certified?*

BCIA is recognized as the gold standard for certification in:

- Biofeedback
- Neurofeedback
- Pelvic Muscle Dysfunction Biofeedback

BCIA also offers a Certificate in HRV Biofeedback

*More than qualified – BCIA board certified!*

**Mission:** BCIA certifies individuals who meet education and training standards in biofeedback and progressively recertifies those who advance their knowledge through continuing education.

5310 Ward Rd, #201 • Arvada, CO 80002 • [www.BCIA.org](http://www.BCIA.org) • [info@BCIA.org](mailto:info@BCIA.org) • 720-502-5829

For information regarding minimum standards for **Certification in Neurofeedback**, enquire from the **Biofeedback Certification International Alliance - Australia** -

[bciaaustralia@gmail.com](mailto:bciaaustralia@gmail.com)



## Biofeedback Certification International Alliance - Australia

### **BECOME NEUROFEEDBACK CERTIFIED**

#### **PREREQUISITE PROFESSIONAL STATUS**

1] Candidates are required to have registration in an approved health care or related field (i.e., psychology, nursing, physiotherapy, dentistry, osteopathy, occupational therapy, chiropractic, social work, speech pathology and medicine), Registration and/or qualifications in health care fields, other than those listed, by must be submitted to BCIA-A for approval.

#### **FURTHER EDUCATION IN NEUROFEEDBACK**

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

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

3] Proof of successful completion of two comprehensive university level courses of at least one semester in each of:

- 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.*

#### **PRACTICAL SKILLS TRAINING**

4] 25 contact hours of BCIA-A-approved mentoring of clinical neurofeedback skills through the review of 10 sessions of self-regulation, 100 patient/client sessions, 10 case presentations, & review of the Essential Skills List. More than 1 mentor may be used.

5] Successful completion of the certification exam on the “Blueprint of Knowledge” taken at a scheduled exam site, or an online exam with approved proctors.

#### **APPLICATION**

6] Request an application form by emailing [bciaaustralia@gmail.com](mailto:bciaaustralia@gmail.com) with your full name and CV.

# Biofeedback Certification International Alliance - Australia



## Our History

In 2010, the Applied Neuroscience Society of Australasia agreed to the development of an independent body whose role would be to develop and oversee standards for certification within Australasia. It was also agreed that this new organization would be affiliated with The Biofeedback Certification International Alliance. In 2011, Biofeedback Certification International Alliance – Australia Inc (BCIA-A) was first registered in Australia and a Committee was formed. BCIA-A has an affiliate relationship with BCIA.

## Our Mission

BCIA-A certifies individuals who meet education and training standards in Neurofeedback and progressively re-certifies those who satisfy continuing education requirements. In doing so, we strive to protect the welfare of consumers, to provide credibility to Neurofeedback Practitioners and advance in the field of neurofeedback.

## Why Certify?

- BCIA-A through its affiliation with BCIA has international recognition.
- The Applied Neuroscience Society of Australasia (ANSA) recognizes BCIA-A Certification as the standard in the field.
- BCIA-A Certification is recognized by the Association of Applied Psychophysiology and Biofeedback (AAPB), the Biofeedback Foundation of Europe (BFE), & the International Society for Neurofeedback and Research (ISNR) as the standard in the field.
- BCIA-A Certification will be recognized by Neurofeedback Practitioners in Australia.
- BCIA-A Certification provides improved status for the field of Neurofeedback and recognition amongst peers.

BCIA-A Certified Neurofeedback Practitioners are listed on the BCIA-A website, their details available via the *Find a Practitioner* search bar.

## Neurofeedback Recertification

BCIA requires candidates for recertification must complete 48 hours of accredited continuing education related to the blueprint relevant to biofeedback (**to include 3 hours of ethics/professional standards**) and/or the disorder you may be treating with the majority of your hours being neurofeedback-specific. Request an application for Recertification from [bciaaustralia@gmail.com](mailto:bciaaustralia@gmail.com)

## BCIA-A Approved Mentors

Anyone who holds BCIA Neurofeedback Certification may apply to become an approved mentor for candidates in the pursuit of training and supervision toward board certification or recertification. Once approved, the BCIA-A Mentor status remains if the mentor holds BCN Certification. Request an application to become a BCIA-A Approved Mentor from [bciaaustralia@gmail.com](mailto:bciaaustralia@gmail.com)

## BCIA-Australia, Certified in Neurofeedback *current as of 04/08/18*

**\*\*BCIA-A approved mentors**

Dana	Adam	Julie	Hill
Annette	Andersen	Robert	Holt
Michelle	Aniftos **	Shelley	Hyman
Mirjana	Askovic **	Silvia	Kennett
Nia	Barnes	Kerry	Leahan
Randy	Beck	Matt	Leggett**
Rosemary	Boon	Tamara	Lorensen
Martin	Brink	Rachael	Macdonald
C. Richard	Clark **	Martha	Mack
Kerryn	Coombe**	Carolyn	Mamo
Glen	Davey **	Clarissa	Martinez
Tanya	Donovan	Denis	McCarthy
Anne Maree	Eddy	Sejla	Murdoch **
Eva	Fera	Moshe	Perl **
Renee	Gentle	Dianah	Rodrigues**
Jennifer	Grant**	Alikki	Russell**
Joel	Harman**	Mark	Ryan
Veronica	Harris	Nerida	Saunders **
Trix	Harvey**	Diana	Shipman
Steven	Hawkins	Ingrid	Storm
Jon	Hegg **	Yvonne	Town
Timothy	Hill **	Philip	Watts **

# International QEEG Certification Board

<https://qeeqcertificationboard.org/>

The QEEG Certification Board is neither a licensing agency nor an academic institution. Certification by the board indicates expertise in the understanding of the science underlying the QEEG and its applications.

