

Core Reading List for Applicants

Shaffer, F. (2016) *Heart rate variability biofeedback tutor*. Kirksville, MO: Biosource Software.

Moss, D., & Shaffer, F. (Eds.) (2016). *Foundations of heart rate variability biofeedback: A book of readings*. Wheat Ridge, Colorado: AAPB.

Core Reading List for Didactic Educators

Aubert, A., & Verheyden, B. (2008). Neurocardiology: A bridge between the brain and the heart. *Biofeedback*, 36(1), 15-17.

Bilchick, K. C., & Berger, R. D. (2006). Heart rate variability. *Journal of Cardiovascular Electrophysiology*, 17(6), 691-694.

Combatalade, D. (2009). *Basics of heart rate variability applied to psychophysiology*. Montreal, Canada: Thought Technology Ltd.

Gevirtz, R. (2013). The nerve of that disease: The vagus nerve and cardiac rehabilitation. *Biofeedback*, 41(1), 32-38.

Gevirtz, R. N. (2007). Psychophysiological perspectives on stress-related and anxiety disorders. In P. M. Lehrer, R. L. Woolfolk, and W. E. Sime (Eds.). *Principles and practice of stress management* (3rd ed.). New York: The Guilford Press.

Giardino, N. D., Lehrer, P. M., & Edelberg, R. (2002). Comparison of finger plethysmograph to ECG in the measurement of heart rate variability. *Psychophysiology*, 39, 246-253.

Gilbert, C. (2012). Pulse oximetry and breathing training. *Biofeedback*, 40(4), 137-141.

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Lehrer, P. M., Vaschillo, E., & Vaschillo, B. (2000). Resonant frequency biofeedback training to increase cardiac variability: Rationale and manual for training. *Applied Psychophysiology and Biofeedback*, 25(3), 177-191.

Marieb, E. N., & Hoehn, K. (2011). *Anatomy and physiology*. San Francisco, CA: Benjamin Cummings.

McCraty, R., Atkinson, M., Tiller, W. A., Rein, G., & Watkins, A. D. (1995). The effects of emotions on short-term power spectrum analysis of heart rate variability. *The American Journal of Cardiology*, 76(14), 1089-1093.

Peper, E., Harvey, R., Lin, I., Tylova, H., & Moss, D. (2007). Is there more to blood volume pulse than heart rate variability, respiratory sinus arrhythmia, and cardio-respiratory synchrony? *Biofeedback*, 35(2), 54-61.

Peper, E., Shaffer, F., & Lin, I-M. (2010). Garbage In; Garbage out—Identify blood volume pulse (BVP) artifacts before analyzing and interpreting BVP, blood volume pulse amplitude, and heart rate/respiratory sinus arrhythmia data. *Biofeedback*, 38(1), 19-23.

Shaffer, F., & Venner, J. (2013). Heart rate variability anatomy and physiology. *Biofeedback*, 41(1), 13-25.

Sowder, E., Gevirtz, R., Shapiro, W., & Ebert, C. (2010). Restoration of vagal tone: A possible mechanism for functional abdominal pain. *Applied Psychophysiology and Biofeedback*, 35(3), 199-206.

Task Force of the European Society of Cardiology and the North American Society of Pacing and Electrophysiology (1996). Heart rate variability: Standards of measurement, physiological interpretation, and clinical use. *Circulation*, 93, 1043-1065.

Thayer, J. F., & Lane, R. D. (2000). A model of neurovisceral integration in emotion regulation and dysregulation. *Journal of Affective Disorders*, 61, 201-216.

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van Dixhoorn, J. (2007). Whole body breathing: A systems perspective on respiratory retraining. In P. M. Lehrer, R. L. Woolfolk, and W. E. Sime (Eds.). *Principles and practice of stress management* (3rd ed.). New York: The Guilford Press.

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