



## HRV Webinar Recordings Clinical Update (CU) & Mentoring

Each webinar is worth 1.5 CE hours for recertification or 1 contact hour + 2 case studies for initial certification. 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](#)

<b>2012-02</b>	<p><b>CU: HRV Biofeedback Basics, Part 1</b> - Fred Shaffer, PhD, BCB-HRV</p> <p>This Two-Part webinar examines the anatomy and physiology, and instrumentation used to measure heart rate variability. Attendees will gain an understanding of the value of Heart Rate Variability and what it can mean to their clients.</p>
<b>2012-03</b>	<p><b>CU: HRV Biofeedback Basics, Part 2</b> - Fred Shaffer, PhD, BCB-HRV</p> <p>This Two-Part webinar examines the anatomy and physiology, and instrumentation used to measure heart rate variability. Attendees will gain an understanding of the value of Heart Rate Variability and what it can mean to their clients.</p>
<b>2013-02</b>	<p><b>CU: Patient Assessment for HRV Training</b> - Fred Shaffer, PhD, BCB-HRV</p> <p>This webinar will provide a step by step guide for assessment of patient breathing and heart rate variability. Participants will learn how to identify dysfunctional breathing behaviors and how to assess patient breathing. Participants will learn how to find a patient's resonance frequency, evaluate their heart rate and describe contraindications for HRVB training, as well as time and frequency domain measures .</p>
<b>2013-03</b>	<p><b>CU: HRV Training Protocols</b> - Fred Shaffer, PhD, BCB-HRV</p> <p>This webinar will provide a step by step guide for assessment of patient breathing and heart rate variability. Participants will learn how to teach effortless breathing and how to structure HRV biofeedback training sessions. Practice assignments, computer based HRV training systems, and Smartphone apps will be introduced to help transfer HRV biofeedback training to everyday life.</p>
<b>2013-10</b>	<p><b>CU: HRV Part 3, Strategies to Achieve a Clean HRV</b> - Fred Shaffer, PhD, BCB-HRV</p> <p>This webinar will provide a step-by-step guide for minimizing and eliminating artifacts in heart rate variability recordings. Participants will learn to identify and avoid major artifacts when using the BVP and ECG method of recording HRV. How to identify artifactual interbeat intervals will be covered along with explanations on how to replace the intervals.</p>
<b>2015-04</b>	<p><b>CU: What's New in HRV?</b> - Fred Shaffer, PhD, BCB-HRV</p> <p>This webinar provides practical techniques for increasing the impact of HRV biofeedback. We will focus on how to recognize dysfunctional breathing and how these behaviors can threaten training success; a streamlined technique for measuring your client's resonance frequency and how to choose between competing breathing rates. Also we will explain how to select the best inhalation-to-exhalation ratio for your clients and more.</p>
<b>2016-03</b>	<p><b>CU: HRV Coherence and PTSD - Jay Ginsberg, PhD</b></p> <p>There has been much scientific literature published in recent years on 'HRV Coherence', (e.g. the 0.1 Hz peak or vagal tone). We now understand that the central mechanisms of Coherence include baroreflex resonance and vagal afference. It is now known that HRV is diminished in PTSD, disrupting normal autonomic cardiac adjustments and impairing cognitive appraisal of environmental information. This webinar presents research data showing that HRV Biofeedback produces HRV Coherence and leads to improvement in emotional self-regulation and PTSD symptom reduction.</p>

