

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

Pediatric Chronic and Recurrent Pain



What we know and how
biofeedback and
self-regulation can help

Presented by

Ethan Benore, Ph.D, ABPP

Director, Cleveland Clinic Center
for Pediatric and Behavioral Health
Immediate Past-President, Association for
Applied Psychophysiology & Biofeedback

February 4-5, 2023

The Florida Hotel & Conference Center
Orlando,, Florida

This introductory level workshop awards **12 APA approved 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 in understanding and treating pediatric chronic and recurrent pain.

Program Schedule

Saturday, February 4, 2023

8:00 - 8:30	Sign-in, continental breakfast
8:30 - 8:45	Welcome, introductions, and announcements Curtis Takagishi, PhD - BSF President
8:45 - 10:30	Session 1: The meaning of pain: An introduction and overview of pain; neurological pathways involved in pain perception; historical and cultural influences of pain/pain management <ul style="list-style-type: none">• Introduction of adaptive, maladaptive pain; pain associated disability• Brief review of pharmacological, surgical, procedural methods as a contextual backdrop to the role of psychophysiological functioning, the roles of the psychologist and biofeedback practitioner in pain management
10:30 - 10:45	Break
10:45 - 12:00	Session 2: Pain in children: Review of common processes and disorders with pain as a primary symptom in children <ul style="list-style-type: none">• Cultural and historical contextualization of pain as a reported symptom in infancy, young childhood, childhood, and adolescence.• Chronic pain as a major impact on childhood functioning.• Comorbidities of acute and chronic pain in children• Critical review of research on behavioral and psychological methods to mitigate pain, pain associated disability and distress in children
12:00 - 1:15	Lunch on your own in hotel or Florida Mall
1:15 - 2:30	Session 3: The role of biofeedback in pain management: Historical analysis of biofeedback modalities, protocols to mitigate acute, recurrent, or chronic pain <ul style="list-style-type: none">• Critical review of research and protocols (respiration, sEMG, peripheral temperature, HRV); differentiation of adult and pediatric pain• Practical applications - biofeedback modalities and protocols
2:30 - 2:45	Break
2:45 - 4:00	Session 4: Teaching self-regulation in children <ul style="list-style-type: none">• Biofeedback related methods to teach interoception, self-regulation in children• Practical application: biofeedback, non-biofeedback modalities• Efficacy of guided reflection of biofeedback compared to mindfulness, third wave therapies

Program Schedule

Sunday, February 5, 2023

8:00 - 8:30	Sign-in, continental breakfast
8:30 - 8:45	Welcome, introductions, and announcements
8:45 - 10:30	Session 5: Programmatic application of biofeedback in pediatric pain: Addressing systematic applied clinical research to answer a series of questions to strengthen the field, using pediatric pain as a case example • Critical examination of integrated high-end biofeedback systems and user-friendly low-cost systems
10:30 - 10:45	Break
10:45 - 12:00	Session 6: Telehealth and biofeedback: Application of telehealth and asynchronous biofeedback to enhance self-regulation for treatment of chronic pain in children • Critical reflection of the pros and cons of telehealth and a path forward to utilize biofeedback yet protect the public and the integrity of the scientific and evidence-based practice
12:00 - 1:15	Lunch - on your own
1:15 - 3:00	Demonstrations • General discussion • Q&A
3:00 - 3:30	Course evaluation • Distribution of CE certificates

Course Description

In this workshop, Dr. Benore reviews historical and scientific data and a critical review of newer methods of assessing and treating pain in children. He will demonstrate application of existing protocols and modified protocols. He will demonstrate application of applied clinical research methods to strengthen the field as well as one's individual profession.

Learning Objectives: 1. Participants will learn methods to critically examine historical evidence and empirical evidence. 2. Participants will learn methods to educate children and families about pain and self-regulation. 3. Participants will demonstrate and discuss the application of biofeedback and other self-regulation strategies in children. 4. Participants will learn methods to critically examine their own clinical protocols and strengthen the field of applied clinical research, using pediatric pain as a case study. 5. Participants will discuss and address multiple methods for telehealth and asynchronous biofeedback for patient care in this pandemic and post-pandemic era.

