

The Biofeedback Society of Florida
in cooperation with the Association for
Applied Psychophysiology and Biofeedback presents

Heart rate variability biofeedback: From basics to clinical applications

HRVB protocols for chronic pain, trauma,
anxiety, gastrointestinal disorders,
and other diagnoses

A weekend with HRVB pioneer, Richard Gevirtz, Ph.D.

Distinguished Professor of Psychology
California School of Professional Psychology
at Alliant International University
San Diego, California

August 12 - 13, 2017
The Florida Hotel and Conference Center
Orlando, Florida

A **12 credit APA approved CE program** for psychologists, biofeedback/neurofeedback practitioners, other mental health professionals, and clinicians and researchers in the health related professions interested in heart rate variability biofeedback research and clinical applications. This program will offer both introductory and advanced intermediate level content.

Program Schedule

Saturday, August 12, 2017

Heart rate variability biofeedback: From basics to clinical applications

- 8:00 - 8:30 Sign-in - continental breakfast
- 8:30 - 8:45 **Welcome, introductions, and announcements**
Aubrey Ewing, PhD - BSF Managing Director
- 8:45 - 10:30 **Richard Gevirtz, PhD**
Anatomical and physiological basis of heart rate variability (HRV) with a quick review of respiration
- 10:30 - 10:45 Break
- 10:45 - 12:00 **Richard Gevirtz, PhD**
Measurement of HRV: Understanding the metrics
Demonstration with instrumentation
- 12:00 - 1:15 Lunch - on your own at hotel restaurants or one of the many alternatives in the Florida Mall adjacent to the hotel
- 1:15 - 3:00 **Richard Gevirtz, PhD**
Heart Rate Variability Biofeedback (HRVB):
Finding resonance frequency
- 3:00 - 3:15 Break/refreshments
- 3:15 - 5:15 **Richard Gevirtz, PhD**
Training clients in HRVB: Equipment, home training, trouble shooting, best practices
- 5:15 - 5:30 Q&A
- Adjourn
- 5:30 - 7:00 BSF Board of Directors meeting
- 7:30 - 9:30 Dinner (Dutch treat) in the hotel restaurant
- A BSF meeting tradition is our Saturday evening dinner group. All participants are invited to join. Let the conference coordinator know you want to be included.

What you should bring

Participants are encouraged to bring a laptop computer and a large capacity thumb drive (flash drive). Dr. Gevirtz will provide a large volume of handout materials in digital format for copying. If time permits, laptops may be used for break-out activities.

Program Schedule

Sunday, August 13, 2017

Heart rate variability biofeedback: From basics to clinical applications

8:00 - 8:30	Sign-in - continental breakfast
8:30 - 8:45	Welcome and announcements Aubrey Ewing, PhD - BSF Managing Director Biofeedback Society of Florida update
8:45 - 9:45	Richard Gevirtz, PhD Review concepts from Saturday
9:45 - 10:15	Overview of applications: Chronic pain Anxiety disorders Trauma Functional GI disorders Blood pressure Headaches Other diagnoses Participants choose which applications to cover in-depth
10:15 - 10:30	Break
10:30 - 12:00	Richard Gevirtz, PhD Disorder I (as chosen from list above)
12:00 - 1:15	Lunch - on your own at hotel restaurants or one of the many alternatives in the Florida Mall adjacent to the hotel
1:15 - 3:15	Richard Gevirtz, PhD Disorder II (as chosen from list above)
3:15 - 3:30	Short break
3:30 - 4:00	Richard Gevirtz, PhD Wrap-up and Q&A Completion of CE exams and evaluations Distribution of certificates - Adjourn

Workshop schedule and content are subject to change

Americans with Disabilities Act (ADA) statement

ADA accommodations will be made in accordance with the law. If you require ADA accommodations, please indicate what your needs are at the time of registration. The availability of appropriate accommodations cannot be assured without prior notification.

Workshop Faculty



Dr. Richard Gevirtz is a Distinguished Professor of Psychology at the California School of Professional Psychology at Alliant International University in San Diego. He has been involved in research and clinical work in applied psychophysiology and biofeedback for the last 30 years and was the president of the Association for Applied Psychophysiology and Biofeedback from 2006 to 2007. His primary research interests are in understanding the physiological and

psychological mediators involved in disorders such as chronic muscle pain, fibromyalgia, and gastrointestinal pain. In this vein, he has studied applications of heart rate variability biofeedback for anxiety, pain, gastrointestinal, cardiac rehabilitation, and other disorders. He is the author of many journal articles and chapters on these topics. He also maintains a part time clinical practice treating patients with anxiety and stress related disorders.

