



Biofeedback Society of Texas

**2009 Conference, Salado TX**  
35th Annual Conference  
*ELEVATE... practice, purpose & passion for Biofeedback.*

Keynote Address

**Comorbid Posttraumatic Stress Disorder  
with Traumatic Brain Injury:  
Neurological Challenges affecting  
Treatment and Prognosis**

**Dr. Ron J. Swatzyna**

**ABSTRACT**

The increasing numbers of military men and women returning from Iraq and Afghanistan with traumatic brain injury (TBI) and posttraumatic stress disorder (PTSD) present a significant challenge to the health care system. It is difficult to differentiate the symptoms of TBI from PTSD, and the two disorders often present simultaneously in the same patient. These factors have made it difficult for active duty military and the Veteran's Administration to address accurate diagnosis and effective treatment for these disorders. Current efforts at establishing clinical guidelines for comorbid TBI and PTSD have been unsuccessful, and the FDA has yet to approve any psychotropic medication as treatment for TBI. This workshop will: 1) present the current scientific research on the complex nature of coexisting TBI and PTSD, 2) describe the neurological structures, brain chemistry, and electrical activity that presents challenges to efficacious treatment, 3) provide rationale for an individualized treatment model that integrates Quantitative Electroencephalogram (QEEG) analysis, biofeedback, and QEEG-guided neurotherapy into a cognitive rehabilitation program, and 4) discuss optimal prognosis considerations.



Dr. Ron J. Swatzyna received his masters and doctoral degrees in Social Work from the University of Texas, and he holds certifications through BCIA in general biofeedback and EEG neurofeedback. Additionally, Dr. Swatzyna is a Certified Anger Resolution therapist and a Clinically Certified Forensic counselor. Currently, Dr. Swatzyna is the Director of Neurotherapy for the Tamow Center for Self-Management (Houston, TX) where he specializes in treating TBI and PTSD. He has authored numerous publications in professional journals and texts on the topics of TBI and PTSD, and he has presented his research both nationally and internationally. Dr. Swatzyna is a veteran of both Vietnam and Desert Storm, and he is a retired professional firefighter/EMT-I.