



Linda A. Walker, PhD.

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Education

- ✿ **PhD, Psychology/psychophysiology** Saybrook University, Psychology, psychophysiology specialization, 12/2019.
- ✿ **Graduate certificate** Western Michigan University, Substance abuse and addiction studies, 12/2006.
- ✿ **Post-graduate program** Western Michigan University, Elementary and Secondary School Guidance Counseling License coursework add-on, 12/2004.
- ✿ **Master of Human Relations - Counseling** University of Oklahoma, 07/1996.
- ✿ **Bachelor of Science** Oklahoma State University, Journalism, 05/1989.

Licensure

- ✿ **Licensed Professional Counselor** Michigan Permanent ID: 6401009708; Iss. 2002; Exp. 05/2023.
Oklahoma: Iss. 2000; Exp. in good standing, 2010.
- ✿ **Licensed School Counselor** Michigan SC0000695 002330: Iss. 04/2007; Exp. 06/2023.

Clinical Certification

- ✿ **Biofeedback Certification Institute of America** Board-Certified in Biofeedback And Neurofeedback Cert. 4903: Iss. 2003; Exp. 12/2023.
- ✿ **National Certified Counselor** National Board of Certified Counselors, # 74285: Iss. 10/2001; Exp. 06/2024.

Clinical and Teaching Experience

7/17-12/19 **Director of Neurofeedback and Clinical Review, Neurocore Centers, Grand Rapids, MI**

- ✿ Providing direction of neurofeedback programming, QEEG assessment, clinical review, best practice policy and BCIA certification and mentoring. Additional duties include development of BCIA training program, software development, data analysis, and research support.

5/10-Present **Private practice, Inland Seas Neurotherapy and Counseling, Traverse City, MI**

- ✿ Practice includes counseling, optimal performance coaching and psychophysiological therapies including cognitive-behavioral therapy, experiential therapy, biofeedback, neurofeedback, QEEG, clinical assessment and stress profiling.
 - ✿ Consulting, supervision and mentoring in the areas of biofeedback, neurofeedback, optimal performance, chronic illness, integration of psychophysiological therapies into mental health practice and QEEG processing and assessment.
 - ✿ Collaborating with and educating other health care providers to implement psychophysiological interventions
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Clinical and Teaching Experience

1/10-Present **Consultant, Bio-Medical Instruments**

- ✿ Consulting and training related to use of bio-medical equipment and software.

8/07-Present **Instructor, Clinical Leader and Software Developer, Biofeedback Federation of Europe, London**

- ✿ Consulting and training with clinicians and researchers in specialized biofeedback and neurofeedback applications.
- ✿ Teaching introductory to advanced biofeedback and neurofeedback online courses to practitioners worldwide. Courses include General Biofeedback, Working With Troubled Youth, Alpha-Theta Neurotherapy, Z-Score Neurofeedback, Neurofeedback Basics, Measuring Emotions, Tinnitus and Heart Rate Variability Biofeedback, Slow Cortical Potential Neurofeedback. Research in Neurofeedback, Understanding EEG.
- ✿ Developing software for specialized applications in neurofeedback and biofeedback.
- ✿ Planning offerings, organizing content and lessons, and creating instructional materials.

5/08-12/16 **Instructor, Thought Technology, Montreal, Canada**

- ✿ Instructed on use of Thought Technology biofeedback software and equipment for a variety of psychophysiological applications, including biofeedback, neurofeedback applications, heart rate variability, z-score neurofeedback and specialized applications.
- ✿ Organized course content and preparing lessons.
- ✿ Created and compiled instructional materials using Power Point, and other media applications.

1/2011-5/2015 **Adjunct Faculty, Physician Assistant and Holistic Health Program, Western Michigan University, Kalamazoo, MI**

- ✿ Instructed graduate and undergraduate students in biofeedback, aligned with BCIA standards. Courses have included a three-credit-hour course, as well as a weekend practicum. Courses have been delivered on campus, as well as via distance learning
- ✿ Organized and created course content, prepared lessons, created content for student evaluation.
- ✿ Facilitated student course participation and evaluated student progress via class projects.

