



Biofeedback Clinical Update Webinar Recordings

Each webinar is worth 1.5 CE hours for recertification. Price: \$40 for all who live and work in countries considered as Group I. Please visit this link to see more information about our international fee structure: [International Fee Structure](#)

2012-11	<p>Biofeedback & Hypnosis in Pain Management – Erik Wilmarth, PhD, BCB</p> <p>Participants will learn to identify factors that will help determine when biofeedback, hypnosis, or both modalities would benefit a patient with chronic pain; select which biofeedback modalities have the most potential for pain management; use at least 3 types of hypnotic suggestions designed for pain management; discuss biofeedback, hypnosis, and pain management with patient; and identify at least 3 psychophysiological factors related to pain and pain management.</p>
2012-17	<p>Difficult Cases – An Evolutionary Approach – Erik Peper, PhD, BCB</p> <p>To optimize health and reverse illness, basic evolutionary concepts need to be integrated within the biofeedback training approach such as diet, movement, biological rhythm regulation, touch, and respecting the biological reflex patterns. Healing occurs when the client feels safe. Learning is enhanced through modeling (mirror neuron learning), symptom prescription (learning to evoke both the health promoting and illness promoting behavior), and creating an evolutionary explanation for their symptoms.</p>
2013-06	<p>The Autonomic Nervous System & Trauma – Carmen Russoniello, PhD, LPC, BCB, BCN</p> <p>This session will review ANS function in respect to trauma and subsequent symptoms. The presentation will specifically address how to assess ANS trauma using physical, psychological, emotional, and psycho-neuroendocrine measures. The presentation will also address effective ANS interventions and outcome evaluation measures.</p>
2014-05	<p>Virtual Reality & Biofeedback – Robert Reiner, PhD, BCB, BCN</p> <p>This webinar will review the history of early treatments, including the work of Drs. Wolpe and Jacobson; background of virtual reality, and a new paradigm using virtual reality and biofeedback to treat phobias.</p>
2016-11	<p>Pediatric Biofeedback – Ethan Benore, PhD, BCB</p> <p>The purpose of this webinar is to introduce skills and knowledge regarding biofeedback applications for common pediatric/adolescent disorders. We will review psychophysiology, including theories and principles of perception, learning, and physiology underlying biofeedback practices. Additionally clinical skills/strategies to better teach self-regulation to children will be presented. The practical issues of hardware, software, and human factors influencing biofeedback's effectiveness will be discussed. Clinical applications of biofeedback will be offered, targeting issues commonly encountered by pediatric psychologists, with some critique over the current state of research. There will be sufficient time at the end for further questions.</p>
2017-05	<p>Active EMG Training for Chronic Pain, Part 1 – Randy Neblett, MA, LPC, BCB</p> <p>SEMG biofeedback training has traditionally been used in combination with general relaxation training for the purpose of lowering arousal. This workshop will offer an alternative use of SEMG. Active EMG biofeedback protocols are designed to teach muscle self-regulation skills in a direct and time-efficient manner. Workshop participants will learn simple EMG assessment and training protocols for addressing posture, headaches, neck and shoulder pain, and upper extremity pain.</p>

2017-06	Active EMG Training for chronic Pain, Part 2 – Randy Neblett, MA, LPC, BCB More advanced protocols, including SEMG-assisted stretching, will be presented.
2020-01	Sleep: What We Know and How We Can Help – Fred Shaffer, PhD, BCB, BCB-HRV This webinar will review the latest findings from the neuroscience of sleep and their implications for biofeedback and neurofeedback practice. We will review sleep stages and their functions, sleep disorders, the limitations and dangers of sleep medications, simple behavioral interventions to improve sleep, and the efficacy of biofeedback and neurofeedback for insomnia.