Since 1995, the mission of the QEEG Certification Board is to certify individuals who are contributing to the field of Quantitative Electroencephalography as either:

- Technologist for clinical, behavioral, and/or educational purposes
- Diplomate for clinical, behavioral, and/or educational purposes.

Since 2010, QClub has evolved to offer professional development in QEEG. QClub provides a collegiate avenue for ANSA members and guests to access didactic training, mentoring, informative webinars and QEEG study groups. To learn more about QClub registration, email [michelle@msmh.com.au](mailto:michelle@msmh.com.au)

Eighteen QClub members in Australia have achieved QBoard Certification Diplomate status – QEEGD – and are eligible to provide QEEG Board approved mentoring:

Michelle Aniftos, QLD

Martin Brink, QLD

Matt Leggett, QLD

Trevor Brown, VIC

George Mack, VIC

Moshe Perl, VIC

Cassie Atkinson-Quinton, VIC

Mirjana Askovic, NSW

Dianah Rodrigues, NSW

Kerry Leahan, ACT

Jon Hegg, ACT

Michelle Gorgula, SA

Joel Harman, SA

Tim Hill, SA

Daniel Lane, WA

Natalie Challis, WA

Philip Watts, WA

Francesca Buhagiar, WA

## **QEEG Certification:**

For information regarding minimum standards for certification in Quantitative EEG analysis and interpretation, visit the QBoard - <http://qeeqcertificationboard.org/>

Finally, thanks to Audio Visual Archives for recording our conference presentations and making these available on line – **free** to our ANSA members.



OWL Talks (previously Psych Visual) provides an innovative approach to adult learning in the fields of psychology, psychiatry and mental health care. Users will find papers and multimedia presentations easy to access and are given a wide range of material of value to professionals and to the interested public.

ANSA is a subscriber of Owl Talks allowing its members to have full access to our content. In the past, ANSA members would login via a link on our website but now you should use the instructions found on the Member Only Resources page of our ANSA Website. Once this has been done, you will have been registered under the ANSA membership providing full access to the video content on Owl Talks. <https://owltalks.org/>

You can review the lectures from [2018 ANSA conference](#) or [previous ANSA conferences](#) on those specific pages.



<https://owltalks.org/>



**ANSA**

**APPLIED NEUROSCIENCE  
SOCIETY OF AUSTRALASIA**

**14<sup>th</sup> ANSA Annual Conference, 3 – 8 September 2020**

*Novotel Melbourne on Collins, Australia*

## CALL FOR CONTRIBUTORS

Neurofeedback researchers, practitioners and other professionals interested in applied neuroscience, are cordially invited to contribute to the annual workshops and conference of the [Applied Neuroscience Society of Australasia \(ANSA\)](#) to be held in Melbourne, Australia's sporting capital and voted as the most liveable city in the world for 7 years running.

You are invited to submit your proposal/s for participation, and as we have a limited number of positions available, we welcome your early response to this invitation. Program options include: keynote lectures (90 minutes or 45 minutes), case presentations (20 minutes presentation or poster), masterclasses (90 minutes, half-day), and/or 1 or 2-day workshops.

Please duplicate this application form to submit multiple proposals. Thank you.

Please return your completed submission(s) to Martha Mack, via email [marthamack888@gmail.com](mailto:marthamack888@gmail.com)

**SUBMISSION DUE DATE: 30 October 2019** (earlier EOI is appreciated)

I \_\_\_\_\_ (presenter name) confirm that I am available to participate in the 14<sup>th</sup> Annual ANSA Conference from 3 -8 September, 2020 in MELBOURNE, Australia.

I will/will not (delete which does not apply) be prepared to consider a paper submission to the Asia Pacific Journal of Neurotherapy - <https://apjnt.org/paper-submission-guidelines/>

Signed:

Date:

Section One: Presenter details			
First Presenter, Last Name		First Name	
Title/qualifications			
Organisation/s			
Contact address			
Phone number & codes			
Preferred email address			
Biography			
Photograph	<i>Please insert or attach, as preferred</i>		

## Showcase/Case Study Submissions

The Conference Committee of the Applied Neuroscience Society of Australasia also welcomes single case studies on Pre/post EEG Assessment &/or Course of Neuromodulation, as we hope to hear from neuro-practitioners willing to share a brief case study regarding a client and their journey through EEG-assessment/process and EEG-guided intervention.

