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*

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:00 - 8:30</td>
<td>Sign-in - continental breakfast</td>
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<tr>
<td>8:30 - 8:45</td>
<td><strong>Welcome, introductions, and announcements</strong></td>
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<tr>
<td></td>
<td>Aubrey Ewing, PhD - BSF Managing Director</td>
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<tr>
<td>8:45 - 10:30</td>
<td><strong>Richard Gevirtz, PhD</strong> Anatomical and physiological basis of heart rate variability (HRV) with a quick review of respiration</td>
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<tr>
<td>10:30 - 10:45</td>
<td>Break</td>
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<tr>
<td>10:45 - 12:00</td>
<td><strong>Richard Gevirtz, PhD</strong> Measurement of HRV: Understanding the metrics Demonstration with instrumentation</td>
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<tr>
<td>12:00 - 1:15</td>
<td>Lunch - on your own at hotel restaurants or one of the many alternatives in the Florida Mall adjacent to the hotel</td>
</tr>
<tr>
<td>1:15 - 3:00</td>
<td><strong>Richard Gevirtz, PhD</strong> Heart Rate Variability Biofeedback (HRVB): Finding resonance frequency</td>
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<tr>
<td>3:00 - 3:15</td>
<td>Break/refreshments</td>
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<tr>
<td>3:15 - 5:15</td>
<td><strong>Richard Gevirtz, PhD</strong> Training clients in HRVB: Equipment, home training, trouble shooting, best practices</td>
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<tr>
<td>5:15 - 5:30</td>
<td>Q&amp;A</td>
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<tr>
<td>5:30 - 7:00</td>
<td>BSF Board of Directors meeting</td>
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<tr>
<td>7:30 - 9:30</td>
<td>Dinner (Dutch treat) in the hotel restaurant</td>
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</tbody>
</table>

**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

<table>
<thead>
<tr>
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<th>By 7/22</th>
<th>After 7/22</th>
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<tbody>
<tr>
<td>BSF Members:</td>
<td>$229.</td>
<td>$249.</td>
</tr>
<tr>
<td>With new BSF membership or renewal:</td>
<td>$259.</td>
<td>$279.</td>
</tr>
<tr>
<td>Non-members:</td>
<td>$279.</td>
<td>$299.</td>
</tr>
<tr>
<td>Students (degree-seeking, ID required):</td>
<td>$109.</td>
<td>$125.</td>
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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 Sandi 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 $89/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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