



## **TONY STEFFERT**

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### **Summary:**

For the last 10 years I have been studying qEEG/ERP's and Neurofeedback in ADHD and Dyslexia, and more recently in creativity and peak-performance using "Virtual Reality" to enhance Neurofeedback learning and creativity in Actors, Dancers and Musicians. Before that I worked in a Neurofeedback clinic in Cambridge with both children and adults for a range of conditions.

I run Neurofeedback and qEEG courses for professional how wish to add these diagnostic and treatment techniques to there practise. I also organise annual therapeutic Holidays of daily Neurofeedback, Cognitive and motor skills training, including Juggling and team sports.

I am a founder member and the Webmaster of the Society of Applied Neuroscience, which is devoted to advancing neuroscientific knowledge. Also the Webmaster and researcher for the Arts Dyslexia Trust, whose aim is "To promote greater understanding and appreciation of minds usually labelled as dyslexic." I am also Webmaster and consultant for Neurofeedback.org, who wish to promote Neurofeedback and encourage research and education in the field.

I am a consultant on an EEG guided Hypnosis project and I advise on some art and EEG projects. For example, the sonification of EEG and controlling video and Lasers with EEG.

## Journal Reports: Published

Thompson, T., Steffert, T., Ros, T., Leach, J., Gruzelier, J. (2008)

***EEG applications for sport and performance.***

Methods, Volume 45, Issue 4, August 2008, Pages 279-288

Neuroimaging in the sports sciences

Thompson, T., Steffert, T., Gruzelier, J. (2009)

***Effects of guided immune imagery on cortisol & tiredness:***

***The moderating influence of openness to experience.***

Personality & Individual Differences, Volume 47, Issue 7, Nov 2009, Pages 789-794

## Journal Reports: In preparation

Steffert, T., Valjamae, A., Fernandez-Morales, J., Kropotov, J., Verschure, P. And Pozo-Rosich, P.

***Slowing of sensory event related potentials, ICA components in migraine: Search for an endophenotype***

Kropotov, J., Steffert, T., Steffert, B.

***New tools for diagnosis and modulation of brain dysfunction***

Thompson, T, Steffert, T, Steed, A., Gruzelier, J.

***Immersive virtual reality self-hypnotic visualisation and up-regulation of cortisol & tiredness.***

Atsuko, I., Steffert, T., Steed, A., Gruzelier, J.

***Immersive virtual reality sensory motor rhythm neurofeedback training benefits acting performance.***

Thompson, T., Steffert, T., Redding, E., & Gruzelier, J.

***The effect of alpha-theta and heart-rate coherence training on creative dance performance.***

Gruzelier, J., Steffert, T., Leach, J., Thompson, T.

***Alpha/theta versus SMR training in Royal Academy of Dramatic Art students.***

Chen, M., Gruzelier, J., Steffert, T., Leach, J.

***Combining transcutaneous electrical acupuncture with neurofeedback training: effects on cognitive performance and EEG spectrum.***

Brinson, H., Gruzelier, J., Linnell, K., Kalra, L and Steffert, T. (2008).

***A controlled pilot study of the efficacy of neurofeedback in enhancing attention in middle-aged participants.***

**Conference Presentations and Workshops teaching:**

**MIND AND BRAIN VI: Neuroplasticity of Brain and Behaviour. (Dubrovnik 2009)**

Presentations:

Steffert, T., Inoue, A., Steed, A., Valjamae, A., Bernadet, U., Verschure, P. & Gruzelier, J.

***Virtual reality and SMR neurofeedback.***

Workshops:

General Module V, **Operant Conditioning of EEG**

Neurofeedback Module I, **QEEG Demonstration**

Neurofeedback Module II, **Slow Wave Neurofeedback Demonstration**

Neurofeedback Module V, **QEEG Demonstration in Groups**

Neurofeedback Module VI, **Child Applications**

**The Institute for Neuro - Physiological Psychology (Chester 2009) Presentations:**

***Neurofeedback and qEEG: Diagnostics and treatment***

**Society of Applied Neuroscience, 2nd biennial meeting, (Seville 2008). Presentations:**

Steffert, T., Steed, A., Leach, J., Thompson, T., & Gruzelier, J.

