



Tony Steffert

Career Statement:

For the last 16 years, I have specialised in brain mapping with quantitative electroencephalogram (qEEG) and event related potentials (ERP's) and have recorded more than a thousand people, both for research and clinically. I have worked on a number of research projects, including a 3 year project on ADHD doing qEEG/ERPs and Neurofeedback at Imperial College and 3 years at Goldsmith doing Neurofeedback with actors, musicians and dancers. My PhD was about the real-time sonification of EEG for Neurofeedback at the Open University.

I record qEEG/ERPs at a clinic in Cambridge and do Neurofeedback training with children and adults with a range of conditions.

I am a consultant on several commercial and research projects using EEG and heart rate variability and have worked on several neuromarketing projects (British Gas and eBay) as well as TV shows 'This morning' at ITV and at the BBC.

I have worked on several art and EEG projects, controlling video, Lasers and sound with EEG and EEG Hyperscanning studies at the Barbican in London and at a community cinema in Majorca.

I have worked on three Virtual Reality neurofeedback studies and am collaborating with a clinic in Munich to develop more appropriate VR neurofeedback games.

I run training courses on neurofeedback and qEEG/ERPs and am a co-supervised of several Degree, Master's and PhD students.

I am proud to declare that I am dyslexic with all the benefits and disadvantages that this implies.

Personal Details:

47 c Christchurch Ave
London, NW6 7BB.

T: 020 8459 1796

M: 07966 484 289

E: tony@qeeg.co.uk

W: www.qeeg.co.uk

Areas of Expertise:

qEEG/ERP

Neurofeedback

EEG Sonification

Research Interests:

Physiological Sonification,

qEEG/ERP &

Neurofeedback for Dyslexia,

ADHD, Creativity and Peak-

Performance,

Mobile EEG,

Hyperscanning,

Virtual reality

Neurofeedback

Memberships:

Society for Applied

Neuroscience (SAN)

The British Neuroscience

Association (BNA)

British Association for

Cognitive Neuroscience

(BACN)

Education:

- 2012 - 2017 **PhD:** Real-Time EEG Sonification for Neurofeedback
STEM, School of Computing & Communications
The Open University
- 2001 - 2017 **qEEG/ERP Trained** with Prof. Kropotov in recording and analysis
The Institute of the Human Brain, Russian Academy of Sciences
- 1998 - 1999 **MA Design**
Central Saint Martin's, College of Art & Design, The London Institute
- 1991 - 1995 **BSc. First Class Honours**
Product Design (engineering), University of Westminster

Career History:

- 2010/17 **Consultant & Technician:** Research, Neuromarketing, TV and Documentaries,
- 2008/17 **Supervisor/Adviser** for 3 Dance Science MSc, at Laban contemporary dance centres, 2 PhD.s at Goldsmiths, 1 PhD at University of Hartford, 1 BSc. at University of Westminster, 1 MSc. at Malta University, 3 PhD.s at Greenwich.
- 2006/9 **Research Fellow**, Goldsmiths College: Presencia Study - neurofeedback
- 2003/6 **Research Assistant**, Imperial College: ADHD qEEG/ERP and neurofeedback
- 2002 **Researcher**, Cambridge, Efficacy of coloured lenses for Visual Dyslexics
- 2001/17 **qEEG & Neurofeedback Clinician**, Learning Recovery, Cambridge
- 2000/1 **Product Designer**, Cactus in Barcelona, Spain
- 98/00 **Freelance Consultant & Technician**, in Art Related Technology
- 97/00 **Freelance Lighting Technician and Operator**
- 1995/7 **TV Lighting Technician & Operator**, Richard Martin Lighting a TV lighting Hire
Lighting technician of automated lights mostly at the BBC on "Top of the Pops"
- 1991/5 **Project Manager / Technician**, Johnes-Lloyd events & conferences
- 1989/91 **Travelling** for a year and a half throughout, Asia, Australasia, USA and Mexico
- 1986/9 **Technical Director – Operations manager**, Alexander-Bentley's Entertainment's
- 1986 **Entrepreneur**, I built a replica AC. Cobra sports car
- 1985 **Photographic Assistant and Set Builder**, Habitat and Heals Photographic
- 1985 **Stage hand**, Aldwych Theatre, London
- 1984 **Tape Opp.**, at Hans Zimmer Recording Studio, Lillie Yard, London

Activities and Interests:

I am a founder member of the European chapter of the ISNR (now called SAN) and was webmaster. I do some volunteer work for the Arts Dyslexia Trust and Neurofeedbackup. I attempt to play the Guitar and Saxophone.

Citation metrics:

Google Scholar: h-index: 7, i10-index: 5, Citation: 336
ResearchGate: 15.45, Reads: 5.551, Citation: 232

Publications:

Steffert, T., & Steffert, B. (2016). **Rhythms of Dyslexia EEG, ERP and Neurofeedback**. Handbook of Clinical QEEG and Neurotherapy, 213, edited by Thomas F Collura, Jon A. Frederic. Routledge.

Steffert, T., & Steffert, B. (2013). **Executive function as an ADHD endophenotype**. ADHD in practice, 5(3), 7-9.

Steffert, T., Holland, S., Mulholland, P., Dalton, S., & Välljamäe, A.. (2015). **Prototyping a method for the assessment of real-time EEG sonifications**. In Proceedings of the International Conference on Auditory Display (pp. 217-224).

Steffert, B., & Steffert, T. (2010). **Neurofeedback and ADHD**. ADHD in practice, 2, 16-19.

Valijamae, A., Steffert, T., Berdardet, U., Gruzelier, J., & Verschure, P. (2009). **Studying the effectiveness of immersion for neurofeedback in mixed/virtual reality**. In Front. Neuroeng.

Välljamäe, A., T. Steffert, S. Holland, X. Marimon, R. Benitez, S. Mealla, A. Oliveira, and S. Jordà. (2013) **A review of real-time EEG sonification research**. In Proceedings of the International Conference on Auditory Display (pp. 85-93).

Mealla, S., Oliveira, A., Marimon, X., Steffert, T., & Barcelona, P. F. (2014). **The Role of Personalization and Multiple EEG and Sound Features Selection in Real Time Sonification for Neurofeedback**.

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., Steed, A., & Gruzelier, J. (2010). **A randomized controlled trial of the effects of hypnosis with 3-D virtual reality animation on tiredness, mood, and salivary cortisol**. International Journal of Clinical and Experimental Hypnosis, 59(1), 122-142.

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

Thompson, T., Steffert, T., Redding, E., & Gruzelier, J. (2008). **The effect of alpha-theta and heart-rate coherence training on creative dance performance**. Rev Esp Neuropsicol, 10, 60.

Gruzelier, J., Inoue, A., Smart, R., Steed, A., & Steffert, T. (2010). **Acting performance and flow state enhanced with sensory-motor rhythm neurofeedback comparing ecologically valid immersive VR and training screen scenarios**. Neuroscience letters, 480(2), 112-116.

Gruzelier, J. H., Foks, M., Steffert, T., Chen, M. L., & Ros, T. (2014). **Beneficial outcome from EEG-neurofeedback on creative music performance, attention and well-being in school children**. Biological psychology, 95, 86-95.

Gruzelier, J. H., Thompson, T., Redding, E., Brandt, R., & Steffert, T. (2014). **Application of alpha/theta neurofeedback and heart rate variability training to young contemporary dancers: State anxiety and creativity**. International Journal of Psychophysiology, 93(1), 105-111.