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Workshop 4 -

Performance/Life Enhancement Training Integrating EEG Biofeedback

R. Adam Crane

One of the most promising trends to emerge in mental health is assisting functional people in becoming more functional and the treatment of subclinical symptoms. The educational specialty popularly known as Performance Enhancement will probably grow exponentially in the near future. Neurofeedback opens an extraordinary niche in this field. Many practitioners long to expand into this area and to that end we have developed The Process.

This workshop will describe a Performance/Life Enhancement EEG program designed to appeal to the "Actualizer" segment of the Value Added Lifestyle Survey and targeting businesses, sports, education, arts, and personal growth. "Actualizers" are trend setters, practice builders and the group most responsible for the evolution of neurofeedback, and integrative and alternative medicine.

This innovative strategy seeks to solve the problems attendant to delivering Neurofeedback Performance

Enhancement Training to the public in small groups using qualified practitioners, inexpensive personal EEG trainers and a powerful, heuristic program designed to stand on its own with or without EEG biofeedback.

Problems of doing EEG training in groups will be discussed as well as techniques for working with individual clients for whom EEG training is difficult. Integration of computerized neurofeedback and Synchrony training will be discussed and, if possible, demonstrated depending on time and equipment availability.

Adam Crane has been training professionals in neuro and traditional biofeedback for 28 years and has developed several organizations dedicated to training, technological innovation and equipping professionals. Health Training Seminars provides accredited certification training in EEG and traditional biofeedback and includes the director of the Center for Enhanced Performance at West Point Military Academy on its distinguished faculty. Adam began training clients in Biofeedback assisted Performance Enhancement in the early 1970s (executives, writers, musicians, actors, models, athletes, etc.) and has developed a combination of strategies which are embodied in The Process and will be presented in abbreviated form.