***SMR training with an ecologically valid display.***

***Revista Espanola de Neuropsicologia, 10, 77.***

**Croatia Neurofeedback Holiday and Workshops: (Croatia 2007) Workshops:**

**Intermediate Neurofeedback Workshops**

**Applied Neuroscience Conference (Nijmegen 2007) Presentations:**

Steffert, T., Thompson T., Redding E., Brandt, R., Gruzelier, J.

***The effect of neurofeedback on creative dance performance.***

**Society of Applied Neuroscience, Inaugural Conference (Swansea 2006)**

Presentations:

Steffert, T., Frick, A., Batty, M., Hawken, M., Sturge, C., Loveday, C., Gruzelier, J.

***A controlled comparison of EEG-neurofeedback and attention training for children with ADHD***

Roundtables, Discussants:

Steffert, B., Steffert, T., Kropotov, J., Breteler, R., Strehl, U., Sterman, B.

***Massed versus Distributed Training & NF Holiday***

**SAN Symposia on the Bosphorus (Turkey 2005) Workshops:**

***qEEG and Advanced Neurofeedback***

**Irlen Scotopic Sensitivity: (Brugge 2004) Presented:**

***Coloured Lenses for Dyslexics: qEEG, Balance and Psychometric Evaluation.***

**The British Dyslexia Association: (Warwick 2004) Presented:**

***Coloured Lenses for Dyslexics: qEEG, Balance and Psychometric Evaluation.***

**International Society for Neuronal Regulation (Udine 2003) Presented:**

***Coloured Lenses for Dyslexics: qEEG, Balance and Psychometric Evaluation***

**SABA 2: Neuronavigator and SKIL database workshop (California 2003) Presented:**

***qEEG of Visual and Audit Dyslexic II.***

**SABA 1: Advanced brain analysis with SKIL (Saba, Caribbean 2002) Presented:**

***qEEG of Visual and Audit Dyslexic.***

## Education

2007	BFE 11 <sup>th</sup> : Dr Don Moss and Prof. Sterman	
2005		
Feb	BFE 9 <sup>th</sup> : Dr Blasé, Heart Rate Variability, Henk Kraaijenhof, Peak Performance, Jay Gunkelman, Advanced qEEG	(Belgium)
2004		
Sep	Dr Win Wenger: Creativity course	(London)
Aug	SNR: Dr's Lubar and Dr's Thompson	(Huston)
June	5 <sup>th</sup> International Conference on Creative Thing	(Malta)
Feb	BFE 8 <sup>th</sup> : EEG, ERD'S, and ERP'S	(Switzerland)
Jan	Prof. Tyl: Neurofeedback course	(Prague)
2003		
May	SABA 2: Neuronavigator and SKIL database workshop	(California)
May	Prof. Kropotov: Advanced Mitsar and WinEEG workshop	(Switzerland)
Feb	BFE 7 <sup>th</sup> : Prof. Jury Kropotov and Prof. Sterman	(Italy)
2002		
Nov	EiSNR: BCIA accredited Neurofeedback course	(Lisbon)
Sep	Prof. Jury Kropotov, one week in his Lab doing EEGs	(St Petersburg)
June	SABA 1: Advanced brain analysis with SKIL database	(Saba, Cari.)
Feb	BFE 6 <sup>th</sup> : Prof. Sterman and Dr's Lubar	(Amsterdam)
2001		
Oct	Prof. Kropotov: Neurotherapy and Neurofeedback course	(Norway)
Sep	EEG Spectrum: Beta/SMR Neurofeedback course	(Holland)
1998 - 1999	MA Design studies Central Saint Martin's College of Art & Design The London Institute	My thesis was on Spectrum specific lights for visual stress and Dyslexia. (Marketed by Diverse Technologies.)
1991 - 1995	BSc. First Class Honours Product Design (engineering) University of Westminster	
1983	Theatre Sound Engineering & Electronic Engineering City of Westminster College London	
1974 - 1983	St Christopher's School Letchworth Herts.	

