

DR. THOMAS WOODMAN D.C., B.C.N.

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EXPERIENCE

BrainCore Therapy of Norwalk

Partner/Director – providing advanced qEEG-based neurofeedback services to area residents since 2010 **2010-present**

Acadia HealthCare

Instructor – Continuing Medical Education (Grand Rounds) Norwalk Hospital **2019**

Instructor – Continuing Education Seminars for Social Workers, Psychologists and Therapists **2018**

Panel Expert – represented neurofeedback for panel discussion held by Acadia Healthcare on supportive therapies utilized at their in-patient treatment facilities **2017**

Associate Fellow BCIA – conferred status as an Associate Fellow with Biofeedback Certification International Alliance DCseminarsInfo **2016 - present**

Lead Instructor – teaching 12 to 18 hour Continuing Education Seminars on Functional Brain Development, Neuroplasticity and Neurofeedback. **2016 - 2017**

POST-DOCTORATE EDUCATION

Biofeedback Certification International Alliance

Associate Fellowship - Neurofeedback **2016**

Biofeedback Certification International Alliance

Board Certified Neurofeedback **2012**

New Mind Academy

Neurofeedback Didactic Training Course **2011**

University of Bridgeport

Neurological Dysregulation and Neurofeedback **2010**

EDUCATION

Life Chiropractic College West

Doctor of Chiropractic – Graduated *Magna Cum Laude* **2005**

University of Connecticut

B.S. Natural Resource Management – New England Scholar Recipient **1995**

SPEAKING ENGAGEMENTS

Using qEEG-Based Neurofeedback to Help Improve Outcomes and Long Term Recovery in Addiction Populations **2020**

An hour long Continuing Education Seminar for psychologists, therapist and social workers that looks at the clinical utilization of neurofeedback with respect to addictions and substance abuse, as well as how it has been shown to improve long term recovery outcomes. Within these populations, there are often common brainwave dysregulation patterns that are frequently seen in people struggling with these issues. An overview of neurofeedback and summary of scientific articles and a case study was also presented.

Grand Rounds – Norwalk Hospital – February 20, 2019 Norwalk, Connecticut

How Neurofeedback Can Help the Therapist in Life AND Practice **2019**

An hour long Continuing Medical Education Seminar for nurses, psychiatrists, social workers, and psychologists that looked at the clinical utilization of neurofeedback for various conditions, including ADD/ADHD, concussions, chronic pain, insomnia, anxiety, migraine and tension headaches, head pain, learning disorders, memory loss and more. The common brainwave patterns that are frequently observed in these conditions were presented, and an overview of neurofeedback application was provided for each of these conditions.

Seminar – Fairfield University – November 8, 2018 Fairfield, Connecticut

How Neurofeedback Can Help the Therapist in Life AND Practice **2018**

An hour long Continuing Education Seminar for psychologists, therapist and social workers that looked at the clinical utilization of neurofeedback for various conditions, including ADD/ADHD, concussions, chronic pain, insomnia, anxiety, migraine and tension headaches, head pain, learning disorders, memory loss and more. The common brainwave patterns that are frequently observed in these conditions were presented, and an overview of neurofeedback application was provided for each of these conditions.

Seminar – 2018 Fairfield University

Why America Is So Sick Today: Understanding Brain Development, Neuroplasticity, and the Chiropractor's Role **2018**

A 12-hour seminar that reviews brain development and neuroplastic changes from prenatal formation through adulthood, and discussed the increase in chronic neurological conditions such as ADD/ADHD, concussions, chronic pain, insomnia, anxiety, migraine and tension headaches, learning disorders, memory loss and more. Considered the common brainwave patterns observed with each of those conditions, and reviewed scientific support for various therapies including neurofeedback, entrainment, nutrition and brain-based exercises.

Panel Expert – represented neurofeedback for panel discussion held by Acadia Healthcare on supportive therapies utilized at their in-patient treatment facilities. **2017**

Seminar – 2016 Charleston, SC; Columbus, OH; Denver, CO; Atlanta, GA.

Neuroplasticity: The Key to Addressing Chronic Neurological Conditions in the Chiropractic Office **2016**

This seminar provided a review of brain development and neuroplastic changes from prenatal formation through adulthood, and discussed the increase in chronic neurological conditions such as ADD/ADHD, concussions, chronic pain, insomnia, anxiety, migraine and tension headaches, learning disorders, memory loss and more. Reviewed brainwave patterns as seen on qEEG evaluations that are associated with these various conditions, and the reviewed many therapies provided by the chiropractor that can help decrease the effects of these symptoms. Finally, discussed the importance of proper sleep hygiene and the neuroplastic changes that occur through sleep cycles.

Seminar – Asheville, NC

Role of BrainWave Dysregulation in Chronic Pain **2015**

Provided general overview of brainwave dysregulation and expected qEEG findings commonly associated with chronic pain, fibromyalgia, concussions, and migraine headaches. Explained neuroplastic change as it relates to these conditions, and reviewed emerging treatment options that the chiropractor can explore in handling these and other cases involving brainwave dysregulation.

Seminar – Nashville, TN

Role of BrainWave Dysregulation in Myofascial Disorders **2015**

Provided general overview of brainwave dysregulation and expected qEEG findings commonly associated with fibromyalgia, chronic muscles tension, concussions and other conditions that involve Myofascial Disorders.