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## Biofeedback Foundation of Europe

Monday, December 31, 2007

[Biofeedback/Neurofeedback Therapies Helping Treat Hollywood](#)



More athletes, entertainers, and public officials are displaying dysfunctional behavior that is not only harmful to themselves but to their families and the general public. Contrary to the media's coverage two decades ago, their personal exploits are now in the public domain thanks to video- cell-phones & unscrupulous paparazzi & gossip tabloids.

"It's much harder for entertainers and people in the public to hide their problems," says Dr. Stephen Sideroff, the Clinical Director of Moonview Sanctuary, a very different place for public individuals who have problems to get help and get it in a discrete way.

“ It’s difficult for people in the spotlight to really get good help because it’s hard to go into treatment and let down your guard knowing that you’re going to come back out in an hour or in a day and have to put your guard back up. This interferes with addressing the deeper issues.”

Stephen Sideroff is a licensed clinical psychologist, consultant and Assistant Professor, Department of Psychiatry and Biobehavioral Sciences, at UCLA’s School of Medicine. He’s an international expert in behavioral medicine and biofeedback.

At Moonview Sanctuary Sideroff, Drs. Terry Eagan and Laurie Levin and their staff offer several core programs based on psychiatric evaluations and treatment, psychotherapeutic evaluation and treatment, and medical services. Among the assessment tools Moonview uses are neurofeedback and biofeedback; they also use a wide range of treatments from Eastern and Native American approaches, to the most advanced neuroscience techniques,

“Recognizing the growth process, our teams continually evaluate our clients and adapt treatment for mental, emotional and spiritual well being,” stated Sideroff. “We strongly believe in the importance of treating our clients holistically in order to initiate significant, long-lasting life changes.”

There are individual programs in releasing, addictions, optimal performance, transformational medicine, anger, anxiety, burnout, depression, grief and loss, obsessive-compulsive behavior, substance related issues and life changes.

Of the many individual assessments and therapies offered, one of the most useful is biofeedback. Stephen Sideroff is a world authority on the use of biofeedback in the treatment of substance abuse and behavioral medicine. He recently returned from a trip to China where he gave a series of lectures to Chinese clinicians.

[http://bfeorg.blogspot.com/2007\\_06\\_01\\_archive.html](http://bfeorg.blogspot.com/2007_06_01_archive.html)

Neurofeedback and biofeedback response helps in the continuous evaluation and treatment of clients at the center.

“We create a team and have over 70 practitioners who are part of Moonview. Before we even opened, we spent several years identifying the best people in a wide range of disciplines-- mind, body and spirit, not only psycho-therapeutically, but in very specific and different modalities. We do an assessment and we create a team of practitioners to work with an individual. In fact we may have a team of ten different practitioners in all different fields, including biofeedback to work with a client and we design a program so that when they come in, they will see three or four different approaches that we have found work synergistically.”

“Biofeedback works. Its use is growing slowly as more of our excellent results get reported to the public. It works and we get excellent results using it for diagnosis, evaluation and treatment at Moonview,” says Sideroff.

Moonview has several approaches to substance abuse, overall emotional personal crisis (anxiety, depression) and another track they call ‘transformational health’. This is for persons with chronic pain, illness or a new and life-altering diagnosis, like cancer. Another track is optimal functioning,

“Within optimal functioning we work with athletes, executives and people in entertainment.”

Sideroff, Laurie Lavin and Terry Eagan spent seven years in planning and developing the “healing’ approaches at Moonview Sanctuary and the center opened three years ago. He says they are getting, “very, very good results.” Sideroff and colleagues recently published the only controlled study using neurofeedback in a substance abuse treatment program. That study demonstrated significant improvement in abstinence rates as well as improvements in cognitive and emotional functioning.

Despite widespread agreement on the importance of the mental aspects of sport, it’s only recently that this has received much attention says Stephen Sideroff, but he points out this aspect is often kept at an arm’s distance, Dr. Sideroff has used biofeedback with elite athletes including International Volleyball star, Gabrielle Reece, who worked privately with him, outside of the Moonview Center, to help her mental focus and her emotional “game”.

“We have only to review the scientific research to know why this aspect of sport is so important. For example, research indicates that individuals who have low levels of social support combined with few coping skills take longer to recover from injury. Stress itself has been shown to slow the healing process. Similar results demonstrate that psychosocial factors also affect injury vulnerability. So we use biofeedback as one way of assessing, diagnosing and monitoring most of the elite athletes.”

He elaborated further, “Elite athletes, with a natural-born ability for success have never had to develop any coping mechanisms for their stardom and financial success, and it’s hard for them to deal with paparazzi let alone deal with frustration. While they, along with their counterparts in the world of stage and screen entertainment are great at what they do, this does not make them immune to emotional slides, or the side effects of extreme pressure that comes with success and pleasing their fans and their critics in the media.”