## **Research In development**

- (i) Second stage of the Visual Dyslexics study is the development a sub-typology of Visual and Auditory Dyslexics differentiated by qEEG.
- (ii) The collection of Q's, ERP's, balance and psychometric data, on phonological Dyslexics for the Mitsar database. Then the development and test of neurofeedback protocols.
- (iii) The development of a balance database linked to Qeeg and psychometrics data of specific learning difficulties and controls as a commercial product.
- (iv) In collaboration with Central St Martin's College of Art & Design the development of a quantitative creativity index for before and after measures of neurofeedback and then the development and test of neurofeedback protocols. This is a follow-on from the prior "Sign Mind/Design Mind" psychometric study done by Learning Recovery in 1998.

Am currently involved in a research project that aims to combine the effectiveness of Neurofeedback and hypnosis with computer intelligence and EEG in a user-friendly package.

## **Career history**

### **2009 BBC3 Clever V Stupid TV show**

Consultant and Technician for "THE ULTIMATE MIND GAME" a Neurofeedback duo slot car track driven by brain waves.

2008/9 **Laban:** professional contemporary dance centres.

Supervisors for 3 Laban Dance Science Msc Students.

### **2006 Goldsmiths college: Presencia Study**

to Research Fellow in the Psychology Department at Goldsmith studies on, EEG  
2009 and Neurofeedback in "Virtual Reality" to try and enhance Neurofeedback learning and creativity in Actors, Dancers and Musicians.

### **2003 Imperial college: ADHD Study**

to I was a researcher at Imperial College on a neurofeedback and ADHD study  
2006 under Professor Gruzelier. I was responsibility for all of the data collection, neurofeedback, qEEG and ERP recording, As well as administering of the psychometric test, data management and the day-to-day administration of the project.

### **2002 Efficacy of coloured lenses for Visual Dyslexics Study**

Learning recovery was funded to investigate the subjective data of thousands of dyslexics, who claim that print is stabilised with the provision of tinted lenses. Dyslexic children were recruited on the basis of an optician's diagnosis and given coloured lenses. qEEG recordings, psychometric and balance before and after measures were taken while these children were wearing lenses and reading. Initial results presented at the International Society for Neuronal Regulation (Udine, 2003) and the International Dyslexia Conference at Warwick University 2004.