<p><b>2016-08</b></p>	<p><b>CU: How To Increase the Effectiveness of HRV</b> - Fred Shaffer, PhD, BCB-HRV  This webinar presents the latest evidence for increasing the impact of HRV biofeedback. We will review a streamlined procedure for measuring your client’s resonance frequency and discuss how to choose between competing breathing rates and inhalation-to-exhalation ratios. How to structure effective HRV biofeedback training sessions, assess client progress, and assign effective home practice will be discussed. Finally, we will review current evidence supporting the efficacy of HRVB applications.</p>
<p><b>2017-02</b></p>	<p><b>CU: HRV for Post Concussion Syndrome</b> - Leah Lagos, PsyD, BCB  This webinar presents a theoretical rationale and clinical protocol for implementing HRV as a treatment for Post-Concussion Syndrome (PCS). Specialized issues such as treating patients who present with co-morbid symptoms of post-traumatic stress disorder and PCS are addressed.</p>
<p><b>2017-04</b></p>	<p><b>CU: Combining HRV Biofeedback With ACT Therapy to Treat Trauma</b> - Dick Gevirtz, PhD, BCB  As more is learned about the neurophysiology of trauma, it has become clear that "talk therapies" are limited. The traumatized brain is not very good at describing expressed emotion, but may be receptive to somatically-based interventions. In this webinar, we will discuss the latest neurophysiology of trauma, the basics of HRV biofeedback, and how adding biofeedback or other somatic interventions to exposure-based techniques can improve outcomes.</p>
<p><b>2017-08</b></p>	<p><b>CU: Integrative Management of Chronic Sensitized Pain</b> - Jay Ginsberg, PhD  Emerging data from ongoing research on Autonomic Self-Regulation (ASR), case studies, and clinical experiences will show how ASR can help manage centrally sensitized chronic pain, and how heart rate variability (HRVB) brings to patients bottom-up physiological coherence and top-down empowerment that leads to reduction in pains interference in daily activity, as well as reduction in stress and depression. This webinar will delve into the basic science of HRV and its relationship to ASR, and explore how many chronic pain conditions benefit from ASR.</p>
<p><b>2018-01</b></p>	<p><b>CU: Strategies to Increase the Effectiveness of HRV Biofeedback</b> - Fred Shaffer, PhD, BCB-HRV  This webinar will help you assess your client’s HRV performance, incorporate Kubios HRV analysis software into your practice, and develop impactful exercises to reinforce training in your clinic. Attendees will review HRV time and frequency domain, autonomic, and respiratory measurements that are critical for assessment of client performance and normative, HRV, and respiratory values.</p>
<p><b>2018-05</b></p>	<p><b>CU: Applied HRV Data Interpretation for the Clinician</b> - Jay Ginsberg, PhD  Heart Variability Biofeedback (HRVB) empowers clients to improve their emotional self-regulation and HRVB professionals regularly use quantitative and graphic methods of analysis of heart rate to help their clients understand their own physiological status and the relationship between autonomic function and well-being. This presentation will use actual pre-post HRVB data from patients with PTSD and pain to illustrate how acquisition of the skill of self-regulation through HRVB affects heart rate patterns and screen displays. Coherence is the term used currently to refer to the 0.1 Hz HRV peak, which is indicative of optimum HRV that results from synchronization of cardiac vagal afference and baroreflex. Clinical applications and research focus on Coherence as an index of adaptability and quantifying Coherence from a typical HR tachygram will be explained.</p>

<b>2019-01</b>	<p><b>CU: Strategies to Increase the Effectiveness of HRV Biofeedback</b> - Fred Shaffer, PhD, BCB-HRV</p> <p>This webinar will help you assess your clients' heart rate variability and compare it to normative values, recognize and correct over-breathing, and develop impactful exercises to reinforce training. Attendees will: review HRV time and frequency domain, autonomic, and respiratory measurements that are critical for assessment of client performance; learn how to recognize and correct overbreathing; review normative autonomic, HRV, and respiratory values; and will survey impact exercises, and hardware and software for client practice outside of the clinic.</p>
<b>2019-08</b>	<p><b>HRV Mentoring – 2 Cases: Developmental Trauma and Social Anxiety</b> – Inna Khaza, PhD, BCB, BCB-HRV</p> <p>In this mentoring webinar, Dr. Khazan will present a brief protocol for HRV training that may be used in most situations where HRVB is helpful. Second, she will describe in detail the use of HRVB for the two clinical cases. Attendees will be able to: understand the concept of heart rate variability; discuss the steps in heart rate variability biofeedback training; explain theoretical foundation for the use of heart rate variability biofeedback in developmental trauma and social anxiety; identify ways of using HRV biofeedback with a client with developmental trauma; and describe ways of using HRV biofeedback with a client with social anxiety.</p>
<b>2021-01</b>	<p><b>Clinical Update Webinar – Distance HRV Training</b>– Fred Shaffer, PhD, BCB, BCB-HRV</p> <p>This webinar will help you assess your clients heart rate variability and compare it to normative values, recognize and correct overbreathing, and provide impactful distance HRV biofeedback training with cutting-edge apps. Attendees will:</p> <ol style="list-style-type: none"> <li>1. review HRV time and frequency domain, autonomic, and respiratory measurements that are critical for assessment of client performance.</li> <li>2. learn how to recognize and correct overbreathing.</li> <li>3. review normative autonomic, HRV, and respiratory values.</li> <li>4. survey impact exercises, and hardware and software for distance client HRV practice.</li> </ol>