“Moonview provides the tools for progress towards strengthening inner development, increasing resiliency and instilling a renewed sense of connection to one’s self and world.”

For more information: [www.moonviewsanctuary.com](http://www.moonviewsanctuary.com)

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**Tuesday, August 28, 2007**

### [Thought Technology Gives NASA Astronauts an Edge](#)



[Micro-miniaturization technology enabling National Aeronautics & Space Administration Montreal, Quebec-- August 20, 2007—](#)

As Dave Williams wraps up NASA's STS-118 shuttle mission with the rest of the crew, years of training and a technology developed in Montreal have helped him soar to great heights. For decades, NASA has been studying astronaut's physiological responses to zero gravity, to living in outer space and to staying in a space vehicles and space stations for extended periods of time.

NASA recently conducted under water research since the environment provides some useful similarities to working in space. Using off the shelf technology, developed by THOUGHT TECHNOLOGY LTD of Montreal. The device is a wearable outfit that records multiple physiological measurements simultaneously. The technology is ultra miniaturized, using a standard FlexComp Infiniti(tm) physiological encoder, storing the data using flash memory cards. The astronauts, Mission Specialist Dave Williams, a Canadian Physician, and Astronaut Ron Garin, an American, wore the "gear" throughout the day while living in an NOAA (National Oceanic and Atmospheric Administration) undersea habitat, off the shore of Key Largo Florida, 65 feet down below the surface.

NASA researcher William Toscano described the mission, "Our project was called Nemo Nine. It was 22 days long, with 2 astronauts participating. They wore the FlexComp Infiniti(tm) system for three of the mission days. What we were looking was the effect of isolation, workload and fatigue on the individuals. We're using the Nemo Nine environment as an analog of a space station." It was all stored on flash memory cards, " We recorded five measurements-- heart rate and electrocardiogram, respiration, skin conductance, hand temperature and finger pulse volume. Throughout the day they had activities and tasks to do." New, micro-miniaturization technologies have enabled NASA researchers to use commercially produced biomedical devices like the FlexComp Infiniti(tm) to do what used to take a wall full of equipment easily weighing over 1000 pounds. Now, the device, manufactured by Thought Technology a company that is the world's largest provider of medical and consumer biofeedback instrumentation, weighs less than a pound and has built-in data storage using flash memory cards.

NASA's Toscano commented on the extreme research environment and on the air pressure, "at 65 feet is about 2.65 (atmospheres) -- different from at the surface. There were questions of whether the instrument would function, would it work? And it did, with flying colors! "Thought Technology also produces the [GSR2](#), the world's best selling hand held electronic (computerizable) consumer Biofeedback device.

Posted by Communications Director at [6:10 PM](#) [1 comments](#) 

**Friday, July 13, 2007**

[Highlights from Montreal UQAM Workshop](#)



Members of the Biofeedback Foundation of Europe recently held an 'Optimizing Performance and Health' workshop which shared the latest developments in using Biofeedback and Neurofeedback in sport. Dr. Vietta "Sue" Wilson conducted the workshop at the University of Quebec's downtown Montreal campus. Dr. Louis Csoka, the founder of West Point Military Academy's Sports Psychology program, attended as did Dr. Wes Sime a Sport Psychologist specializing in PGA Golf. Dr. Len Zaichkowsky of Boston University, Dr. Mark S. Schwartz, author of the landmark book "Biofeedback", and Andre Fournier, Chief of the Coaching Association of Canada were also in attendance. A total of eighteen English speaking Sports Psychologists participated. Conducting a workshop in French were Dr. Nicolina and Ray Pavlov with 10 Sports Psychologists attending. The Biofeedback Foundation of Europe believes, along with thousands of clinicians, that through the Biofeedback and Neurofeedback process, athletes can reach an optimal state and reach their peak performance with the information that electro-physiology instruments provide.

The CBC's Sonali Karnick interviewed Dr. Vietta 'Sue' Wilson at UQAM on June 10th.

[Click Here for Interview](#)

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Thursday, June 28, 2007

[BFE Leads Lecture Series in Nanjing, China](#)



Nanjing, China --- Members of the Biofeedback Foundation of Europe recently held a series of lectures and discussions at the Brain Hospital in Nanjing, a major neurological center in China.