- 2001 **Learning Recovery**  
 to Since joining Learning Recovery, which specialises in assessment and  
 Pres treatment of specific learning difficulties, I have taken on responsibility for the  
 neurofeedback, qEEG and ERP recording of many hundreds of people. During this  
 time I have become knowledgeable on the systems for the recording of qEEG's and  
 databases such as the Mitsar, WinEEG, Neuronavigator and Skil. I am currently  
 helping develop the database for the Mitsar and provide technical support in  
 Europe.
- 2000 **Product Designer in Barcelona, Spain**  
 to I worked in a small design studio called Cactus, as a Product and Innovation  
 2001 designer and I also did some web designer.
- 1998 **Consultant & Technician in Art Related Technology** (a phrase I have coined)  
 to I have been working with Artists to bridge the gap of communication  
 2000 between the artists and the scientists, to explore the artistic potential of new  
 technologies.  
 Some of the projects I have worked on are:  
 "Touch me, Feel me" Using automated lighting to project moving, colour changing  
 images and text to explore the levels of intimacy in art.  
 "Lights on beach" – 25 pyramids internally lit and remotely controlled to create  
 patterns and react to the audience as they move through the work.
- 1997 **Freelancing lighting technician and operator**  
 to I was freelancing, whilst studying and working on my Art projects and on several  
 2000 speculative design projects.
- 1995 **TV Lighting Technician & Operator**  
 to I worked for *Richard Martin Lighting*, a TV lighting Hire Company, as a lighting  
 1997 technician of automated lights, mostly at the *BBC*. I was in charge of the  
 operations and maintenance of the lights as well as the logistics, booking of staff  
 and liaising with customers. I was responsible for the Design modifications and  
 feedback with the manufactures on beta testing of the new lights.
- 1995 **Design project**  
 I was commissioned to design a Vending machine from concept through to  
 manufacturing. This involved the presentations of sketches, renderings, models and  
 3D computer models. I was also responsible for market research on the potential  
 user groups and the defining of the target demographics, ergonomics and interface  
 design as well as the specifying of, and negotiating with the manufacturers and the  
 timetabling of the project.
- 1991 **Project manager / Technician**  
 to While studying at university I Freelanced for *Johnes-Lloyd* Entertainment's.  
 1995 My roll was as operations manager / project manager for a large range of events  
 from conferences, fashion shows and exhibitions, to discos and privet parties. Once  
 on site I was responsible for all the technical issues of the insulation as well as the  
 staffing, deadlines and dealing with the client.

1989 **Travelling**

to For a year and a half I travelled the World. through Thailand, Malaysia, Indonesia and worked in Australia selling time-share, balloons sculpting and as a sound engineer. I also worked as ground crew for a couple of hot air ballooning companies. I then went on to New Zealand, the US and Mexico and most of Europe.

1986 **Technical Director – Operations manager**

to I was co-founder and partner in *Alexander-Bentley's* Entertainment's, a company specialising in "Designer" custom made parties, conferences, fashion shows and exhibitions. I was in charge of the design and making of all sorts of things, from lighting, sound, exploding balloons, revolving stages, theme decorations, interior design, fire works, smoke, flowers, Lasers and much more. We built the business up to be the second biggest party company in the UK. I was in charge of all the technical operations and had a staff of up to 30 people and could run nine events simultaneously.

1986 **Car building and entrepreneur**

I built a replica AC. Cobra sports car with the plan of having a small business, making and selling kit cars. Unfortunately the car was stolen and I lost the capital so couldn't carry on.

1985 **Photographic assistant and Set builder**

I worked for *Habitat and Heals* photographic department for 1 year. I would take the design sketches of a room and pick out the appropriate windows, doors, fireplaces and kitchen units. I would then build and decorate the room. When the room had been dressed with all the other furniture and props, I would assist the photographer with the lights and other equipment.

1985 **Aldwych theatre**

For 1 Year I was "Stage hand" at the Aldwych theatre. I worked there in the evenings and weekends at the same time as working for *Habitat and Heals*.

1984 **Lillie yard recording studio**

For 6 months I was a "Tape Op." In *Lillie yard recording studio*, my duties ranged from maintaining the equipment to making the Tea. I also assisted in the design and installation of the studio and was responsible for all things Technical that went on in the studio.

**Other Skills**

**EEG / Neurofeedback systems:** Brain Tuner, Pro Comp/BioGrath, Brain Master/Atlantis, Daymed, WinEEG/Mitsar, Heart maths, BioTrace, BioExplore, EEGer.

**Computing:** Strata StudioPro, Photoshop, Director, QuarkXPress, MiniCAD, AutoCAD, Inspiration, Microsoft Word, ClarisWorks, FreeHand, Illustrator, Painter, Premiere, Interactive Physics, Dreamweaver, Html and Matlab.

**Activities and Interest**

I am a founder member of the European chapter of the ISNR (now called SAN) and their Webmaster.

I do some volunteer work for the Arts Dyslexia Trust and Neurofeedbackup.

I play the Guitar and Saxophone.