12/97-1/10 **Multi-specialty counselor, Nokomis Challenge Center (Michigan Bureau of Juvenile Justice), Prudenville, MI**

- ✿ Provided individual, group and experiential therapy to adolescents to address mental health concerns, learning issues, developmental challenges, delinquency, trauma and substance use disorders.
 - ✿ Developed biofeedback and neurotherapy program for juvenile offenders in residential treatment to promote behavioral stability, regulate mood and emotional concerns, and improve academic performance.
 - ✿ Designed and implemented structured protocol assessment to measure and validate psychophysiological interventions.
 - ✿ Created psychophysiological curriculum to promote emotional management and behavioral regulation by enhancing skills in cognitive and emotional processing and stress management.
 - ✿ Facilitated individual counseling for trauma, family concerns, substance abuse, education and career planning, and aftercare.
 - ✿ Promoted programming by forming cooperative partnerships with outside organizations, lobbied for financial support, organized grant opportunities and trained and mentored other therapists.
 - ✿ Collaborated with treatment team and outside treatment providers to formulate and implement treatment goals.
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Clinical Background

- ✿ 2/03-2/04 and interim, PRN, through 1/2010 **Treatment group leader, Nokomis Challenge Center, Prudenville, MI**
- ✿ Developed level-based group and individual treatment curriculum to address multiple adolescent and delinquency issues.
- ✿ Facilitated group, individual and family therapy.
- ✿ Facilitated family home visits and implemented transition planning.
- ✿ Provided case management including formulating treatment and discharge plans, setting measurable treatment goals, completing regular treatment updates, reporting to courts, community workers and other providers, and coordinating treatment-related communication.
- ✿ Assisted youth in accessing educational and vocational resources, as well as formulating transition plans.
- ✿ Led treatment team meetings to coordinate treatment with all providers involved with the youth.
- ✿ Worked with outside providers and community organizations to help youth access treatment resources, both while in residential programming and when transitioning to the community.

12/97-1/10 **Wilderness Instructor, Nokomis Challenge Center, Prudenville, MI**

- ✿ Facilitated therapeutic wilderness experiences, including high ropes courses and weeklong, year-round, wilderness experiences to assist individuals of all ages and abilities in achieving psychotherapeutic objectives.
- ✿ Coordinated logistics for weeklong wilderness experiences to match ability level and treatment needs of the group, as well as individuals; this included equipment and meal planning and supply acquisition.
- ✿ Worked with groups, individuals and other members of the treatment community to transfer learning from wilderness experiences into daily life.
- ✿ Implemented treatment goals, reported on progress and recommended ongoing treatment goals.
- ✿ Taught wilderness survival skills, including leave-no-trace ethics, backcountry camping, orienteering and navigation, backcountry skiing, canoeing, backpacking, rock climbing and snowshoeing.

Used wilderness experiences to cement group and individual learning in areas such as cooperation, leadership, listening, healthy communication, problem-solving, stress management, confidence building, community citizenship and self efficacy.

1/03 - 3/05 **Program co-facilitator, Third Strike, Traverse City, MI (Extended, onsite weekend program)**

- ✿ Co-facilitated substance abuse weekend intervention program for court-ordered adolescents and young adults.
- ✿ Led therapeutic experiential initiatives and low ropes activities.
- ✿ Led therapy groups to process and understand substance abuse and addiction issues.
- ✿ Presented psycho-educational materials on addiction and substance abuse.
- ✿ Completed substance abuse assessments, intake and discharge interviews, and made after-care recommendations to courts.

1997 **Mental Health Therapist, Red Rock Behavioral Health, Chandler, OK**

- ✿ Provided individual, group, home-based and rehabilitative therapy to children and families.
 - ✿ Facilitated experiential activities, with at-risk adolescents.
 - ✿ Responsible for case management, school tracking and treatment and discharge planning.
 - ✿ Conducted clinical interviews and assessments and made diagnostic assessment using Diagnostic and Statistical Manual criteria.
 - ✿ Participated in treatment team staffing.
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1996 **Youth/family/rehabilitative therapist, Cimarron Community Services, Oklahoma City, OK**

- ✿ Provided group, individual, family and rehabilitative therapies to adolescents, developmentally disabled individuals and their families.
- ✿ Responsible for case management, school tracking, treatment and discharge planning, and assessment.
- ✿ Conducted clinical interviews and assessments and made diagnostic assessment using Diagnostic and Statistical Manual criteria.
- ✿ Participated in treatment team staffing.

