Integrating Neurofeedback with Traditional Psychotherapy

Benjamin Schwinke, LCPC, BCN; with Michael Donovan, LCPC, BCN, and Cecelia van Rooyen

While Neurofeedback has been used clinically for more than four decades, many therapists still have limited awareness of what it is and how it could help their most challenging clients. Three BCIA, Board Certified Neurotherapists will take part in this informative and fun presentation/demonstration on the basics of EEG-Biofeedback (Neurofeedback), with particular emphasis on how attendees can incorporate Neurofeedback into their talk-therapy practice.

Learning Objectives: This workshop is designed to help you:
- An introduction to EEG–Biofeedback
- Describe the arousal model and its applications for NF
- Demonstrations on Eegeer and BrainMaster
- Considerations on how to combine NF with talk-therapy.

Benjamin Schwinke has over ten years of mental health experience in a variety of clinical settings. Ben is one of the few BCIA Board Certified Neurofeedback specialists in Maryland. His areas of specialty include the integration of Neurofeedback Training in the psychotherapeutic treatment of anxiety, depression and mood disorders, attention disorders such as ADD and ADHD, and sleep problems. He also utilizes EMDR and other exposure therapies for trauma disorders.

Michael Donovan, LCPC has over six years of experience providing mental health services to diverse clientele including: short-term inpatient psychiatric hospitals, nonprofit outpatient residential programs, and outpatient community mental health centers. He is a BCIA-certified neurotherapist.

Cecelia has over seven years of experience in a variety of behavioral health settings, with a focus on mood disorders and crisis intervention. Cecelia is also trained in Neurofeedback therapy and uses it in conjunction with traditional talk therapy. Cecelia has had success in treatment of misophonia, or 4S (Selective Sound Sensitivity Syndrome), using Neurofeedback.

AIDS and Ethics

Erin Nortrup, MSW, LCSW-C

Participants of this workshop will leave with an understanding of working with clients who have AIDS and what the ethical rules are. HIV/AIDS in the Metro DC area will be described and attendees will learn how to work with AIDS clients.

Learning Objectives: This workshop is designed to help participants:
- Gain an understanding of the current HIV epidemic in the Metro DC area.
- Learn up-to-date bio-medical approaches to HIV prevention.
- Gain insight on client-centered social work relevant to HIV
- Increase confidence in applying tenets of ethics in client vignettes

Erin Northrop is a skilled leader with over 15 years of experience in developing, implementing and evaluating HIV prevention and support services programs. She holds expertise in grants and contract management, program development and implementation, staff coaching and development, clinical oversight and building effective partnerships and collaborations.
This lecture will review an innovative treatment protocol that provides a user-friendly road map for therapists to follow when treating self-injury clients. The protocol begins by developing an in-depth understanding of the psychological underpinnings of the self-injuring teen and their families. Using a specific theoretical framework lens as your guide, this protocol combines the use of various evidence-based treatment approaches within certain treatment modalities coupled with “out of the box” thinking. The therapist establishes a treatment plan that fosters the development of a therapeutic alliance as well as an atmosphere that enhances motivation and growth while providing the opportunity for the teen to learn how to move away from NSSI and develop alternative coping skills. By reviewing recent study results, didactic information, case vignettes, along with teens’ art work, poetry, writings and social media postings; attendees will get an ‘up close and personal’ look into the challenges and obstacles self-injuring teens face on their journey to recovery.

**Learning Objectives:** This workshop is designed to help you:

- Recognize the warning signs of self-injury, high-risk groups, common triggers, and the numerous functions NSSI serves.
- Identify NSSI typical profile, speech pattern, mindblindness.
- Utilize a theoretical framework to understand family dynamics, intergenerational aspects and level of psychological functioning.
- Learn to recognize your own countertransference reactions and their diagnostic importance.
- Learn to ask the ‘right questions’ to properly assess situation.

Joan Goodman LCSW-C, BCD has specialized in adolescents since 1979, and has treated both adolescents and adults in Joan Goodman and Associates LLC, a private practice in Montgomery County since 1984. Joan has worked with hundreds of self-injurious adolescents, young adults, and their parents. Joan has been a pioneer in clinical research associated with adolescent self-injury.

**DIRECTIONS from DC and from the South:**

- Take 495 to I-270 North and take the Shady Grove Exit
- Once on the exit ramp, stay in the left lane. At the light, turn left onto Shady Grove Road. Stay on Shady Grove Road approximately .04 mi.
- Turn right onto Key West Avenue and follow to the second intersection.
- Make a left onto Broschart Road (do not turn on Medical Center Drive). Turn left into the campus just after you make the turn onto Broschart. Turn right immediately for free parking.
- When you enter from this direction, you enter at the back of the campus. **You can park for free at the back of the campus in any undesignated spot or spot that says “JHU only.”**
- **Do not use the parking garage in front of the campus—it is not free**

**Workshops are at Johns Hopkins University**

**Shady Grove Campus**

**A/R Building**

9601 Medical Center Drive

Rockville, MD

*Please note: although the address is JHU only.*

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Aspire Counseling is approved by the Maryland Board of Social Work Examiners as a continuing education provider.

Mission: Aspire Counseling is committed to helping all clients transform their lives and achieve their mental health and wellness goals by developing the skills they need.

History: Aspire Counseling was founded 40 years ago in 1978 as ‘The Child Center,’ by Dr. Maryrose Rogolsky. Dr. Rogolsky (aka Posey) had a vision to start an agency specializing in low cost, high-quality mental health care to children in need. As time passed, parents who brought their children for therapy said they needed help too, and in the 1980's we widened the scope to include therapy for single parents, couples, and families. We became "Child Center and Adult Services" (CCAS). In 2014, following a strategic planning process we began doing business as Aspire Counseling. Our Founder Posey retired in 2014 at age 83. And sadly passed away in March 2018

Aspire is a 2018/19 Catalogue for Philanthropy non-profit. In 2018 Aspire was awarded the Maryland Counseling Association '2018 Organization Achievement Award' and the '2018 Diversity Achievement Award' for Aspire Clinical Director, America Cabello, LCPC.
I am registering to attend:

- Mar 8th | Integrating Neurofeedback with Traditional Psychotherapy
- Apr 12th | AIDS and Ethics
- May 10th | Demystifying and Effectively Treating Self Injury in Adolescents and Young Adults

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CANCELLATIONS: We will refund your registration with 48 hours’ notice

WORKSHOP FEES:

Early registration: $60
Walk-in/late registration: $70

Early registration cutoff is 7:00 PM the Wednesday before the workshop

Registration before Feb. 15: $45 a class or $130 for all 3

DISCOUNTS:

Register for all three workshops
For $150 total

First time attendees:
$50 for your first session

Repeat attendees:
Bring a first time attendee and you pay $50!