

Neurofeedback? WHY?

Presented by: **Victoria L. Ibric**, MD, PhD, BCN, President of the NNRI, Inc.,
Pasadena, CA



TUESDAY, OCTOBER 17, 2017

4:00 – 5:00 P.M.

WHERE: Research Conference Center, 734 Fairmount Avenue,
Pasadena, CA 91105

ABOUT THE TALK: Neurofeedback (NF) or EEG Biofeedback is a non-invasive technique that has been used for more than 50 years to teach patients self-regulatory skills. NF is a branch of Biofeedback training. In the 1960s, NF started to be used for increased creativity (through enhancing alpha and theta waves) by Joe Kamiya and Tom Budzynski, and for controlling epilepsy (down training theta and high beta waves), by Barry Sterman. A short history and the development of the various NF instruments and applications will be presented and discussed. The importance of learning to work with our brain waves in order to control physical, psychological and cognitive aspects of our lives will be emphasized.

TARGET AUDIENCE: Physicians, Psychologists, Nurses, Social workers, scientists and students of medicine and science curious about Neurofeedback and Biofeedback.

LEARNING OBJECTIVES:

Understand the power of self-regulation through Bio-/Neurofeedback

Gain basic vocabulary and understanding of Neurofeedback

Appreciate the value of Neurofeedback and integrate it into patients' healthcare

ABOUT THE SPEAKER:

Dr. Victoria L. Ibric has been certified in Neurofeedback and has worked as a clinician/ instructor/ mentor since 1994. She graduated, as a MD, in 1974 from "Carol Davila" Medical and Pharmacy School in Bucharest, Romania. In 1980 she obtained two PhDs, in immunology and health psychology. After graduation Dr. Ibric entered a residency in Cancer Research at the Virology Institute "Stefan S. Nicolau" in Bucharest. Following her arrival in the U.S. she continued her work in cancer research followed by neurology at USC-Cancer Research Laboratory and at the Children's Hospital of LA. About 25 years ago, Dr. Ibric became more interested in the self regulatory responses to stress so she got trained in Bio/ & Neurofeedback and Quantitative EEG (QEEG) by some of the leading scientists in the field of Neurophysiology/ Neuropsychology. Presently, she has a full time practice in Pasadena at the Neurofeedback & NeuroRehabInstitute, and she consults with many private clinics. She provides Bio/Neurofeedback for a variety of disorders and stress-related conditions, as well as peak-performance training. Dr. Ibric has had a high rate of success (82%) using Neurofeedback **sufficiently** with patients post traumatic brain injury, chronic pain, sleep disorders, depression/ anxiety, ADHD, tremor, addictions, and seizure disorders.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Institute for Medical Quality/California Medical Association (IMQ/CMA) through the joint providership of Huntington Hospital and Huntington Medical Research Institutes. The Huntington Hospital is accredited by the IMQ/CMA to provide continuing medical education for physicians."

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