4/96-11/96 **Youth/family outreach therapist, Life Outreach, El Reno, OK**

- ✿ Provided counseling and assessment services for at-risk youth and their families.
- ✿ Participated in treatment team staffing.
- ✿ Formulated intake, treatment and discharge planning.
- ✿ Assisted in program development for at-risk youth.

9/94-5/96 **Program coordinator, Center of Family Love, Okarche, OK**

- ✿ Provided intensive case management and facilitated independent living opportunities for developmentally disabled adults.
- ✿ Expanded and implemented community living options for consumers.
- ✿ Managed up to 11 assisted living support staff and habilitation trainers.
- ✿ Facilitated planning meetings with consumers, their families and other individuals to promote and maintain integration into the community.
- ✿ Tracked progress and completed individual habilitation plans and monthly reports for all individuals served in community settings.
- ✿ Provided advocacy and maintained a referral network for individuals accessing community services, including Social Security benefits, public assistance and employment.

Affiliations

- ✿ Behavioral Medicine Research and Training Foundation, board member
- ✿ Association of Applied Psychophysiology and Biofeedback, member
- ✿ International Society for NeuroRegulation and Research, member
- ✿ Midwest Behavioral Medicine and Biofeedback Society, past president, past secretary
- ✿ National Board of Certified Counselors, national certified counselor
- ✿ Michigan Counseling Association, member
- ✿ Association of Nature and Forest Therapy

Service to the Profession/Presentations

- ✿ **Contributing Author**, Meeuwssen, K. D., Groeneveld, K. M., Walker, L. A., Mennenga, A. M., Tittle, R. K., & White, E. K. (2021). Z-score neurofeedback, heart rate variability biofeedback, and brain coaching for older adults with memory concerns. *Restorative Neurology and Neuroscience*, 39(1), 9–37. <https://doi.org/10.3233/RNN-201053>
 - ✿ **Association for Applied Psychophysiology and Biofeedback, Webinar: Remote Therapy in the Age of COVID**, 2020.
 - ✿ **Biofeedback Certification International Alliance: Clinical Update Webinar: Remote Therapy**, 2020.
 - ✿ **Biofeedback Federation of Europe Webinar: Introduction to Telefeedback for Psychophysiology**, 2020.
 - ✿ **Biofeedback Federation of Europe Webinar: Implementing Remote Biofeedback Modalities**, 2020.
 - ✿ **Biofeedback Federation of Europe Webinar: Implementing Remote Neurofeedback Modalities**, 2020.
 - ✿ **Psytech Bioscience: Intro to Neuroscience and Psychophysiology for Mental Health Practitioners**, co-presenter, 2020.
 - ✿ **Psytech Bioscience: Everything you always wanted to know but were afraid to ask: Filtering, montages and more in the EEG**, 2020.
 - ✿ **Neurofeedback, 3 Day Hands-on Course, Amegtech, Biofeedback Foundation of Europe**, Dubai, 11/2019.
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Service to the Profession/Presentations