The cases must be prepared for one or both of the following presentation modes:

2. AO Poster for Showcase Exhibition (may not exceed 1m X 1.5m maximum size) including an introduction and aim, procedure, results and discussion/conclusion; **and/or**
3. Brief Case Study Presentation (maximum 6 slides/20 minutes) including:

Introduction/Aim: describe the **Context** of the case (clarify the research and/or clinical practice).

Procedure: describe the **Case History & Treatment Plan** (onset and course of symptoms, results of diagnostic tests and procedures, including QEEG analysis, selected intervention, etc.)

Results: present the results of psychobiological findings.

Conclusions: discuss findings considering the client and contribution to EEG research and practice.

Complete the template below and email your expression of interest to Martha Mack [marthamack888@gmail.com](mailto:marthamack888@gmail.com) by **30 October 2019**.

The conference committee will notify the selected presenters before the 31 January 2020 or earlier.

N.B. **All presenters must be registered delegates of the 2020 ANSA Conference.**

<b>SHOWCASE/CASE STUDY SUBMISSION</b>	
Last name	
First name	
Professional title/ qualifications	
Current position/s	
Organisation/s	
Contact address	
Phone number & codes	
Preferred email address	
Focus of research/practice	
Biography	
Photograph	<i>Please attach to submission</i>
Title of proposed presentation	
Mode of Presentation: [ ] Poster <b>OR</b> [ ] 20 minute case study presentation + 10mins Q&A	
Abstract: (must include introduction and aim, procedure, results and discussion/conclusion)	

## Workshop, Masterclass, Keynote Submissions

First Presenter, Last Name		First Name	
Title/qualifications			
Organisation/s			
Contact address			
Phone number & codes			
Preferred email address			
Biography			
Photograph	<i>Please insert or attach, as preferred</i>		
Title of Presentation			
<p><b>Preferred Mode:</b> Keynote Lecture &gt; [ <input type="checkbox"/> ] 45mins or [ <input type="checkbox"/> ] 90mins;  Masterclass/Practicum [ <input type="checkbox"/> ] 90min or [ <input type="checkbox"/> ] 1/2 day  Pre or Post Conference Workshop [ <input type="checkbox"/> ] 1-day or [ <input type="checkbox"/> ] 2-day</p>			
Abstract:			
What aspects of applied neuroscience will be addressed?			
Will the session include case examples or experiential learning for delegates?			
What is the significance of this work for researchers and/or practitioners?			
To what extent is your work evidence-based or well-regarded in your field?			
Media Statement: Please provide a short statement we might use for the purposes of conference promotion.			

# GATEWAY TO HEALTH: 13<sup>th</sup> Annual ANSA Conference & Workshops

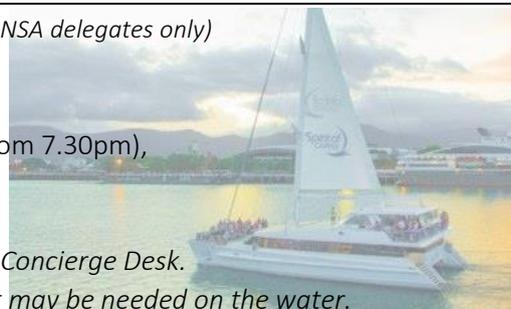
Pullman Cairns International, 17 Abbot Street, Cairns, Australia

