



Biofeedback Mentoring Webinar Recordings

Each webinar is worth 1 hour of contact time and 2 case conference presentations for initial certification and 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](#)

2015-09	<p>Mindfulness and Acceptance Skills Combined with Biofeedback for Headaches - Inna Khazan, PhD, BCB</p> <p>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.</p>
2017-9	<p>Pediatric Biofeedback – Pain & Anxiety –</p> <p>Ethan Benore, PhD, BCB</p> <p>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.</p>
2018-02	<p>Chronic Pain & Anxiety - Saul Rosenthal, PhD, BCB</p> <p>Understanding the autonomic nervous system as over-sensitive 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.</p>
2018-06	<p>Sport Psychology Meets “Old School” Techniques –</p> <p>Tim Herzog, EdD, BCB</p> <p>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.</p>

2019-05	<p>Group Biofeedback for Chronic Pain - Anu Kotay, PhD, BCB</p> <p>In this presentation, Dr. Kotay will describe how biofeedback can be provided effectively to groups of patients with diverse chronic pain conditions. Dr. Kotay will outline current level of evidence for group biofeedback in chronic pain conditions and highlight clinical cases to exemplify real-life complications and successes of group biofeedback. She is hopeful that this topic will raise interest and discussion of different clinical pathways to best serve larger populations using principles of clinical psychophysiology and biofeedback.</p>
2019-08	<p>HRVB Mentoring: Developmental Trauma & Social Anxiety – Inna Khazan, PhD, BCB, BCB-HRV</p> <p>In this mentoring webinar, we will discuss the clinical use of heart rate variability biofeedback (HRVB) in working with developmental trauma and social anxiety. First, Dr. Khazan will present a brief protocol for heart rate variability biofeedback training that may be used in most situations where HRVB is helpful. Second, she will describe in detail the use of HRVB for the 2 clinical cases.</p>
2020-07	<p>Biofeedback Mentoring: Retrain the Pain - Anu Kotay, PhD, BCB</p> <p>In this presentation, participants will be able to:(1)Describe latest psychophysiological understanding contributing to the development of central sensitization of chronic pain(2)Explain mechanisms of biofeedback treatment (e.g., interoceptive awareness, exposure, de-sensitization, etc.) critical to effective chronic pain management (3)State current status of research on biofeedback to improve chronic pain management(4)Reflect on case examples of how biofeedback can be strategically integrated into patient care plans.</p>
2020-08	<p>Biofeedback Mentoring: Biofeedback for Resilience - Jessica DelPozo, PhD, BDB and Mike Gallagher, JD, MS</p> <p>Attendees in this presentation will be able to:</p> <ol style="list-style-type: none"> 1. Describe the key principles of allostasis and how they relate to biofeedback. 2. Integrate adaptive and predictive regulation skills with biofeedback applications. 3. Describe the relevance of Polyvagal Theory to using biofeedback to build resilience. 4. Implement strategies to align biological rhythms for increased resilience and wellbeing. 5. Demonstrate methods that expand physical, emotional and cognitive capacity.
2021-02	<p>Biofeedback Mentoring – If It’s Not One Thing It’s Another: Multimodal Treatment of Anxiety – Saul Rosenthal, PhD, BCB, BCN, BCB-HRV</p> <p>Anxiety manifests in a broad range of behavioral, cognitive, and physiologic phenomena. Psychophysiologic profiles commonly indicate inconsistent and contradictory symptoms. This means that best treatment requires a broad understanding of modalities and the clinical flexibility to shift when appropriate. In this mentoring webinar, we will consider two cases from a multimodal treatment perspective. These are individuals with complex but not uncommon presentations, who benefitted from multidimensional treatment incorporating psychophysiology and more traditional psychotherapy.</p>