STRESS CONTROL
ONLINE COURSE

The **Introduction to BioGraph Infiniti: Stress Control Online Course** is the essential companion to professionals who are taking their first steps into the worlds of stress and psychophysiology through the use of the Thought Technology biofeedback system. This course is appropriate for the training needs of clinicians, researchers or general health practitioners looking for expert guidance on the functionality, power and versatility of the Infiniti platform.

With the Stress Control Suite as the basis for instruction, participants learn about the general concepts of stress and psychophysiological measurement. Topics of this course include running a stress assessment, arousal and temperature training, as well as multiple types of assisted relaxation: guided protocol, paced breathing, and binaural beats.

To better facilitate comprehension of the hardware and software features, this course encourages participants through guided "hands-on" data collection. This online course is accredited by BCIA to fulfill the continuing education requirements for recertification.

ONLINE COURSE BENEFITS

- No travel expense: learn from the comfort of your own home or office.
- All courses are private to ensure both individual attention and scheduling that suits your needs.
- The course has a total of 2-hours of online instruction. The course can be divided into two 1-hour lessons or one 2-hour lesson, depending on your preference.
- While following course objectives, instructors are able to modify goals to best suit your interests.

☐ OBJECTIVES AND OUTCOMES

At the end of this course, participants:

- Will have acquired a strong understanding of their equipment and how to apply the skin conductance and temperature sensors.
- Will know how to record a psychophysiological stress assessment, monitoring, training, and relaxation session using the Stress Control suite software.
- Will be able to identify and briefly describe the relevant physiological measurements.
- Will be able to alter feedback to suit the needs of different potential clients.
- Can define 'what is an artifact' and how to minimize/void artifacts.
- Can generate a report for statistical analysis, within and between sessions.

LESSONS

1

Orientation to Stress, Biofeedback, Hardware, Sensors, and Software; Running a Stress Assessment

The course begins with an overview of the concepts of stress and psychophysiology. From there, participants learn the proper hardware-connection process and sensor application method. Bridging the theory of stress with the Stress Control suite, the instructor then guides the participants to correctly record a stress assessment. As part of this lesson getting started with the software, an overview of the different recording sessions is provided, along with a review of settings that best suit user needs. Coverage for recording data includes: general options and hardware settings, client database sorting, client confidentiality, in-session controls, instrument adjustments, subject guidance, artifact identification in real-time, artifact avoidance strategies, event markers, and saving the session.

2

Data Review, Report Generation, Recording a Monitoring or Training Session with Feedback, Relaxation Script, and Trending

Picking-up from the previous lesson, this session begins with data review from the assessment recording. This includes review-mode navigation, multi-line graphing, artifact rejection features, computing statistics, generating and understanding the specialized excel report. The next component of the course is running a monitoring and training session, where participants learn how to read, interact and modify each on-screen instrument and graphic, including scales, thresholds (manual and automatic), epoch mean parameters, feedback (sounds, music, animations), etc. The feedback logic and mechanisms for training will be explained and users will learn how to customize the software to meet the needs of their clients. Methods for tracking progress within a single session and between multiple sessions will be reviewed as well. The course will end with a review of the three assisted-relaxation scripts (guided, paced breathing and binaural beats), while leaving the possibility open for further discussion on topics that the participants wish to review or elaborate upon.

To Register

Purchase the selected online course directly from the Thought Technology website or by contacting Thought Technology's Workshop Coordinator:

Directly from the Website:

Go to "http://thoughttechnology.com/index.php/online-overview" and purchase the desired course either separately or included with a complete system. You will then be contact by the Workshop Coordinator to schedule the course.

By contacting the Workshop Coordinator:

Tel: **1-800-361-3651 ext. 135**
Tel: **(514) 489-8251 ext. 135**;   Fax: **(514) 489-8255**
E-mail: **workshops@thoughttechnology.com**

Cancellation Policy

Cancellations must be received in writing if requested prior to 1 week before the course commencement date. You will receive credit towards a future course minus an administration fee of US$ 50. Cancellations after this date forfeit registration fee. Thought Technology Ltd. reserves the right to cancel the course with full refund.

Please be advised ALL online training courses have a 1 YEAR EXPIRATION Date of Use from date of purchase. After which, all paid online training course fees will be NONREFUNDABLE.

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