## CONFERENCE PROGRAM

TIME	Thursday 22 <sup>nd</sup> August – Preconference Workshops (7 hour day)
8.30 – 9am	Registrations & Welcome Coffee in Tully Foyer. Workshops run 9am – 5.30pm. Catering is provided with 2 x 15 minute breaks in room plus 1 hour for lunch at 1pm
<p><b>Workshop 1 (in Tully 1): 2-day Physiology and Clinical Outcomes with Brain Stimulation Technologies: Audio-visual Entrainment (AVE), Cranio-electro Stimulation (CES) &amp; transcranial DC Stimulation (tDCS).</b> Presenter: Dave Siever <span style="float: right;">Silver Sponsor: <a href="#">Bio-Medical Instruments</a></span></p> <p>A 2-day didactic training in multi-modal brain stimulation: Much has been discovered about the benefits of brainwave entrainment (BWE) or audio-visual entrainment (AVE). AVE affects cerebral blood flow, neurotransmitters, dissociative states and brainwave activity. Research demonstrates the effectiveness of AVE in promoting relaxation, cognition and hypnotic induction, treating ADD, PMS, SAD, PTSD, migraine, chronic pain, anxiety, depression and episodic memory. Recent discoveries have shown AVE to be a powerful means of recovery from traumatic brain injuries of a newly discovered type - thalamocortical disconnect. Interest in cranio-electro stimulation (CES) was initiated by Robinovitch, who, in 1914 made the first claim for electrical treatment of insomnia. Most of the 200+ studies have shown CES as a reliable method to reduce anxiety, depression, pain, and to improve sleep and cognition function. Transcranial DC Stimulation (tDCS) has been extensively studied. A major advantage of tDCS is that it may be applied directly over an area of concern where the cortical activity on the brain may be enhanced or suppressed, much like neurofeedback. 1000+ studies on tDCS, including 100 on stroke rehabilitation, have been published.</p> <p><b>DAVE SIEVER</b> graduated in 1978 as an engineering technologist who initially worked to design TMJ Dysfunction related diagnostic equipment and research facilities. Dave had noted anxiety issues in many patients suffering with TMJ dysfunction, prompting him to study biofeedback, which he applied to the patients and then later, Dave design biofeedback devices. In 1984, Dave designed his first audio-visual entrainment (AVE) device – the “Digital Audio-visual Integration Device,” or DAVID1. Through his company, Mind Alive Inc., Dave has been researching and refining AVE technology, specifically for use in relaxation, boosting academic performance and treating anxiety, depression, PMS, ADD, FMS, SAD, pain, cognitive decline and insomnia. Dave also designs Cranio-Electro Stimulation (CES) products and is a leading provider of transcranial DC stimulation (tDCS) and devices. As a result of Dave’s commitment to research, Mind Alive Inc now owns three patents involving neurotechnology. Dave continues to conduct research, perform a quantitative EEG service and designs new products pertaining to enhanced performance and mental wellness.</p> <p><b>Workshop 2 (in Tully 2): Mental Health Neurobiomarkers: discovering neurological/physiological causes for symptoms is key for successful treatment.</b> Presenter: Dr Ronald Swatzyna <span style="float: right;">Silver Sponsor: <a href="#">Neurotherapy Institute of Australasia (NIA)</a></span></p> <p>Mental health issues are diagnosed based on presenting symptoms, however, we now know that there can be many causes for those symptoms and the process of diagnosis has been called into question. In 2012, the Research Domain Criteria (RDoC) Project was instituted to generate scientific investigations to discover the links between biomarkers and the presenting psychiatric symptoms. In 2014 a study, using EEG and qEEG, identified four primary neuro-biomarkers that explained most psychiatric medication failure. In 2015 another study found only a 6.25% association between the diagnosis assigned and the neuro-biomarkers responsible for their symptoms. This data provides valuable information for medication selection and titration, treatment selection, and recommendations for additional testing referrals e.g., imaging, lab work, sleep studies. The treatment of mental health issues can now be based on science initiated by clinical research.</p> <p><b>DR. RONALD J. SWATZYNA</b> is the Director of Electro-Neurophysiology Research and the Director of Neurotherapy at the Tarrow Center in Houston, Texas. For the past 20 years, Dr. Swatzyna has analyzed and treated the most diagnostically challenging cases in both inpatient and outpatient settings. As a researcher, he has presented and/or published over 70 peer-reviewed papers on brain dysfunction, psychotropic medication and other related topics at national and international conferences. In addition, Dr. Swatzyna is a Special Editor for WebmedCentral plus and Clinical EEG and Neuroscience. Prior to his career in mental health, Dr. Swatzyna served in both the Vietnam and the first Gulf War. Finally, his personal battle with a traumatic brain injury and PTSD has motivated him to become a leading expert in brain dysfunction.</p>	
6 – 7pm	BCIA-Australia Annual General Meeting in Tully 2 – zoom link tba

TIME	Friday 23 <sup>rd</sup> August – Preconference Workshops (7 hours)
7.30 – 8.30am	<p><b>APS Neurofeedback &amp; Psychology Interest Group AGM</b>, Tully 1 Please RSVP to Yvonne Town via email: <a href="mailto:eboejo@digisurf.com.au">eboejo@digisurf.com.au</a></p>
8.30 – 9am	Workshop & Exam Registrations & Welcome Coffee in Tully Foyer
9am – 12.30pm	<p><b>Exams: BCIA Certificate in Neurofeedback or QEEG Certification (Boardroom #2)</b> (must be preregistered. Contact: <a href="mailto:michelle@msmh.com.au">michelle@msmh.com.au</a>) Proctors: Nick Dogris &amp; Michelle Aniftos</p>
<p>Workshops run 9am – 5.30pm. Catering provided with 2 x 15 minute breaks in room plus 1hr lunch at 1pm</p> <p><b>Workshop 1 (Tully 1) continued: Physiology and Clinical Outcomes with Brain Stimulation Technologies</b> (see abstract above on Thursday overview) Presenter: Dave Siever <span style="float: right;">Silver Sponsor: <a href="#">Bio-Medical Instruments</a></span></p> <p><b>Workshop 3 (Tully 2): 1-day Pharmaco-EEG &amp; Neuromodulation Techniques</b> Presenter: Dr Ronald Swatzyna <span style="float: right;">Silver Sponsor: <a href="#">Neurotherapy Institute of Australasia (NIA)</a></span></p> <p>Dr Swatzyna has used electroencephalography (EEG) and quantitative (qEEG) data to assist psychiatrists in medication selection and titration. He also holds the distinction of being the first in the US to integrate Pharmaco-EEG into private practice. For his publications and presentation in Pharmaco-EEG, he was admitted as an Affiliate Individual member into the World Psychiatric Association and is a committee member of the Psychiatric Electrophysiology Section. As a researcher, he has presented and/or published 70 peer-reviewed papers on brain dysfunction, psychotropic medication and other related topics.</p>	
5.30-6pm	<p><b>AAPI Neurofeedback and Neuromodulation Networking Group</b> meeting in Tully 2 Please RSVP to Yvonne Town via email: <a href="mailto:eboejo@digisurf.com.au">eboejo@digisurf.com.au</a></p>
6 – 8pm	<p><b>Conference Welcome Reception, Daintree’s Pool Deck</b> Conference delegates, please register your attendance on arrival at this Reception.</p> <p><i>The Event:</i> The Daintree Pool Deck is set in lush, tropical gardens and the perfect place to mix and mingle with Conference visitors. Renew acquaintances and make new contacts. Drinks, canapes and entertainment are provided for \$50 per <a href="#">registration</a>. Dress code: <i>Aussie Tropics</i></p> <p><i>Artists:</i> Steve Rockman – DJ; &amp; *Traditional Welcome by Carl Fourmile – local Indigenous leader</p> <p>*Carl is Artistic Director of Minjil and a Yidinji man from the land of Gimuy, Far North Queensland. He is a cultural performer and practitioner who has strong roots in dance, lore and education. Carl mentors youth and others wanting to connect further with their understanding of Aboriginal culture; through sharing his knowledge and identity of the Yidinji people. Carl is a proud to be an ambassador for his people and to work with Indigenous and non-Indigenous communities.</p>