Leading a keynote lecture was BFE lecturer, Dr. Stephen I. Sideroff PhD., an expert in behavioral medicine and assistant clinical professor at UCLA's department of psychiatry. Dr. Sideroff gave a presentation and workshop to 110 physicians at the Brain Hospital in Nanjing. Dr. Sideroff explained behavioral medicine, stress and how biofeedback and neurofeedback can be used in this context. The presentation included a demonstration of biofeedback and neurofeedback approaches that he employs in his treatment of ADD/ADHD, stress related symptoms and peak performance. Dr. Sideroff used Thought Technology's ProComp Infiniti to demonstrate his approach in these areas. He later gave a similar presentation

to seventy physicians at the Beijing Youth Stress Center.



BFE lecturer, Dr. Howard Glazer, PhD., an expert in pelvic floor muscle biofeedback and a Clinical Associate Professor at Cornell Medical College, presented another keynote lecture at the 7th Annual Meeting of Colorectal Surgeons Society of China. Two hundred and fifty surgeons attended Dr. Glazer's lecture. The Society was celebrating the 70th anniversary of its founder's medical practice.

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Monday, May 14, 2007

[11TH ANNUAL MEETING BERLIN--WUNDERBAR SUCCESS !](#)





Monday, April 23, 2007

### News & Upcoming Workshops & Conferences

BFE 11th Annual Meeting in Berlin....Wunderbar success

*from left to right - Dr. Erik Peper, President of the BFE, Dr. Bruno Demichelis - For 20 years the Head of Sports Science for AC Milan Football Team, Dr. Vietta 'Sue' Wilson, author of 'Optimizing Performance and Health' BFE Suite, Lawrence Klein, V.P. of Thought Technology and Luca Righetto, Italian Distributor of Thought Technology*

Berlin, Germany - Holding their BFE Lifetime Achievement Awards for their contribution to the field of Biofeedback and Neurofeedback in Sport, in both the Professional Football field and Olympics are Dr. Bruno Demichelis and Dr. Vietta 'Sue' Wilson. Their lectures opened the Biofeedback Foundation of Europe's 11th annual Meeting's Scientific Program which began February 27th. Dr. Vietta 'Sue' Wilson, of Toronto, Canada, gave an hour introductory lecture on Biofeedback and Neurofeedback's use in Sport Psychology. Dr. Bruno Demichelis gave a ninety minute lecture on AC Milan's use of the Mind Room and Sport Psychology /Sports Medicine. The MindRoom, which includes Thought Technology's ProComp Infiniti/BioGraph Infiniti, is considered their secret weapon that helped them defeat Manchester United 3-0 and advance to the Champions League Football final May 23rd, 2007 in Athens, Greece. The next annual meeting takes place February 2008, in Salzburg, Austria

<http://www.bfe.org/meeting/12th/Salzburg.pdf>

### **BFE WORKSHOPS COMING TO MONTREAL, CANADA, IN JULY**

Dr. Vietta " Sue" Wilson will be teaching her workshop, "Optimizing Performance & Health". Dr. Wilson, renowned for her work in sports psychology since 1971, taught sport psychology, counseling and bio-feedback assisted self regulation at the graduate and undergraduate level for over 30 years. Participants in the two-day workshop will learn to differentiate the innate from acquired in our stress response and especially learn to understand how and why we respond to stress in the way we do, and most importantly, how to change. The workshops take place from July 9-10th at UQAM (the University of Quebec at Montreal) campus



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### [YOUNG BERLIN FOOTBALL PLAYERS LEARN BIOFEEDBACK WITH DR. BRUNO DEMICHELIS](#)



Monday, April 23, 2007 -----

Following a keynote address to the 11th Annual Meeting of the BFE, Dr. Bruno Demichelis, the famous Head of Sports Science, AC Milan Football Team, took time to teach some future soccer greats the finer points of biofeedback. The youngsters, who attend grade school in Berlin, learned about optimizing their performance and health--a life skill according to Demichelis. The young students were captivated by the computers and software for sports applications & biofeedback, developed by Thought Technology Ltd. of Montreal, Canada. Several of the young athletes were "hooked-up" in order to measure their biofeedback responses to stimuli. Dr. Demichelis taught them how to relax under stressful situations and how to improve their performance on the soccer pitch. He also showed them ways to train their powers of confidence using numerous visualization techniques.

Demichelis uses the same techniques and many more advanced for the players on the AC Milan Squad, who have just won their last four matches allowing them to enter the finals round leading up to the World Cup.



The young Berlin footballers learned how to concentrate and focus to get into "the zone" for peak performance during competitions. Physical fitness is key to performing well, but mental preparation also makes a big difference with respect to performance Demichelis told them; it can also help reduce physical injuries.

Using **ProComp Infiniti**, professional athletes allow themselves to be measured for seven physiological signals --- from brain waves and muscle tension to heart rate and respiration.

Athletes soon learn how to achieve a meditative state and maintain this mindset while visualizing videos of their recent performance on the football pitch.

Posted by Communications Director at [3:04 PM](#)

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