



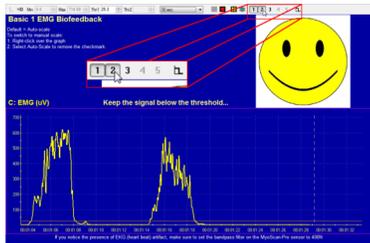
BIOFEEDBACK BASICS SUITE

ERIK PEPER, PH.D.



Limited Edition Software Suite

The Biofeedback Basics suite was designed by a team of clinicians and co-authors, who worked in close collaboration with Erik Peper, Ph.D., to ensure that the implementation of his method, as described in his book **Biofeedback Mastery – An Experiential Teaching and Self-Training Manual**. This suite is meant to accompany the aforementioned book, in teaching basic skills derived from Dr. Peper's more than thirty years of biofeedback training and teaching experience. Individuals will learn from this suite about monitoring and displaying biological signals of interest, the underlying physiology of each signal, accurately recording the signal, the basics of self-regulation, limitations of psychophysiological monitoring, techniques for connecting & attaching sensors, and discriminating real feedback signals from artifact. This software package gives an excellent introduction to professionals entering the field of biofeedback, while also acting as a pedagogical tool for students. The suite includes:



- Simple and appropriate training screens that specifically accompany each unit of the Biofeedback Mastery book.
- General stress assessment script designed to accompany the Biofeedback Mastery book.
- Advanced typing assessment script, with assessment excel report for quickly displaying statistics of interest and easy data interpretation. This aspect of the software bring the user's experience beyond mastery of simple biofeedback tasks.
- Software manual, which complements the Biofeedback Mastery book, that explains additional technical detail about making use of the Biofeedback Basics suite.



Please note: the **Biofeedback Mastery – An Experiential Teaching and Self-Training Manual** book is sold separately from the Biofeedback Basics suite. The book can be purchased from a variety of locations, including Dr. Peper's biofeedback health website (<http://biofeedbackhealth.org/books/>).

Education & Training Opportunities

The BFE currently offers one type of online lesson/meeting designed to meet your diverse education and training needs:

- **6-Hour Biofeedback Basics Class:** online instruction from a qualified instructor on training tennis athletes. This class is well suited for beginners or experienced practitioners that want to use the make of the Tennis Suite in their practice. All aspects of using the software will be covered in great detail, and recorded data will be reviewed to ensure proper recording. Interpretation of data by the instructor will occur, however focus is maintained of being able to successful use all aspects of the software and equipment.

If you are interested in arranging other types of qualified instructor-guided lessons, then the BFE would gladly do so. Please contact the BFE Shop (shop@bfe.org) do make such arrangements.



For more Information or Questions:

To purchase the suite and/or education & training, go to the BFE Shop:

redbasics@gmail.com

www.bfe.org/buy



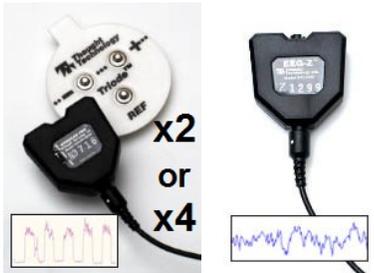
BioGraph Infiniti Software

BioGraph Infiniti Software is the core of all current and future Thought Technology biofeedback and psychophysiology products. It provides a multimedia rich graphical experience, while capturing and analyzing raw data. It includes all the features and functions required to run our specialized Biofeedback Basics Suite and offers the ability to customize your own screens using the Developer Tool. The suite functions with **BioGraph Infiniti version 5.1.4 or 6.0**, and is designed to provide full compatibility with the latest Windows 8 operating system.



Required Encoder for running the software

- **ProComp Infiniti encoder** is the eight-channel, multi-modality encoder that has all the power and flexibility you need for real-time, computerized biofeedback and data acquisition in any clinical setting. It records data from up-to eight sensors simultaneously.



x2
or
x4

Select Sensor Measurements for Collecting Data

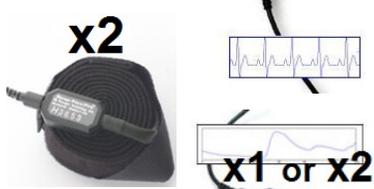
This list consists of the all sensors to be used with the encoder in this suite. This includes the basic required sensors and the advanced, full complement of sensors:

Basic-use required set of sensors:

- **MyoScan-Pro sensors (x2)** are pre-amplified surface electromyography sensors for measuring muscular tension. Disposable electrode pads are necessary with this sensor.
- **EEG-Z sensor (x1)** is pre-amplified electroencephalograph sensor with built in impedance checking, for measuring brainwaves. **EEG monopolar/bipolar kit with DIN cable** is also necessary to use this sensor.
- **BVP sensor (x1)** is a blood volume pulse detection sensor (otherwise known as a PPG sensor) housed in a small finger worn package, to measure heart rate & heart rate variability.
- **Respiration sensors (x2)** are durable, latex girth belt for monitoring respiration rate, waveform and amplitude sensor.
- **Skin Conductance (x1)** sensor measures the conductance across the skin, and is normally connected to the fingers.
- **Temperature sensor (x1)** measures skin surface temperature between 10°C – 45°C (50°F - 115°F).

Advanced-use set of sensors:

- **MyoScan-Pro sensors (x4)** and optional **MyoScan sensors (x2)**.
- **EEG-Z sensor (x1)** and **monopolar/bipolar kit with DIN cable**
- **BVP sensor (x1)** and **EKG sensor (x1)**. Disposable unigel electrode pads are required for use with the EKG sensor.
- **Respiration sensors (x2)**
- **Skin Conductance sensors (x2)**
- **Temperature sensors (x2)**

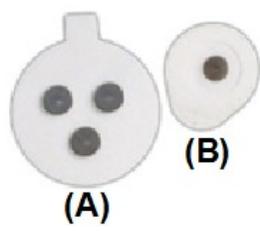


x2

x1 or x2



x1 or x2



Disposable Triode Electrodes

The MyoScan-Pro/MyoScan sensors have two potential electrode placement types, so there are also two types of electrodes for purchase. The **triode** disposable electrode (A) is used for narrow placement and the **unigel** (B) for wide electrode placement. You will need to purchase at least one type of disposable electrode.

The use of the EKG sensor requires the purchase of **unigel** electrodes.