- ✿ **Contributing Author**, Groeneveld, K. M., Mennenga, A. M., Heidelberg, R. C., Martin, R. E., Tittle, R. K., Meeuwesen, K. D., Walker, L. A., White, E. K. (2019). Z-Score Neurofeedback and Heart Rate Variability Training for Adults and Children with Symptoms of Attention-Deficit/Hyperactivity Disorder: A Retrospective Study. *Applied Psychophysiology and Biofeedback*. <https://doi.org/10.1007/s10484-019-09439-x>
 - ✿ **Biofeedback Foundation of Europe**, Workshop co-presenter: "Remote Neurofeedback for Epilepsy and other Chronic Disorders, 4/2019.
 - ✿ **Biofeedback Foundation of Europe**, Workshop co-presenter: "PTSD from assessment to intervention: A hands-on approach, 4/2019.
 - ✿ **Association for Applied Psychophysiology and Biofeedback**, Workshop co-presenter: "PTSD from assessment to intervention: A hands-on approach, 3/2019.
 - ✿ **Back to Basics WinEEG 3 Day Workshop**, Workshop: 2/2019.
 - ✿ **Association for Applied Psychophysiology and Biofeedback**, Commercial Workshop Presenter: "Maggie's Journey: A field guide to Remote Neurofeedback, 4/2018.
 - ✿ **Midwest Society for Behavioral Medicine and Biofeedback**, Presenter: "Getting the Most Out of Psychophysiological Stress Assessment," 11/2016.
 - ✿ **International Society for Neurofeedback and Research**, Co-Presenter: Using Slow Cortical Potential Neurotherapy, 9/2016.
 - ✿ **Biofeedback Foundation of Europe International Conference Madrid 2016: Z-Score Neurotherapy 1 Day Workshop**.
 - ✿ **NATCON 2016 (National Council on Behavioral Health conference)**, Presenter: Neurofeedback Applications in Mental Health, 3/7/2016, Las Vegas.
 - ✿ **Biofeedback Association of Brazil**, Presenter: Introduction to Quantified Electroencephalogram 4-day workshop, 9/2015, Sao Paulo.
 - ✿ **Biofeedback Foundation of Europe International Conference Rome 2015: Biofeedback 1 Day Workshop**.
 - ✿ **Biofeedback Foundation of Europe International Conference Rome 2015: Z-Score Neurotherapy 1 Day Workshop**.
 - ✿ **Association for Applied Psychophysiology and Biofeedback**: Practice Ethics, Policy and Standards Committee, 2014.
 - ✿ **University of Alabama**: Invited Lecturer, "Integrating neurofeedback and psychophysiological strategies in counseling programs, 3/2014.
 - ✿ **Northwestern Michigan Head Injury Consortium**, Presenter: "Neurofeedback, Biofeedback and Quantitative Electroencephalogram: Assessment and Treatment Tools for Brain Injury and Concussion," 7/2013.
 - ✿ **NeuroConnections**, Published literature: Integrating Norms-Based Neurotherapy with Biofeedback." 9/2012.
 - ✿ **International Society for Neurofeedback and Research**, Presenter: Integrating Z-Score Neurofeedback with Holistic Interventions," 2012.
 - ✿ **International Society for Neurofeedback and Research**, Co-Presenter: The Many Applications of Biograph," 2012.
 - ✿ **Midwest Society for Behavioral Medicine and Biofeedback**, Presenter: "Biofeedback Basics, 10/2012.
 - ✿ **Michigan School Counselor Association Annual Conference**, Presenter: "Educational Psychophysiology: Neurofeedback and Biofeedback in the School," 4/2011.
 - ✿ **Midwest Society for Behavioral Medicine and Biofeedback**, Presenter: Fibromyalgia Case Study, 11/2011.
 - ✿ **Midwest Society for Behavioral Medicine and Biofeedback**, Presenter: "Advances in Optimal Performance," 10/2010.
 - ✿ **International Society for Neurofeedback and Research**, Co-Presenter: Taking Neurofeedback and Psychophysiological Intervention to the Field in "Neurofeedback and Applied Psychophysiology in Sports Psychology" with Dr. Michael Linden, Dr. Wes Sime and Jane Arave, 2010.
 - ✿ **Michigan Department of Human Services STAR Award**, 9/2009, design and implementation of the Nokomis Neurofeedback Research Project.
 - ✿ **Introduction to Neurofeedback and Biofeedback in Juvenile Justice**, Co-presenter, Maxey Boys Training School, Whitmore Lake, 1/2009.
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Service to the Profession/Presentations

- ✿ **Midwest Society for Behavioral Medicine and Biofeedback**, Presenter: “Treating Troubled Youth with Neurofeedback,” 10/2008.
- ✿ **International Society for Neurofeedback and Research**, Presenter: “An Introduction to Thought Technology Z-Score Neurofeedback: Presented Within the Context of Treating Youthful and Special Populations,” 2008.
- ✿ **Biofeedback Foundation of Europe** Clinical Team Leader, Troubled Youth, 2007.
- ✿ **Michigan Department of Natural Resources** Becoming An Outdoors Woman, Rock Climbing Instructor 2006—2012.
- ✿ **Communication Skills for Families**, Forest Area Parent-Teacher Association, 2004.
- ✿ **Michigan Association of Experiential Educators**, Presenter, annual conference, 2003, 2004.

