

NAME	NEUROFEEDBACK
------	---------------

MASTER DEGREE	YEAR OF STUDY 2	SEMESTER 1	STATUS OF THE DISCIPLINE (F-fundamental / S-specialisation / C-complementary) S	TYPE OF THE DISCIPLINE (OB-obligatory / opt-optional / fac-facultative) OB
---------------	--------------------	---------------	---	--

TOTAL HOURS/ WEEK	TOTAL HOURS /SEMESTER	TOTAL HOUS INDIVIDUAL ACTIVITY*	NUMBER OF CREDITS	TYPE OF EVALUATION (P-on going, C- colloquy, E- exam, M mixt)	LANGUAGE
C/2; L/2	42	28	6	M	Romanian

TEACHER	TEACHING AND SCIENTIFIC DEGREE, SURNAME, NAME Speranta Avram	DEPARTMENT DAFAB
---------	--	---------------------

Objectives	High knowledge about body feedback, electroencephalographic recording and familiarization with the new techniques of this field. Involvement, along with other disciplines, in forming a complete vision of psychotherapeutic techniques.
GENERAL THEMATICS	<ol style="list-style-type: none"> 1. Quantitative electroencephalogram (QEEG) in neuroscience and medicine. 2. Alpha wave rhythm. 3. Beta wave rhythm. 4. Theta wave rhythm. 5. Neurofeedback Methodology. 6. Accessing the software used in neurofeedback therapy. 7. Neurofeedback applied in depression. 8. Neurofeedback applied in anxiety. 9. Neurofeedback applied in ADHD. 10. Neurofeedback applied in insomnia. 11. Neurofeedback therapy applied in cognitive deficiency during cerebral trauma. 12. Neurofeedback applied in alcohol and drug use therapy. 13. Neurofeedback applied in migraine therapy. 14 Recent researches in biofeedback psychotherapy.
THEMATICS OF PRACTICAL WORKS	<ol style="list-style-type: none"> 1. EEG recording in physiological conditions. 2. Alpha waves monitoring under open/ close eye conditions. 3. Alpha wave monitoring in relaxation / anxiogenic conditions. 4. Beta wave monitoring in relaxation / anxiogenic conditions. 5. ECG recording in relaxation / anxiogenic conditions. 6. Relaxation techniques and physiological parameters monitoring. 7. Presentation of papers.

BIBLIOGRAPHY	
--------------	--

	<ol style="list-style-type: none"> 1. Hardman, E., Gruzelier, J., Cheesman, K., Jones, C., Liddiard, D., Schleichert, H. and Birbaumer, N. (1997), <i>Neuroscience Letters</i>, 221, 117-120. 2. Gruzelier, J., Hardman, E., Wild, J., Zaman, R., Nagy, A., Hirsch, S. (1999) 34, 341-348. <i>Special Issue on Laterality and Psychopathology</i>. 3. Vernon, D., Frick, A. Gruzelier, J.H. (2004), <i>Journal of Neurotherapy</i>, 8, 53-82. 4. Gruzelier, J.H., Egner, T. (2005), <i>Psychiatric Clinics of North America</i>, 14, 83-104. 5. Raymond, J., Sajid, I., Parkinson, L.A. Gruzelier, J H. (2005), <i>Applied Psychophysiology and Biofeedback</i>, 30, 65-73. 6. Gruzelier, J.H. (2006), IOS Press, 13-22. 7. Vernon, D.J. Gruzelier, J.H. (2008), In Ed B. N. DeLuca, <i>Mind-Body and Relaxation Research Focus</i>. Nova Science Publishers, Inc. 8. Gruzelier, J. H. (2009,., <i>Cognitive Processing</i>, 10, (Suppl 1): S101-S109. 9. Ros, T., Munneke, M.A.M., Ruge, D., Gruzelier, J.H.Rothwell, J.C. (2010), <i>European Journal of Neuroscience</i>, 31, 770-778.
--	--

TEACHER	TEACHING AND SCIENTIFIC DEGREE, SURNAME, NAME Speranta Avram	DEPARTMENT DAFAB
---------	---	---------------------

EVALUATION	Conditions	Oral presentation Ability to used PC and biofeedback equipment
------------	------------	---

Specific competences *	
1. Competences about learning and understanding	- knowing and correctly using specific terms for this subject - undstanding fundamental processes in biofeedback– based on the knowledge acquired - acquire basic and specific knowledge
2. Competences about explanation and interpretation	- explaining and interpreting processes and theoretical ideas
3. Instrumental competences	Used PC, specific software
4. Competences about attitude	- developing positive attitudes and responsibility towards science - getting involved in its own personal development

Prof. Dr. Speranta Avram