

[Early Bird Registration](#) closing **14/2/16!!**

Announcing a special symposium on developments in neuromodulation (rTMS and neurofeedback) and EEG based **personalized medicine** - a collaboration between the APS Neurofeedback and Psychology Interest Group and the neuroCare Group, a global leader in neuromodulation, neurotherapy and associated education with their neuroCademy.



Introduction and new advances in non-pharmacological treatments and personalized medicine for ADHD and Depression - Focus on rTMS and Neurofeedback

Wednesday April 13th & Thursday 14th 2016

SMC Conference & Function Centre, 66 Goulburn St., Sydney



This symposium is for clinicians, academics and researchers who are interested in updating their understanding or to get an insight into the latest advancements in non-pharmacological treatments in ADHD and depression. More specifically, the focus of this symposium is the application of Slow-Cortical-Potential Neurofeedback (SCP) for treating ADHD as well as repetitive transcranial magnetic stimulation (rTMS) and its efficacy in combination with psychotherapy (e.g. cognitive behavioural therapy) for the treatment of depression, OCD and other indications. In particular, this symposium will also cover the use of EEG and QEEG to predict and optimize treatments in ADHD and depression, sharing the latest research and insights from the multicentre iSPOT trials.

This is an opportunity to hear from world leaders in applied neuroscience and for psychologists and psychiatrists to broaden their pedagogical training and learn more about the latest research findings and the application or implications of provided therapy. Participants may be eligible to claim 12 CPD points for this activity through their respective Specialist Colleges.



In addition to the support of the Australian Psychological Society, this symposium has also been accredited by the Biofeedback Certification International Alliance (BCIA).

Presenters: Professors Colleen Loo, Paul Fitzgerald and Florian Zepf, plus Dr. Donna Palmer, Dr. Martijn Arns, and Tilman Gaber.

- Professor Paul Fitzgerald is one of the world leading experts on rTMS.
- Dr Martijn Arns will present on new insights on sleep and ADHD and results from a new meta-analysis of neurofeedback in ADHD.
- Professor Colleen Loo is an active clinician and researcher, with a particular interest in ECT and novel treatments for mood disorders, including TMS, tDCS and ketamine.
- Professor Florian Zepf is specialized in SCP neurofeedback.
- Dr. Donna Palmer provides an overview of the iSPOT studies in ADHD and Depression on personalized medicine and RDoC.
- Tilman Gaber will provide a current overview of SCP neurofeedback studies.

[See more regarding our presenters on the final page of this document.](#)

[See full program and learning outcomes to follow on page 2.](#)

Day 1, Wednesday April 13, 2016 - ADHD**Learning Outcomes**

9 - 9.15	Welcome and Introduction	
9.15-10.30	Dr. Martijn Arns: The role of sleep and the biological clock in ADHD	<ul style="list-style-type: none"> Understanding the role of sleep and the circadian system in the etiology of ADHD
10.30-11	Coffee break	
11-12.30	Dr. Martijn Arns: An update on neurofeedback in the treatment of ADHD: Long-term effects	<ul style="list-style-type: none"> Understanding the current status of the research and evidence of neurofeedback as a non-pharmacological treatment of ADHD Learn of 3 known neurofeedback protocols that have been found effective in treatment of ADHD: Theta/Beta, SCP and SMR neurofeedback Learn about the long-term effects of mainstream treatments including medication, and of neurofeedback in the treatment of ADHD
12.30-1.30	Lunch Break	
1.30 - 3pm	Tilman Gaber: An overview of SCP neurofeedback in ADHD: Recent multicenter studies	<ul style="list-style-type: none"> Learning the evidence and effects of recent well-controlled studies using SCP neurofeedback in ADHD
3 - 3.30	Coffee break	
3.30 - 5pm	Prof. Florian Zepf: Rationale behind SCP-NF for treatment of ADHD / Overview of the NF-Home Project	<ul style="list-style-type: none"> Learning about the possibilities of neurofeedback at home
5 - 6pm	Happy Hour!	

Day 2, Thursday April 14, 2016 – Depression**Learning Outcomes**

9 - 10	Dr. Martijn Arns: Personalized medicine in Depression and ADHD: Introduction and EEG Biomarkers for predicting treatment outcome.	<ul style="list-style-type: none"> Learn about the new development of personalized medicine, Research Domain Criteria (RDoC), also known as biomarkers, or precision medicine in psychiatry. Understanding the possibilities of differential prediction of outcome to SSRI's and SNRI's using EEG Biomarkers
10-11	Dr. Donna Palmer: Latest update on neuro-psychological and imaging biomarkers from the international multicenter iSPOT-D study	<ul style="list-style-type: none"> Understanding the possibilities of other predictors including neuropsychological, psychological and imaging biomarkers.
11 - 11.30	Coffee break	
11.30 -1pm	[NEWSFLASH] Prof. Colleen Loo joins us with: Transcranial Direct Current Stimulation: A popular tool for improving mood and cognition	<ul style="list-style-type: none"> Learn about what tDCS is and how it compares to other brain stimulation approaches (eg ECT, TMS). Does it work in treating depression? Principles of improving cognition with tDCS
1 -2	Lunch Break	
2 - 3.30	Prof. Paul Fitzgerald: The use of TMS in the treatment of depression and related disorders	<ul style="list-style-type: none"> Understanding the current state of research and evidence for rTMS as a non-pharmacological treatment in depression.
3.30 - 4	Coffee break	
4-5pm	Prof. Paul Fitzgerald: The use of brain stimulation in the treatment of psychiatric disorders, TMS and beyond	<ul style="list-style-type: none"> Learning about other brain stimulation techniques and application in other psychiatric disorders.