Workshop Description

In this workshop, the physiological basis for HRV will be presented so as to promote an understanding of the various measurement issues and metrics used. A clinical assessment consisting of a resting baseline, a stressor or exercise period, followed by a recovery period will be demonstrated. Using a free software package (Kubios HRV), the various measures and their norms will be described and interpreted. The goal is to get a picture of the patient's autonomic nervous system and relate that to symptoms or performance deficits. Heart Rate Variability Biofeedback (HRVB) will then be presented and the protocols demonstrated. Determining resonance frequency, home training, rescue techniques, and related topics will be discussed.

On Day 2 we will begin to apply the HRVB protocols to clinical applications. Chronic pain, trauma, anxiety, gastrointestinal problem, and other conditions will be discussed. The HRVB protocol will be reviewed and then applied to the various disorders. PDFs of all of the slides and numerous reprints will be provided.

Course Objectives

At the conclusion of the workshop, participants should be able to:

1. Describe the physiological and anatomical basis of heart rate variability (HRV)
2. Interpret time and frequency domain measures of HRV using the Kubios Software Package
3. Carry out the basic HRV biofeedback (HRVB) assessment to determine "resonance frequency"
4. Train clients in HRVB, prescribing home practice options
5. Apply HRVB to at least two of the disorders discussed (chronic pain, trauma, functional GI disorders, anxiety, other diagnoses)

Registration Form

Heart rate variability biofeedback: From basics to clinical applications

August 12 - 13, 2017 - The Florida Hotel, Orlando

To register online, go to www.FloridaBiofeedback.org

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

CONTACT TELEPHONE: _____

EMAIL ADDRESS: _____

LICENSE NO: _____ BSF MEMBER: _____ AAPB MEMBER: _____

CONFERENCE TUITION - 12 CE Credits

	By 7/22	After 7/22
BSF Members:	\$229.	\$249.
With new BSF membership or renewal:	\$259.	\$279.
Non-members:	\$279.	\$299.
Students (degree-seeking, ID required):	\$109.	\$125.

Credit Card Number (VISA or MC): _____

Expiration Date: _____ Amount authorized: \$ _____

Cardholder signature: _____

(I authorize BSF to charge the amount specified above to my credit card account)

Credit card billing address: _____

(if different from above)

CVV2 number (3 digit security number on back of card): _____

Or Mail check payable to: The Biofeedback Society of Florida, Inc.,

1230 S. Federal Hwy., Boynton Beach, FL 33435 • (561) 742-7122

CONFERENCE LOCATION AND LODGING

The workshop will be held at **The Florida Hotel & Conference Center at the Florida Mall**, 1500 Sand Lake Road, Orlando, FL 32809 (GPS address: 8001 S. Orange Blossom Trail, Orlando, FL 32809). The hotel is offering BSF conference attendees discounted room rates of \$99./night plus tax and other fees for reservations made by July 29, 2017 (refer to Group: **BSF**). For reservations, call toll-free **800-588-4656** or 407-859-1500. More information about the hotel can be found at www.thefloridahotelorlando.com. The hotel is located midway between Orlando International Airport and Walt Disney World, and is connected to The Florida Mall, Central Florida's largest indoor shopping experience. **FROM THE FLORIDA TURNPIKE, NORTH OR SOUTH, take exit #254, Orange Blossom Trail (US 441-17-92).** Follow signs for "North-East 441." Continue straight on Orange Blossom Trail to the third light (Sun Life Path) and turn right into the Florida Mall. Continue straight, then follow signs to the hotel.

CONTINUING EDUCATION CREDIT

This program, when attended in its entirety, is available for 12 continuing education credits. The program is co-sponsored by the Association for Applied Psychophysiology and Biofeedback (AAPB), which is approved by the American Psychological Association to sponsor continuing education for psychologists. AAPB maintains responsibility for this program and its content. Note: All licensed health care professionals should verify that their respective licensing boards accept credits from APA approved continuing education programs toward fulfillment of their licensing requirements.

Accessibility and non-discrimination policy: As a State Chapter of AAPB, BSF is committed to accessibility and non-discrimination in its continuing education activities and to conducting them in conformity with the American Psychological Association's Ethical Principles for Psychologists. Participants are asked to be sensitive to privacy and confidentiality needs throughout the program and are encouraged to express any feelings of discomfort related to program content during discussion periods. BSF will attempt to accommodate participants' special needs and asks that such needs, questions, or concerns be addressed to the onsite program coordinator.

Commercial and financial interest declaration: The presenter has declared no commercial or financial interests related to the content of this program.

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1230 S. Federal Hwy.
Boynton Beach, FL 33435

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