

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

## From soup to nuts:



# Practical strategies for integrating heart rate variability, breathing, and self-compassion into clinical and performance practice

Presented by

**Inna Khazan, Ph.D., BCB, BCB-HRV**

Faculty Member, Harvard Medical School  
President, Association for Applied  
Psychophysiology & Biofeedback (AAPB)  
Chair-elect, Biofeedback Certification  
International Alliance (BCIA)  
Founder, Boston Center for Health  
Psychology and Biofeedback

**February 8-9, 2025**

The Embassy Suites Hotel by Hilton Orlando North  
Altamont Springs, Florida

This intermediate level workshop offers **10 CE credits** and is intended for psychologists and other mental health professionals, biofeedback/neurofeedback practitioners, and clinicians and researchers in the health-related professions with an interest evidence-based practice, and practical applications of mindfulness, heart rate variability, breathing, and self-compassion in clinical and performance practice.

**REMOTE ATTENDANCE AVAILABLE FOR THIS WORKSHOP**

# Program Schedule

## Saturday, February 8, 2025

8:00 - 8:30	Sign-in, coffee/tea
8:30 - 8:45	<b>Curtis Takagishi, PhD - BSF President</b> Welcome, course orientation, introductions, and announcements
8:45 - 10:30	<b>Inna Khazan, PhD, BCB, BCB-HRV</b> Introduction to heart rate variability, its measurement, and empirical evidence
10:30 - 10:45	Break
10:45 - 12:00	<b>Inna Khazan, PhD, BCB, BCB-HRV</b> Respiratory physiology and healthy breathing practice, as they relate to HRV biofeedback
12:00 - 1:00	Lunch on your own in the Embassy Suites Hotel or other nearby restaurants
1:00 - 2:30	<b>Inna Khazan, PhD, BCB, BCB-HRV</b> Mindful Self-Compassion and its practice – Common roots with HRV and breathing
2:30 - 2:45	Break
2:45 - 4:00	<b>Inna Khazan, PhD, BCB, BCB-HRV</b> Heart Rate Variability Biofeedback in health and performance · General discussion · Q&A · Adjourn for the day · dinner planning

## Course Learning Objectives

At the conclusion of this workshop, participants will be able to:

- 1)** Define heart rate variability and self-compassion;
- 2)** Discuss up-to-date empirical evidence for the use of HRV, breathing, and self-compassion in clinical and performance practice;
- 3)** Describe physiological underpinnings of breathing, HRV, and self-compassion as they apply to health and performance;
- 4)** Summarize practical steps necessary in HRV, breathing, and compassion training;
- 5)** Observe live HRV, breathing, and self-compassion skills;
- 6)** Utilize step-by-step protocol for integrating HRV, breathing, and self-compassion skills into one's own practice;
- 7)** Describe the protocol for determining one's resonance frequency breathing rate;
- 8)** Discuss the importance of daily HRV tracking in evaluating biofeedback and self-compassion training outcomes.

# Program Schedule

## Sunday, February 9, 2025

8:00 - 8:30	Sign-in, coffee/tea
8:30 - 8:45	Course orientation, announcements
8:45 - 10:30	<b>Inna Khazan, PhD, BCB, BCB-HRV</b> Integrating Mindful Self-Compassion with HRV biofeedback
10:30 - 10:45	Break
10:45 - 12:00	<b>Inna Khazan, PhD, BCB, BCB-HRV</b> Bringing it all together – the step-by-step protocol for HRV biofeedback with Mindful Self Compassion
12:00 - 1:00	Experiential activities · General discussion Wrap-up and Q&A · Course evaluation