TIME	Saturday 24 <sup>th</sup> August Conference	
7.30–8.30	Registrations	
7.30 – 8.30	Practical HRV Biofeedback Forum in Kuranda Ballroom. <i>Sponsored by BMMI &amp; MindSpace Australia.</i>	
8am–5pm	Sponsors and Exhibitors in Tully & Foyer Trades Arena	
8.30–9.30	<b>Plenary 1 Mossman Ballroom</b> <i>8.15am Welcome by ANSA President Michelle Aniftos</i> <i>Keynote: Neuro-correlates of the ‘Self’ and Implications for Neuro-psychotherapists</i> <i>Presenter: Dirk de Ridder</i>	
9.35 - 11	<i>Keynote: Traumatic Brain Injury and Thalamocortical Disconnect; its Relation to Alzheimer’s; and Treatment with Audio-Visual Entrainment</i> <i>Presenter: Dave Siever</i>	
11 – 11.25	Refreshments & Professional Networking in Tully & Foyer Trades Arena	
11.30–12.30	<b>Plenary 1 Mossman Ballroom</b> iSPOT Study Informing EEG-based Personalised Medicine in ADHD & Depression <i>Presenter: Martijn Arns</i>	<b>Plenary 2 Kuranda Ballroom</b> LENS neurofeedback and EMDR in Functional Medicine, Chronic Illness and Cognitive Decline <i>Presenter: Georgina Hale &amp; Paula Rodrigues</i>
12.35– 1.35	<b>Plenary 1 Mossman Ballroom</b> Mental Health Neurobiomarkers <i>Presenter: Ronald Swatzyna</i>	<b>Plenary 2 Kuranda Ballroom</b> A-Z in neuromodulation: Case studies of assessment to intervention in ADHD <i>Presenters: M Mack, T Brown &amp; S Wickens</i>
1.35-2.25	Lunch & Professional Networking in Tully & Foyer Trades Arena	
2.30 – 3.30	<b>Plenary 1 Mossman Ballroom</b> Multimodal Approaches for Treating Hyperactivity In <i>Impossible</i> Children <i>Presenters: Windward Biofeedback Group, Hawaii</i>	<b>Plenary 2 Kuranda Ballroom</b> An Integrative Approach to Treating Traumatized Adults with Substance Use Disorder <i>Presenter: Mirjana Askovic</i>
3.35 – 4.35	<b>Plenary 1 Mossman Ballroom</b> PhD Research Award Presentation <b>Neural Responses to a Novel mHealth Trauma Intervention;</b> <i>Jana V Pinto PhD Candidate</i>	<b>Plenary 2 Kuranda Ballroom</b> Air-pollution, diet & genetics: hurdles in neurofeedback <i>Presenter: Herbert Jelinek</i>
5.30 – 8.30pm	<b><i>The Spirit of Cairns Dinner Cruise</i></b> <i>(exclusively designed for ANSA delegates only)</i>  <i>Boarding at the Marlin Marina, 5.30pm to 5.45pm.</i> Full buffet, complimentary drinks from 5.30pm (cash bar from 7.30pm), & live music with Steve Rockman  <i>Walking group departs 5.30pm from Pullman International Concierge Desk.</i> <i>Dress: Aussie Tropical – cool and comfortable. A light jacket may be needed on the water.</i> <i>N.B.: The cruise is on VERY calm waters in a very stable vessel.</i>  Thank you to <b>NeuroField</b> , Platinum Sponsor.	