Costs (incl. refreshments/lunch):

APS NFB IG Members:	\$ 600
Early Bird Registration:	\$ 600 (register before 14/02/2016)
Standard Registration:	\$ 750
Single Day Registration:	\$ 490

Accommodation Options: See map [at this link](#) & download Hotel Partner Fact Sheet for deals.

Click here to [Register Now](#)



Professor Colleen Loo, MBBS (Hons), FRANZCP, MD

Professor Colleen Loo is a psychiatrist and clinical academic based at St George Hospital and the Black Dog Institute. She is Medical Director of the ECT service at Wesley Hospital (Sydney). She is an active clinician and researcher, with a particular interest in electroconvulsive therapy (ECT) and novel treatments for mood disorders, including Transcranial Magnetic Stimulation (TMS), transcranial Direct Current Stimulation (tDCS) and ketamine. She established the first randomized controlled trials of TMS, tDCS and ketamine in psychiatry in Australia. Her team of researchers is also studying the use of brain stimulation to enhance cognitive functioning (in mood disorders and healthy ageing), and neuroplasticity in mood disorders.



Professor Paul Fitzgerald, MBBS, MPM, PhD, FRANZCP

Professor Paul Fitzgerald is Professor of Psychiatry, Deputy Director and Consultant Psychiatrist at the Monash Alfred Psychiatry Research Centre, a joint research centre of Monash University and the Alfred Hospital in Melbourne. He is a qualified psychiatrist, has a Masters of Psychological Medicine and research PhD. Professor Fitzgerald runs a substantive research program focussed on the conduct of investigative studies of brain function / dysfunction as well as the conduct of a variety of novel clinical trials in Mood, Anxiety, Psychotic and Developmental Disorders. He has published over 300 papers and received grant funding from the NHMRC, ARC and a number of US based organisations and is a current NHMRC Practitioner Fellowship holder.

Professor Fitzgerald was an elected board Member of the International Society for Transcranial Magnetic Stimulation (ISTS), was an invited member of the World Federation of Biological Psychiatry Taskforce on Brain Stimulation (2006-2009), is currently a committee member for the Electroconvulsive Therapy and Neurostimulation Special Interest Group with The Royal Australian and New Zealand College of Psychiatrists, and serves on the board of directors for Neurosciences Victoria. He is Psychiatric deputy editor for the journal 'Brain Stimulation' and is on the Editorial Boards of 'Psychiatry Research' and the 'Australian and New Zealand Journal of Psychiatry'. He was awarded a National Alliance for Research on Schizophrenia and Depression (NARSAD) Young Investigator Award in 2003 and 2005 and the Australasian Society for Psychiatric Research Eli Lilly Oration in 2012.



Dr Martijn Arns, MSc, PhD, BCN, QEEG

Martijn Arns graduated in the 90's as a biological psychologist at Radboud University in Nijmegen. After several projects in Sydney (Westmead Hospital), Munich (Max Planck Institute for Psychiatry) and Scotland (Organon Research), he began in 2001 with what is now known as Research Institute Brainclinics. Martijn received his PhD at Utrecht University on the topic of "EEG-based personalized medicine for ADHD and depression". He is specialised in applying brain imaging techniques to determine the appropriate treatment for patients with ADHD and depression (also referred to as precision medicine or Research Domain Criteria (RDoC), and in the application and development of neuromodulation techniques such as neurofeedback and rTMS.

Over the last decade Martijn pioneered the application of neurofeedback (NFB) in ADHD and insomnia and rTMS in depression and OCD. He is a leading expert on NFB, EEG based personalized medicine in ADHD, and depression and has published more than 100 scientific articles. His expertise on NFB and rTMS has formed the basis of neuroCare clinics and he is also Chief Scientific Officer (CSO) at the neuroCare Group. Martijn is further affiliated with Utrecht University, department of Experimental Psychology.



W/Professor Florian Zepf

Internationally respected researcher Dr Florian Daniel Zepf was, last year, appointed the role of Chair and Winthrop Professor in Child and Adolescent Psychiatry at The University of Western Australia. He is also Clinical Director/Head of the WA Department of Specialised Child and Adolescent Mental Health Services.

After completing his medical studies at the JW Goethe University in Frankfurt, Germany, Professor Zepf worked at the Clinic for Child and Adolescent Psychiatry, Psychosomatics and Psychotherapy at RWTH Aachen University in Germany where he also worked as a consultant and child and adolescent psychiatrist. In 2011, he briefly came to WA as a Raine Visiting Professor. Professor Zepf has won many prestigious international awards, including the Young Minds in Psychiatry Award (awarded by the American Psychiatric Association, APA) and the Donald J Cohen Fellowship Award (awarded by the International

Association of Child and Adolescent Psychiatry and Allied Professions, IACAPAP). He is Editor In Chief of *Translational Developmental Psychiatry* and is on the editorial boards of many other journals.

He is interested in topics related to child and adolescent mental health, including attention disorders such as ADHD, eating disorders, mood and bipolar disorders, conduct disorders, the impact of different neurotransmitters on mood and behaviours, autism spectrum disorders and self-harming behaviour. Professor Zepf is also interested in the treatment of these disorders, in particular non-pharmacological and non-invasive treatment concepts for attention disorders like ADHD.



Dr Donna Palmer

Dr Donna Palmer has 9 years of experience in the field of Cognitive Neuroscience. Her key research interests are in emotional brain function and maturation, and the role of these functions in clinical disorders such as ADHD. She completed a PhD from the University of Sydney in 2009 and is currently a Research Affiliate at the Brain Dynamics Centre.

Dr Palmer is also currently Science and Data Quality Manager for Brain Resource Ltd and the Brain Resource International Database, and is Database Manager for the BRAINnet Foundation.