## Course Description

Heart rate variability is strongly tied with mindfulness and self-compassion in physiological, emotional, and practical ways. In this workshop we will discuss the concepts of mindfulness and self-compassion as they apply to heart rate variability and introduce practical ways to integrate heart rate variability biofeedback with breathing, mindfulness, and self-compassion practices. This presentation will provide participants with a clear protocol for using heart rate variability, breathing, and self-compassion for both psychophysiological conditions and for performance excellence training. We will discuss the process from beginning to end, starting with physiological underpinnings of HRV, breathing, and self-compassion, empirical evidence and measurements, moving to the main focus of the step-by-step practical skills: what to do, when, and how in each of these modalities and integrating them together. We will utilize PowerPoint slides, live demonstrations, case examples, and ample question and answer periods. Dr. Khazan will also incorporate into the discussion clinically relevant content from the recently published *Evidence-Based Practice in Biofeedback and Neurofeedback, 4th Edition*, for which she was lead editor. The workshop will be presented both in-person and streamed via Zoom with opportunity for interaction from remote attendees and CE credit.

**COURSE UTILITY AND VALIDITY:** All interventions discussed in this workshop are empirically supported (see references). Only minimal risks exist for HRV, breathing, and compassion based interventions and will be addressed during the talk.

**REMOTE ATTENDANCE WITH CE CREDIT AVAILABLE:** Register online at [www.floridabiofeedback.org](http://www.floridabiofeedback.org) and check the 'Remote' option. You must attend the entire workshop and remain logged-on for CE credit.

## Workshop Faculty

**Inna Khazan, PhD, BCB, BCB-HRV** is a faculty member at Harvard Medical School, where she teaches and supervises trainees. She is a clinical psychologist specializing in health psychology and performance excellence training using



biofeedback and mindfulness-based approaches. Dr. Khazan is the founder of Boston Center for Health Psychology and Biofeedback, working with clients on optimizing their health and performance. She also serves as chief science officer for Optimal HRV, a company dedicated to helping people improve their mental and physical health.

Recognized as a pioneer in mindfulness-based biofeedback, Dr. Khazan is a popular speaker at national and international conferences on the topics of

biofeedback and mindfulness. She has conducted biofeedback and mindfulness trainings for notable institutions in the US and abroad, including the US Navy Special Warfare, US Army Special Forces, and the Stuttgart Opera and Ballet Company.

Dr. Khazan serves as president of the board of directors for the Association for Applied Psychophysiology and Biofeedback (AAPB), chair-elect for the Biofeedback Certification International Alliance (BCIA), and is past-president of the board of directors for the Institute for Meditation and Psychotherapy (IMP).

Dr. Khazan writes for *Psychology Today*, is the author of numerous journal articles and several books, including the highly-regarded *Clinical Handbook of Biofeedback: A Step-by-Step Guide to Training and Practice with Mindfulness*, the popular *Biofeedback and Mindfulness in Everyday Life: Practical Solutions for Improving Your Health and Performance*, and the most recent *The Heart(beat) of Business: Positioning Heart Rate Variability as a Competitive Advantage*. She is also lead editor for the newly released 4<sup>th</sup> edition of *Evidence-Based practice in Biofeedback and Neurofeedback*.

**PROGRAM CONTENT LEVEL:** The primary goal of this particular program is to broaden the clinical, consultative, and research knowledge bases of attendees and was deemed intermediate by the following definition: **Intermediate** - content builds upon the learner's foundational knowledge, familiarity with the literature and/or experience in a content area. Programming at this level includes more depth than at a beginning level program. It could also serve as a refresher course for individuals who have a background in a content area and are interested in learning more contemporary applications.

# Registration Form

**Inna Khazan, Ph.D. | HRV, breathing & self-compassion strategies**

February 8-9, 2025 | Embassy Suites Orlando North

To register online, go to [www.FloridaBiofeedback.org](http://www.FloridaBiofeedback.org)

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

CONTACT TELEPHONE: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

LICENSE NO: \_\_\_\_\_ BSF MEMBER: \_\_\_\_\_ AAPB MEMBER: \_\_\_\_\_

## **WORKSHOP TUITION - 10 CE credits | REGISTER ONLINE TO ATTEND REMOTELY**

*Registration includes a complementary 1-year BSF membership!*



Registration by 1/24/25 .....	\$309.
Registration after 1/24/25.....	\$339.
Students (degree-seeking, ID) by 1/24.....	\$175.
Students after 1/24/25.....	\$195.