<b>TIME</b>	<b>Sunday 25<sup>th</sup> August Conference Schedule</b>	
7.30–8.30	Registrations	
8am–5pm	Sponsors and Exhibitors in Tully & Foyer Trades Arena	
8.30–9.50	<b>Plenary 1 Mossman Ballroom</b> 8.15am Welcome by Incoming ANSA President, Martha Mack: Vision 2020 8.45am Keynote: Addressing Opioid Addiction Using Advanced Neuromodulation Techniques <i>Presenter: Nick Dogris</i>	
10 -11	<b>Plenary 1 Mossman Ballroom</b> The Intersection of Psychodynamic Psychology and Electroencephalography (EEG) <i>Presenter: Tiffany Thompson</i>	<b>Plenary 2 Kuranda Ballroom</b> Limits in Neurofeedback Rehabilitation: what we need to know <i>Presenter: David Cantor</i>
11 – 11.25	Refreshments in Tully & Foyer Trades Arena	
11.30–12.30	<b>Plenary 1 Mossman Ballroom</b> Brain-Computer Interfaces: futuristic dream or impending reality <i>Presenter: David Cantor</i>	<b>Plenary 2 Kuranda Ballroom</b> <i>Masterclass (Introductory Level)</i>
12.35– 1.35	<b>Plenary 1 Mossman Ballroom</b> Neurofeedback Protocols & Praxis <i>Panel: David Cantor, Nick Dogris, Tiff Thompson, Moshe Perl, Martijn Arns, Ron Swatzyna, et al...</i>	HEG Neurofeedback: a robust and consistent mode for brain activation <i>Presenter: Adrian van Deusen</i>
1.35-2.25	Lunch in Tully & Foyer Trades Arena	
2.30-4pm	<b>Plenary 1 Mossman Ballroom</b> iCAN - Neurofeedback in the treatment of ADHD: Rating the evidence <i>Presenter: Martijn Arns</i>  <b>Conference Close:</b> <i>Jon Hegg, Program Chair</i>	
4 – 5pm	<b>Plenary 1 Mossman Ballroom</b> ANSA AGM - all welcome	<b>Plenary 2 Mossman Ballroom</b> Networking in Tully & Foyer Trades Arena
5 - 6pm	<b>Happy Hour, Ballroom Foyer</b> <i>Following the ANSA AGM, delegates are invited to reflect on their conference participation and outcomes from this professional development event. Make commitments to connect again with new contacts and former colleagues.</i>	
6.30 – 9pm	<b>ANSA Executive Board Dinner Meeting</b> – Kingsford’s Lounge (Elected officials only)	

TIME	Monday 26 <sup>th</sup> August – Post-conference 2-day Workshops
8am – 8.30am	QClub Interest Group Continental Breakfast in Tully 2
8.30 – 9am	Registrations & Welcome Coffee in Tully Foyer Workshops run 9am – 5.30pm with 2 x 15 minute breaks plus 1 hour for lunch, provided
<p><b>Workshop 4 (in Tully 1):</b></p> <p>The Use of Neurostimulation (tDCS, tACS, tRNS, pEMF) and Clinical Neurotherapy in Clinical Practice. <i>Presenters: Dr Nick Dogris &amp; Dr Tiff Thompson</i></p> <p style="text-align: right;"><i>Silver Sponsor: <a href="#">NeuroField</a></i></p> <p>The purpose of this class is to develop an understanding regarding the use of tDCS, tACS, tRNS, pEMF and synchronized Neurofeedback in clinical practice. An overview of each neuromodulation modality along with clinical research will be presented. An overview of the NeuroField software platform will be conducted that will demonstrate how to utilize these modalities in clinical practice. Participants will get a “hands on” experience with tDCS, tACS, tRNS and pEMF modalities. In this class, Drs Dogris &amp; Thompson will conduct QEEG analysis of their case data and any cases that are brought in by the class participants. We will utilize multiple analysis methods from WinEEG, EEGLab, Neuroguide and NeuroField in this process. We will discuss methods for utilizing neuromodulation with a wide variety of case types.</p> <p><b>Dr. Nicholas Dogris</b> is a licensed health psychologist and neuroscientist (BCN &amp; QEEGD) at NeuroField Neurotherapy in Santa Barbara, California. He is the neurorehabilitation director at the Florida House Experience in Deerfield Beach, Florida which is a substance abuse and mental health rehabilitation program. He has been in the electroencephalography (EEG) field for 30 years, beginning in 1987 with P300 research at Humboldt State University. Dr. Dogris earned his PhD from the California School of Professional Psychology and holds four advanced degrees. He has worked in the field for 27 years and has experience working with a wide variety of mental health populations including children, adolescents and adults. Dr. Dogris has held positions as the Program Chief of Mono County Mental Health, Orange County Mental Health, Inyo County Mental Health and College Hospital. He is the co-founder and CEO of NeuroField, Inc which he co-founded in 2008. He developed the first, synchronized, neuromodulation and neurofeedback system that utilized normed referenced data and QEEG analysis for the treatment of multiple neurological problems. This system, known as NeuroField, combines pulsed electromagnetic fields (pEMF) and transcranial alternating/direct current stimulation (tDCS/tACS) with EEG neurofeedback so as to optimize the functioning of the human brain. Dr. Dogris has developed over 200 protocols for the NeuroField system and continues to create new innovations for the Florida House Experience patients with a specific emphasis on reducing cravings, reducing symptoms of anxiety and depression and helping to restore normal sleeping patterns. Dr. Dogris conducts research on tDCS, tACS, tRNS, pEMF and neurofeedback based modalities.</p> <p><b>Dr. Tiffany Thompson</b> is the CEO of Neurofield Neurotherapy, Inc. She works alongside her husband, Dr. Dogris, as a clinician and educator in the realm of clinically-applied neurostimulation. Dr. Thompson is a board certified neurotherapist, licensed psychotherapist, Quantitative EEG Diplomate, and Registered EEG Technician (a medical credential bestowed by the American Society of Neurodiagnostic Technicians). Dr Thompson has worked in neurology clinics, as well as clinical settings. She holds two Masters degrees (Depth Counseling Psychology; &amp; Communication). She has a PhD in Psychology with a dissertation on the intersection of psychodynamic psychology model of the psyche and electroencephalography. Dr. Thompson has served as the Executive Director of the Western Association of Biofeedback and Neuroscience, and worked as a neurodiagnostician in neurology clinics. Dr. Thompson regularly delivers public and trade organization lectures on Brain Mapping (Quantitative EEGs), Clinical Quantitative EEGs, Brainwaves 101, neurotherapy, and induced meditative states.</p>	

