



Cambridge Society for the Application of Research

Churchill College  
Storeys Way  
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# **Validation of EEG-neurofeedback for optimising performance**

Professor John Gruzelier, MA PhD FBPsS FIOP FBSCAH FRSM  
Emeritus Professor of Psychology  
Goldsmiths, University of London.

Monday 20<sup>th</sup> January, 2014  
Wolfson Hall Lecture Theatre, Churchill College  
Storey's Way, Cambridge

## **The Lecture:**

Is it possible to self-regulate your brain rhythms, and if so, what will it do for you? The take home message is:

**"Everyone should be doing it, soon."**

John will trace his personal empiricist journey: first his epiphany in Tuebingen having ignored the field like everyone else; the wonderland of grass roots practitioners in N America and a Pandora's box of EEG training protocols; the discovery that schizophrenic patients can do it, and remember how to after a 3-month psychotic episode; all this despite the received wisdom of the academic community that they possess a subclinical disorder; the Royal College of Music studies; Shakespeare's Globe and virtual reality immersion; ICL's ballroom and Latin dance team who went on to win the UK championship; Brixton 11 year olds excused from class to do it; ending with the state of the validation field concerning cognitive, affective and performance and clinical outcomes, and, applications with the elderly.

## **About the Speaker:**

John Gruzelier MA, PhD, FBPsS, FIOP, FBSCAH, FRSM is Emeritus Professor of Psychology, Goldsmiths, University of London. He joined Goldsmiths in 2005 following early retirement from the Medical Faculty, Imperial College, London

where he was responsible for Psychology As Applied to Medicine and had an EEG research laboratory which was set up in 1975 at the Charing Cross campus.

Dr Gruzelier worked for his PhD at Birkbeck College, which was awarded in 1973. He explored schizophrenia as a brain disorder, at a time when schizophrenia was thought to be all about “upbringing”. The dopamine theory changed this thinking, leading to a productive international career with >100 publications on schizophrenia and the schizotypal personality, and initiated an international conference series.

Egged on by medical students, he formulated a brain model of hypnosis along with self-hypnosis protocols for boosting immune function with applications to exam stress, early stage HIV infection and advanced stage breast cancer.

He has had a strong commitment towards medical education, *inter alia* setting up intercalated BSc programmes, a working party to integrate the pre-clinical curriculum, and *Acumen*, a student society for medical students.

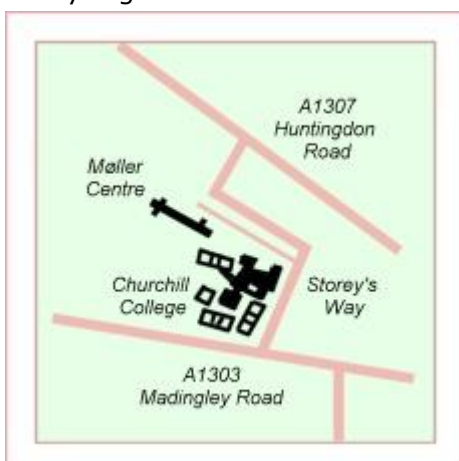
He co-edited the *International Journal of Psychophysiology* from its inception in 1984 until 2004, and edited *Contemporary Hypnosis and Integrative Therapies* from 2002 - 2012.

Following favourable results in schizophrenia (1999) he set out to establish validity for EEG-neurofeedback, with international funding at Goldsmiths’, including the UK National Endowment for Science, Technology and Arts (NESTA), and the EU New emerging technologies FP7 programme. This enabled John to unite his interests in the Arts with Science, working in collaboration with the Royal College of Music, Trinity/Laban Music and Dance Conservatoire, the Royal Academy of Dramatic Arts, and the Evelyn Grace ARK Academy, Brixton. He established the *Society of Applied Neuroscience* (SAN) which is about to host its fifth biennial meeting this month ([www.SAN2014](http://www.SAN2014)). The music results formed part of a 6-month exhibition in the Kensington Science Museum.

## Practical Matters

Those attending the CSAR lecture may park in the Senior Car Park on Churchill Road, which is off Storey’s Way. More parking is available further along Churchill Road, and in the Möller Centre at the far end.

CSAR lectures are open to all; CSAR members are admitted free. Pupils and students may register for free membership at the lecture reception desk.



Non-members are asked to make a nominal contribution of £3.00.

Coffee and biscuits are available in the Wolfson Foyer from around 7pm.

For further directions, see:

[www.chu.cam.ac.uk/about/visitors/directions.php](http://www.chu.cam.ac.uk/about/visitors/directions.php)