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| 2015 | Mindfulness and Acceptance skills Combined with Biofeedback for Headaches  
First case will focus on a patient with tension headache, who initially had little benefit from biofeedback alone, but improved significantly with the addition of mindfulness and acceptance based skills. Second case will focus on a patient with migraine headache, where mindfulness and acceptance based biofeedback was utilized from the start.  
Inna Khazan, PhD, BCB |
| 2017 | Pediatric Biofeedback – Pain & Anxiety  
The purpose of this webinar is to demonstrate biofeedback applications in pediatric/adolescent disorders. Dr. Benore will focus on pain and anxiety, but may discuss other symptoms commonly treated with biofeedback (e.g., Raynaud’s). Practical issues working with children will be discussed and two cases will be presented.  
Ethan Benore, PhD, BCB |
| 2018 | Strategies to Increase the Effectiveness of HRVB  
This webinar will help you assess your client’s HRV performance, incorporate Kubios HRV analysis software into your practice, and develop impactful exercises to reinforce training in your clinic.  
Fred Shafer, PhD, BCB, BCB-HRV |
| 2018 | Chronic Pain & Anxiety  
Understanding the autonomic nervous system as oversensitive or over-reactive provides a clinically advantageous model for stress-related disorders. Two cases are presented in which biofeedback is integrated with CBT to help patients calm the ANS and better manage symptoms, first for chronic anxiety and second for chronic pain. The patients unique biopsychosocial profiles and responses are considered for ongoing treatment planning. The cases are used to illustrate multi-modality treatment and multi-dimensional planning.  
Saul Rosenthal, PhD, BCB |
| 2018 | Applied HRV Data Interpretation for the Clinician  
Heart Rate Variability Biofeedback (HRVB) empowers clients to improve their emotional self-regulation. Professionals regularly use quantitative and graphic methods of analysis of heart rate to help their clients understand their own physiological status and the relationship between autonomic function and well-being. This will use actual pre-post HRVB data from patients with PTSD and pain to illustrate how acquisition of the skill of self-regulation through HRVB affects heart rate patterns and screen displays. Coherence is the term used currently to refer to the 0.1 Hz HRV peak, which is indicative of optimum HRV that results from synchronization of cardiac vagal afference and baroreflex. HRV clinical applications and research focus on coherence as an index of adaptability. Methods of quantifying coherence from a typical HR tachygram will be explained.  
Jay Ginsberg, PhD |
Sport Psychology Meets “Old School” Techniques

Old school” sport psychology emphasizes ideas consistent with traditional Cognitive Behavioral Therapy (CBT): “Control or suppress negative cognitive processes and everything will fall into place, emotionally, physiologically, and in terms of behavior/performance.” Recently, sport psychology has been catching up with third wave CBTs (e.g., Acceptance and Commitment Therapy and Dialectical Behavior Therapy), de-emphasizing control, and placing emphasis on the value of mindfulness and acceptance. Biofeedback practitioners have long been aware that: 1) attempts at “controlling” one’s psychophysiology can paradoxically result in less control; and 2) one does not have to accept complete powerlessness with one’s physiology. Developing self-efficacy with self-regulation skills, the ability to influence one’s physiological stress responses, can lead to more optimal states of recovery and performance. Biofeedback, used in tandem with adapted “old school” sport psychology approaches, can boost capacity for influencing one’s psychophysiology and performing one’s best, for athletes, other kinds of performers, or anyone else aiming for more optimal functioning. This program will present practical ideas and case examples, specifically with heart rate variability (HRV) biofeedback, that practitioners can integrate into their practice.