TIME	Monday 26 <sup>th</sup> August, <i>continued</i>
7.30 – 8.30am	QClub Interest Group Continental Breakfast in Tully 2
8.30 – 9am	Registrations & Welcome Coffee in Tully Foyer Workshops run 9am – 5.30pm with 2 x 15 minute breaks plus 1 hour for lunch, provided

### Workshop 5 (in Tully 2)

The Absolute Basics: Beginners EEG Recording and QEEG Analysis

Presenters: Rivi Sela & Michelle Aniftos

Silver Sponsor: [Brain, Mind & Memory Institute](#)

EEG and Quantitative EEG (qEEG) are valuable tools for supporting the diagnosis and targeted, effective therapy of a host of different neuropsychological disorders. This 2-day interactive workshop will align with the [QEEG Certification Board Blueprint](#) to demonstrate step-by-step how to record and analyze EEGs (electroencephalographic representations of brain activity) including artefact detection, quantitative EEG analysis and neurofeedback applications.

**Dr. Rivi Sela** is the co-founder and CEO of BetterFly Neurofeedback, an innovative cloud-based neurofeedback technology that allows clinicians to treat patients both in the clinic and at the patient's home. Rivi pioneered the neurofeedback field in Israel and has trained many neurofeedback clinicians. She founded the BrainGames-Israel clinics ten years ago, and treated hundreds of patients suffering from ADHD, epilepsy, autism, anxiety and depression. Under her supervision, the BrainGames clinics have provided diagnostic evaluations, QEEG recordings and analyses and non-drug interventions to patients of all ages, children and adults. Prior to embarking on her neurofeedback career, Rivi served for many years as the Chief Technology Director of the Sheba Hospital, the largest medical centre in Israel, and specialized in developing and implementing clinical technologies, including hardware and software, collaborating with leading companies from around the world.

**Michelle Aniftos BCN QEEGD** is a Clinical Psychologist and Director of a private mental health practice (Mylne Street Mental Health) in Toowoomba, Queensland. She has been accredited by Australian Health Practitioner Regulation Agency and the Australian Psychological Society's Clinical College as a Supervisor of provisional and registered psychologists, and clinical registrars. Michelle is past Convener of the Australian Neurofeedback & Psychology Interest Group; President and Fellow of the Applied Neuroscience Society of Australasia; and Chair of the Biofeedback Certification International Alliance - Australia.

TIME	Tuesday 27 <sup>th</sup> August, <i>day 2 of the 2-day workshops</i>
8.30 – 9am	Registrations & Welcome Coffee in Tully Foyer Workshops run 9am – 5.30pm with 2 x 15 minute breaks plus 1 hour for lunch, provided

### Workshops continued from Monday.....

#### Workshop 4 (in Tully 1):

The Use of Neurostimulation (tDCS, tACS, tRNS, pEMF) and Clinical Neurotherapy in Clinical Practice.

