

IOWA STATE UNIVERSITY STUDENT COUNSELING SERVICE

Student Counseling Service Biofeedback Services

CAC Annual Report

Todd Pietruszka

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Section A: Student Counseling Service Biofeedback Services Budget Summary

Income

CAC Grant Award	\$4,654.00	
Total Income		\$4,654.00

Expenditures

Hardware	\$3394.13	
Software	\$1056.45	
Expendables	\$ 0.00	
Network Access	\$ 0.00	
Security / Protection	\$ 0.00	
Support Personnel	\$ 0.00	
Course Development	\$ 0.00	
Total Expenditures		\$4450.58

Unused Balance Returned to Pool \$203.42

Section B: Description of Carry-Over Funds

Not Applicable; All remaining funds are to be returned to CAC pool

Section C: Expenditure Item Listing

Hardware Purchase, Upgrades, and Repairs

Department	Vendor	Location	Item	Cost per Unit Price	Quantity	Total
Student Counseling Service	University Bookstore	Student Services Building 3062	Dell Optiplex 740 Minitower 2.7Ghz 4GB Ram, 160 GB Hard Drive, DVD-RW	\$811.96	2	\$1623.92
Student Counseling Service	University Bookstore	Student Services Building 3062	Dell 22 inch G2210 LCD Monitor	Included in above computer price	2	NA
Student Counseling Service	University Bookstore	Student Services Building 3062	Dell 24 inch Widescreen Flat Panel Monitor, S2409W with AX510PA1 Audio Sound Bar	\$254.88	1	\$254.88
Student Counseling Service	Stens Corporation	Student Services Building 3062	David Alert Audio-Visual Entrainment System with Tru-Vu Omniscreen™ Eyesets and Stereo Headphones	\$343.66	2	\$687.32
Student Counseling Service	Light Therapy Products	Student Services Building 3062	Aurora 10,000 Flux Full Spectrum Light System	\$294.69	1	\$294.69
Student Counseling Service	B & H Photo and Video	Student Services Building 3062	Panasonic RP-HC500 Noise Canceling Headphones	\$114.70*	3	\$344.09
Student Counseling Service	University Bookstore	Student Services Building 3062	9110 Flat Panel Wall Mount	\$49.99	3	\$149.97
Student Counseling Service	University Bookstore	Student Services Building 3062	12' Audio Extension Lines	\$2.98	3	\$8.94
Student Counseling Service	University Bookstore	Student Services Building 3062	Koss VC20 Volume Control for Earphones	\$10.11*	3	\$30.32
Total						\$3394.13

* Unit price rounded to account for per unit Hazardous Material surcharge, "Total" reflective of actual expenditure.

Software

Department	Vendor	Location	Item	Cost per Unit Price	Quantity	Total
Student Counseling Service	Wild Divine	Student Services Building 3062	The Journey to Wild Divine: The Passage software and IOM finger sensors, Version 2.0	\$227.32	4	\$909.29
Student Counseling Service	Wild Divine	Student Services Building 3062	The Journey to Wild Divine: The Wisdom Quest software, Version 1.0	\$47.33	1	\$47.33
Student Counseling Service	Wild Divine	Student Services Building 3062	Healing Rhythms Guided Software Training Program, Version 1.5	\$99.83	1	\$99.83
Total						\$1056.45

Expendable Supplies

Department	Vendor	Location	Item	Cost per Unit Price	Quantity	Total
Total						\$0.00

Student Access to Networks

Department	Vendor	Location	Item	Cost per Unit Price	Quantity	Total
Total						\$0.00

Security and Protection

Department	Vendor	Location	Item	Cost per Unit Price	Quantity	Total
Total						\$0.00

Support Personnel

Department	Vendor	Location	Item	Cost per Unit Price	Quantity	Total
Total						\$0.00

Personnel Involved in Course Development

Department	Vendor	Location	Item	Cost per Unit Price	Quantity	Total
Total						\$0.00

Other Services and Fees

Department	Vendor	Location	Item	Cost per Unit Price	Quantity	Total
Total						\$0.00

	Grand Total	\$4450.58
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The awarded funding was used to establish a biofeedback program at the Student Counseling Service (SCS). The SCS Biofeedback Center provides alternative approaches for helping individuals deal with the stresses in their life. Through the use of various technologies such as video games, guided meditations, audio recordings, light therapy, and music found in the SCS Biofeedback Center, students are instructed in easy-to-apply emotional regulation strategies through a technology based self-directed format. Specifically, the SCS Biofeedback Center consists of three separate work stations. Each station is equipped with computer loaded with biofeedback software, a wall mounted monitor, recliner, earphones, and a set of biological sensors. Each computer is loaded with 4 primary programs: The Journey to Wild Divine Passage; The Journey to Wild Divine Wisdom Quest; Healing Rhythms Guided Training; and I-Tunes. Both the Journey to Wild Divine Passage and Wisdom Quest teach mindfulness, meditation, and emotional regulation techniques in an fantasy based computer game environment whereas the Healing Rhythms Guided Training is a 15-Step computer directed program that focuses on practical meditation techniques, breathing exercises, and guided relaxation recitations built around a more didactic and experiential format. In addition to these programs, the SCS Biofeedback Center offers an I-Tunes audio library which will be stocked with a collection of self-help audio books, guided meditations, guided visualizations, and stress reduction techniques. Finally, the SCS Biofeedback Center is also equipped with 2 David Alert Systems and a full-spectrum light box which provide alternative technological approaches to common mental health difficulties. Collectively, these technologies allow students an alternative avenue to address a broad spectrum of mood, stress, and physiological concerns.

In a biofeedback session, students relax in a comfortable reclining chair in front of a wall-mounted computer monitor. Three sensors which measure skin conductance and heart rate are placed their finger tips. Students wear headphones to listen to session instructions or recordings from the audio library. These audio instructions teach students how to breathe deeply, focus on visualizations, relax, and clear their mind of worries and distractions. Like having a personal coach as they practice these skills, the computer provides students with “feedback” about how successful they are in calming their mind and body.

The Biofeedback Center is located in room 3062 on the third floor of the Student Services Building and is open from 8 am to 5 pm Monday thru Friday during the Fall and Spring Semesters, 7:30 am to 4 pm during the summer months. The facilities allow for three students to work simultaneously with sessions generally lasting 30 - 60 minutes. Because many of the tools in the Biofeedback Center are self-directed, the entire student population has general access to the center after completing a brief orientation which introduces them to the software and hardware available in the center. The SCS Biofeedback Center was opened to the student body as of August 18, 2009. In this brief 2 week period, 18 students have already utilized the services and provided positive feedback. SCS is currently engaged in an advertising and promotional campaign which includes flyers, direct outreach, and media interviews to increase student awareness of the new Biofeedback Center.