**Continuing education statement: Psychologists:** The Association for Applied Psychophysiology and Biofeedback (AAPB) is approved by the American Psychological Association to sponsor continuing education for psychologists. AAPB maintains responsibility for the program and its content. There is no known commercial support for this program.

**Cancellation Policy:** Cancellations received by the BSF office by January 28, 2025 will be refunded minus a \$25 processing fee. No refunds will be granted after January 28, 2025. Cancellations must be made in writing and emailed to [info@floridabiofeedback.org](mailto:info@floridabiofeedback.org).

**Credit Card Number (VISA or MC):** \_\_\_\_\_

**Expiration Date:** \_\_\_\_\_ **Amount authorized: \$** \_\_\_\_\_

**CVV2 number** (3 digit security number on back of card): \_\_\_\_\_

**Cardholder signature:** \_\_\_\_\_  
(I authorize BSF to charge the amount specified above to my credit card account)

**Credit card billing address:** \_\_\_\_\_  
(if different from above)

**Or Mail check payable to: The Biofeedback Society of Florida, Inc.,** c/o Aubrey Ewing, Ph.D., 605 Kingsmarsh Way, St. Simons Island, GA 31522 • (561) 742-7122

**Meeting location and lodging:** The workshop will be held at The Embassy Suites Orlando North, 225 Shorecrest Dr., Altamonte Springs, FL 32701. The hotel is offering workshop participants who reserve by 1/20/25 a discounted room rate of \$182/night plus tax and other fees that includes a cooked-to-order breakfast (Group: **Biofeedback Society of Fla**). Reserve by phone/online: **407-834-2400** or direct link at [www.floridabiofeedback.org](http://www.floridabiofeedback.org).

**Accessibility and non-discrimination policy:** 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.

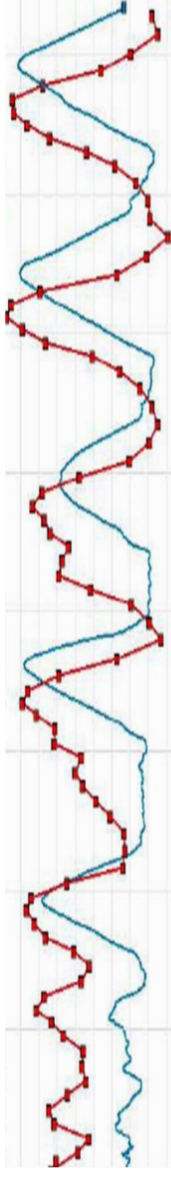
**ADA accommodations** will be made in accordance with the law. If you require ADA accommodations, please indicate what your needs are at the time of registration. The availability of appropriate accommodations cannot be assured without prior notification. For more information about this program, contact BSF via email at [info@FloridaBiofeedback.org](mailto:info@FloridaBiofeedback.org) or by phone at 561-742-7122.

**Financial interest declaration:** Dr. Khazan has a financial interest in the company, Optimal HRV as its Chief Science Officer. This workshop will be free of any commercial bias.

For those psychologists using the modalities discussed in this workshop who are interested in the efficacy, science and latest clinical applications (1) this program presents research relevant to psychological practice, education and science; (2) it is our intention to host an offering to help psychologists keep up with the most current scientific evidence regarding assessment, intervention, and education; and (3) we believe that this program would allow psychologists to increase competencies in order to improve services to patients. This conference is *in no way* a substitute for the basic academic education and training needed for entry to the field of psychology.

The Biofeedback Society of Florida, Inc.  
c/o 605 Kingsmarsh Way  
St. Simons Island, GA 31522

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