Presenters: Dr Nick Dogris & Dr Tiff Thompson

Silver Sponsor: [NeuroField](#)

#### Workshop 5 (in Tully 2):

The Absolute Basics: Beginners EEG Recording and QEEG Analysis

Presenters: Rivi Sela & Michelle Aniftos

Silver Sponsor: [Brain, Mind & Memory Institute](#)

## Wednesday 28<sup>th</sup> August – The After Party

This Full Day Tour is exclusively offered to our delegates to access the premier attractions of the region:

- 0845 Depart Pullman Cairns International for bus transfer to Tjapukai
- 0915 Tjapukai Indigenous Experience - *learn about the diversity of Australian Indigenous culture and how it is expressed through art; the tantalising smell of the Bayngga, a traditional underground oven, will lead you to the Flame Tree Bar & Grill to enjoy a buffet lunch inspired by native bush foods;*
- 1245 Skyrail Rainforest Cableway to Kuranda – *soar above the rainforest canopy, with views from Cairns to the Great Barrier Reef; in Kuranda visit the Heritage Markets & Butterfly Sanctuary;*
- 1530 Scenic Rail service from Kuranda to Freshwater Train Station - *ride through one of the oldest rainforests in the world; pass amazing waterfalls; trundle through tunnels and over picturesque bridges as we head down the mountain;*
- 1700 Depart Freshwater Train Station by bus to return to Pullman Cairns

[\\$260 per person](#) (Limited to a maximum of 50 delegates so please register early)

**REGISTER via Eventbrite**

<http://www.eventbrite.com.au/e/2019-ansa-conference-workshops-gateway-to-health-tickets-48189068802>

Additional tourism ideas have been packaged specifically for our delegates by local tour operators.

See over for trip ideas on land and water.....

## DOWN UNDER TOURS



### Wednesday 29<sup>th</sup> August 2019 - Private ANSA Full Day Tour to Kuranda

Board the luxury private coach to experience the contrast of the region's oldest railway and the world's most beautiful Rainforest Cableway. Tjapukai is our first stop where you will experience the world's oldest living culture before enjoying a delicious buffet lunch. Then board Skyrail Rainforest Cableway for your journey over and through World Heritage protected rainforest, before some free time in Kuranda before the return journey through the rainforest aboard the Kuranda Scenic Rail.

Price: **\$260.00 pp**

[CLICK HERE TO BOOK ONLINE NOW WITH ANSA NOW](#)



### Cape Tribulation, Daintree & Mossman – Full Day

Travel in air-conditioned comfort in your luxury purpose-built vehicle to Cape Tribulation; through some of the oldest rainforest in the world ... Included is a cruise on the Daintree River, delicious tropical lunch set amongst the rainforest, and a walk on famous Cape Tribulation Beach. Included also is a driver/guided tour & afternoon tea at the Mossman Gorge Centre, before returning home.

Adult price: **\$214.00**

Tour Code: **CTR**



### Daintree Walkabout – Full Day

A unique experience awaits today ... Join the Dreamtime Gorge Walk at Mossman Gorge, learning of dreamtime legends, bush tucker sources and traditional plant use before tea, damper & question time with your Indigenous guide. Also included is a delicious lunch at The Daintree Teahouse and an informative cruise on the Daintree River.

Adult price: **\$216.00**

Tour Code: **DWA**



### Hartley's Crocodile Adventures – Half Day

Take a half day tour to Hartley's Crocodile Adventures – the best place to see crocodiles in Tropical North Queensland! There is ample time to explore this wonderful park, including the Wetlands Cruise through the Melaleuca wetlands; domain of the saltwater crocodile. Take in the Crocodile Attack Show, and fascinating Snake Show before we return you to your accommodation.

Adult price: **\$98.00**

Tour Code: **HCPM**

**TO BOOK CAPE TRIBULATION, DAINTREE WALKABOUT OR HARTLEYS  
PHONE DOWN UNDER TOURS DIRECTLY ON +617 4047 9066 6AM – 6.30PM  
& QUOTE "ANSA NEUROSCIENCE CONFERENCE" TO RECEIVE A 10% DISCOUNT**

# 10% OFF REEF TRIPS



**The Quicksilver Group is pleased to offer a special discount of 10% on our range of Great Barrier Reef cruises for delegates and family when booking direct.**

- To redeem this offer, please visit the direct booking form link below.
- Please indicate on the booking form - "ANSA NEUROSCIENCE CONFERENCE"
- Please also indicate in the message box how many dives you wish to do.
- This offer is valid for the period **15<sup>TH</sup> August 2019 – 6<sup>th</sup> September 2019** inclusive.

**DIRECT BOOKING FORM**

<http://www.quicksilvergroup.com.au/charters.html>

**OR PHONE:** Port Douglas Departures +617 4087 2100 Cairns Departures +617 4044 9944



## GREEN ISLAND DAY TRIPS

*Half and Full Day Trips*

- **GREAT ADVENTURES** from Cairns



## OUTER REEF ACTIVITY PLATFORMS

*The widest range of ways to experience the Reef*

- **QUICKSILVER Agincourt Reef** from Port Douglas
- **GREAT ADVENTURES Outer Reef** from Cairns



## SAILING DAY TRIPS

*Full day sailing experiences*

- **WAVEDANCER Low Isles** from Port Douglas
- **OCEAN SPIRIT Michaelmas Cay** from Cairns



## DIVE & SNORKEL ADVENTURES

*Visit 3 Outer Reef sites in one day*

- **SILVERSWIFT** from Cairns
- **SILVERSONIC** from Port Douglas
- **POSEIDON** from Port Douglas