Workshop Faculty

Dr. Ethan Benore is the immediate past-president of the Association of Applied Psychophysiology and Biofeedback. He served in the role of president from 2019-2022 and received the



inaugural Donald Moss Servant Leader Award for his service. Prior to that he served AAPB as a board member and led the process to ensure biofeedback was recognized by the American Psychological Association as a proficiency—in an effort to protect the discipline and protect the public. Dr. Benore is a fellow of AAPB. He actively mentors in

biofeedback and is certified in biofeedback through the Biofeedback Certification International Alliance.

Dr. Benore is a licensed clinical Psychologist in the state of Ohio and is board-certified in Clinical Child and Adolescent Psychology by the American Board of Professional Psychology. He is currently head of the Center for Pediatric Behavioral Health at the Cleveland Clinic, and also Associate Professor at the Cleveland Clinic Lerner College of Medicine, Case Western Reserve University. Most recently, he took on the role of Director of the Pediatric Pain Rehabilitation Program at Cleveland Clinic Children's Hospital for Rehabilitation, accredited by both the Joint Commission and CARF. The Pediatric Pain Rehabilitation Program has previously received recognition as a Center of Excellence by the American Pain Society.

Dr. Benore received his BA in Psychology at Miami University and his PhD in Psychology at Bowling Green State University, with a dual concentration in Clinical Child Psychology and Behavioral Medicine. He completed an internship at the Kennedy Krieger Institute, The Johns Hopkins University School of Medicine, and completed his Fellowship at the Cleveland Clinic. Dr. Benore has over 50 presentations, over 25 peer-reviewed publications and over 50 other invited publications in various media. He has developed and directed two separate fellowship training programs and has mentored over 50 students, residents and fellows.

Dr. Benore is passionate for understanding and developing children's ability to attend to and regulate psychophysiological processes to enhance performance and reduce suffering. His current lines of clinical research involve these methods applied to chronic pain, headache, concussion, and sleep disorders.

Registration Form

Pediatric Chronic and Recurrent Pain

February 4 - 5, 2023 - 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: _____

WORKSHOP TUITION - 12 CE credits

Registration by 1/7/23	\$249
Registration after 1/7/23.....	\$269
Students (degree-seeking, ID required) by 1/7.....	\$135
Students after 1/7/23.....	\$145
*Add BSF membership renewal.....	\$30

*Include membership renewal and receive a \$10 tuition discount

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.**, 1230 S. Federal Hwy., Boynton Beach, FL 33435 • (561) 742-7122

Meeting location and lodging: The workshop will be held at **The Florida Hotel & Conference Center**, 8001 S. Orange Blossom Trail, Orlando, FL 32809. Receive a discounted room rate of \$130/night plus tax and other fees through January 9, 2023 (Group: **BSF**). Reserve by phone/online: **800-588-4656** or 407-859-1500; www.thefloridahotelorlando.com.

Continuing education credit: This program attended in its entirety is available for 12 APA approved CE credits. The program is co-sponsored by the Association for Applied Psychophysiology and Biofeedback (AAPB). AAPB is approved by the American Psychological Association to sponsor continuing education for psychologists. AAPB maintains responsibility for this program and its content.

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 or by phone at 561-742-7122.

Commercial and financial interest declaration: The speaker has no financial interest to declare related to this presentation.

For those **psychologists using the modality of biofeedback and 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.

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Boynton Beach, FL 33435

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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 introductory, by the following definition: **Introductory** – Content is designed for psychologists who may have little to no background in a specialized skill or content area. Through this level of programming, the learner can become acquainted with the theoretical underpinnings, principles, methods, and perspectives of a content area. An introductory level program also may serve as the foundation for subsequent intermediate and advanced learning. Introductory level programming may also be related to an emerging area of knowledge or practice. Although this content can be used as a foundation for more advanced learning, an introductory level program may simply focus on breadth, enrichment or general knowledge.