



MINDFULNESS SUITE

INNA Z. KHAZAN, PHD

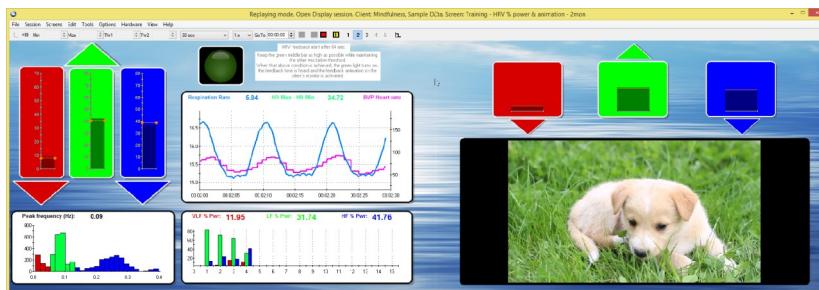
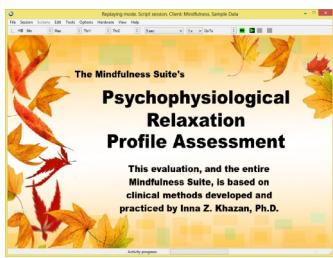
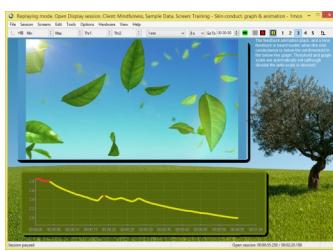
Limited Edition Software Suite



The Mindfulness software suite is the result of the collaboration between the Biofeedback Federation of Europe (BFE) and Inna Khazan, Ph.D., clinical instructor of psychology at Harvard and author of *The Clinical Handbook of Biofeedback: A Step-by-Step Guide for Training and Practice with Mindfulness*. From initial psychophysiological assessment, to resonant frequency evaluation, relaxation profile, graphing of results and training, the Mindfulness suite follows the guidance of her book and enables any clinician to establish a mindful and acceptance-based approach to biofeedback. All aspects of this visually-polished software have been personally tested and approved by Dr. Khazan. Included with the software package is documentation for guiding various meditation and relaxation techniques, as provided from Dr. Khazan's practice.

The software suite includes:

- Psychophysiological stress profile and relaxation profile assessments with automatic graphing of results into an easy-to-read excel reports.
- Resonance frequency evaluation with automatic graphing of results, to simplify data analysis.
- Pre-grouped monitoring and training screens, that follow Dr. Khazan's style of biofeedback training. Data is obtained from muscle tension, respiration, heart rate (BVP or EKG), skin conductance and temperature. The display screens are for 1 or 2-monitor setups.
- Suite documents - which include of a software manual, sample client data, a sample of Dr. Khazan's relaxation scripts.
- A new visually-appealing and soothing look for the display of biofeedback data, that any clinician and client will appreciate. This includes new, sharp animations/videos for feedback.



Note: The Mindfulness Suite is based on Dr. Khazan's **Clinical Handbook of Biofeedback: A Step-by-Step Guide for Training and Practice with Mindfulness**, and makes repeated reference to the book. Dr. Khazan's book is however not included with the suite, and must be purchased separately.

Education & Training Opportunities

For interested clinicians, the BFE currently offers the a 6-Hour **Mindfulness Online Class**: four 90-minutes session of online instruction from Dr. Khazan on the use of biofeedback in a mindfulness-based clinical practice. This class is well suited for beginners or experienced practitioners that want to make use of the Mindfulness suite and follow Dr. Khazan's methodology in their practice. The cost of this class is not included with the purchase of the Mindfulness Suite.

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



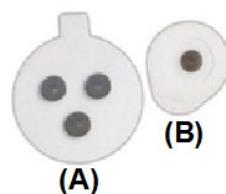
For more Information or Questions: To purchase the suite and/or education & training, go to the BFE Shop:
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www.bfe.org/buy



MINDFULNESS SUITE

EQUIPMENT/SOFTWARE REQUIREMENTS



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 the BFE's specialized Mindfulness Suite and offers the ability to customize your own screens. The suite functions with **BioGraph Infiniti version 6.0.4** or higher, and is designed to provide full compatibility with the latest Windows 8.1/10 operating system.

Choose the Encoder to Meet Your Needs

You only need one of the below encoder and its associated sensors to run 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.
- **ProComp 5 encoder** is similar to the ProComp Infiniti, however can only record up-to 5 channels of data simultaneously.

Select Sensor Measurements for Collecting Data with Encoder

This list consists of the necessary sensors for using the suite, based on the encoder.

- **MyoScan-Pro sensor (x2 for ProComp Infiniti; x1 for ProComp 5)** is a pre-amplified surface electromyography sensor for measuring muscular tension. Disposable electrode pads are necessary with these sensors. There is also a **x4 MyoScan-Pro sensor** protocol included for both encoder types, if the clinician is interested in elaborate muscle tension monitoring.
- **Respiration sensor (x1 or x2 for ProComp Infiniti; x1 for ProComp 5)** are durable, latex girth belt for monitoring respiration rate, waveform and amplitude sensor.
- **BVP sensor (x1 for ProComp Infiniti and ProComp 5)** is a blood volume pulse detection to measure heart rate & heart rate variability data. *The Mindfulness Suite comes in BVP or EKG editions, depending on which data the clinician prefers. It is not necessary to own both heart rate sensors.*
- **EKG sensor (x1 for ProComp Infiniti and ProComp 5)** is a pre-amplified electrocardiograph sensor, for directly measuring heart electrical activity. *The Mindfulness Suite comes in BVP or EKG editions, depending on which data the clinician prefers. It is not necessary to own both heart rate sensors.*
- **Skin Conductance sensor (x1 for ProComp Infiniti and ProComp 5)** measures the conductance across the skin, and is normally connected to the fingers.
- **Temperature sensor (x1 for ProComp Infiniti and ProComp 5)** measures skin surface temperature between 10°C – 45°C (50°F - 115°F).

Disposable Electrodes for Sensors

Disposable electrodes are required for using the MyoScan sensors. The sensors have two potential electrode placement types, so there are also two types of electrodes for purchase. The **triode** (A) disposable electrode is used for narrow placement and the **unigel** (B) for wide electrode placement.

Additional Computer Setup Information

The software allows (but does not require) for a dual-monitor setup for training clients. Purchase of a second monitor is required if the user wishes to take advantage of that option.