Additional certifications and training

- ✿ **Evaluation of Evoked Potentials in the EEG** workshop, Dr. Juri Kropotov, March 2019.
 - ✿ **QEEG 3-day workshop**, Jay Gunkelman February 2019.
 - ✿ **Research Ethics**, Collaborative Institutional Training Initiative, February 2019.
 - ✿ **Wilderness First Aid**, National Outdoor Leadership School, December 2017.
 - ✿ **HIPAA Compliance Training**, Neurocore, 2017-2019.
 - ✿ **Protecting Human Research Participants**, National Institute of Health, 2018.
 - ✿ **Forest Therapy**, certification workshop, Association of Nature and Forest Therapists, August 2017.
 - ✿ **Curriculum Design and Evaluation**, Ferris State University.
 - ✿ **Issues in Education**, Ferris State University.
 - ✿ **Applied Neuroscience Neuroguide QEEG and Z-Score Workshop**, Dr. Robert Thatcher .
 - ✿ **Introduction To Basic Concepts in Applied Psychophysiology: Neurofeedback Combined with Biofeedback and Metacognition, Neurofeedback Fundamentals Workshop**, The ADD Centre.
 - ✿ **Neuroguide QEEG workshop**, Dr. Robert Thatcher.
 - ✿ **5-day Quantitative EEG**, Dr. Leslie Sherlin, Jay Gunkelman.
 - ✿ **Assessment and Treatment Applications for Behavioral Medicine and Biofeedback**, workshop, MSBMB.
 - ✿ **Introduction to QEEG Workshop**, Jay Gunkelman.
 - ✿ **Neurofeedback Foundation Training**, workshop, Institute for Inner Resources.
 - ✿ **Neurofeedback Mentorship**: Donald Deering, Phd., BCIA.
 - ✿ **Clinical Applications, Z-score Neurofeedback, Alpha-Theta training, slow cortical potentials**, workshop, Biofeedback Foundation of Europe.
 - ✿ **Rosenfeld Depression Protocol**, workshop, Dr. Elsa Baehr.
 - ✿ **Biofeedback mentorship**, Dr. Donald Deering, Phd.
 - ✿ **QEEG assessment and consultation**, Dr. Jonathan Walker.
 - ✿ **School Counseling Intern**, Forest Area Schools, 2004.
 - ✿ **Biograph Infiniti, Developer Tools**, Thought Technology.
 - ✿ **Eye Movement Desensitization and Reprocessing, Levels I and II**, certification workshop, EMDRIA.
 - ✿ **Life Space Crisis Intervention**, certification workshop, State of Michigan BJJ.
 - ✿ **Wilderness First Responder** training, Wilderness Medical Associates, 2007.
 - ✿ **Meyers-Briggs assessment and interpretation**, certification workshop, State of Michigan BJJ.
 - ✿ **Relapse Prevention Counseling**, certification workshop (CENAPS).
 - ✿ **Suicide Prevention** (Mich. FIA).
 - ✿ **Rational-Emotive Behavior Therapy** (Mich. FIA).
 - ✿ **Adult and Juvenile Case Management** (Oklahoma Department of Mental Health).
 - ✿ **Diagnostic interviewing (OU)**.
 - ✿ **Individual Habilitation Planning** (East Central University, Okla.).
 - ✿ **Single Pitch Rock Climbing Instructor**, American Mountain Guide Association.
 - ✿ **Ropes Course Facilitation**, State of Michigan 1997-2008.
 - ✿ **National Outdoor Leadership School**, North Cascades Mountaineering.
 - ✿ **University of Utah Graduate Credit**, Mountaineering.
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