

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

Mindfulness and acceptance based biofeedback:

Practice techniques for improved outcomes



Presented by
Inna Khazan, Ph.D., BCB
Clinical Instructor of Psychology
Harvard Medical School

January 24 - 25, 2015
The Florida Hotel & Conference Center
Orlando, Florida

A **12.5 contact-hour** APA approved CE program for
mental health, biofeedback/neurofeedback practitioners,
other healthcare professionals, scientists, and academicians.

Conference Schedule

Saturday, January 24, 2015

Mindfulness and acceptance based biofeedback: Practice techniques for improved outcomes

8:00 - 8:30	Sign-in – Coffee
8:30 - 8:45	Welcome, introductions, and announcements Joe West, M.S., LMHC - BSF President
8:45 - 10:30	Inna Khazan, Ph.D. Introduction to mindfulness and acceptance Applications to biofeedback Research findings
10:30 - 10:45	Break
10:45 - 12:00	Inna Khazan, Ph.D. Integrating mindfulness into biofeedback
12:00 - 1:15	Lunch on your own - hotel restaurants or at one of the many alternatives in the Florida Mall adjacent to the hotel
1:15 - 3:00	Inna Khazan, Ph.D. Integrating mindfulness into biofeedback (continued)
3:00 - 3:15	Break/refreshments
3:15 - 5:15	Inna Khazan, Ph.D. Breathing and overbreathing
5:15 - 5:30	Q&A - Adjourn
5:30 - 7:00	BSF Board of Directors Meeting
	Organization of dinner groups We will gather in the hotel lobby at 7:30 for dinner (dutch treat). Let one of the conference organizers know if you are interested in joining the group for an evening of good food, lively conversation, and professional networking.

Workshop schedule and content are subject to change

Conference Schedule

Sunday, January 25, 2015

**Mindfulness and acceptance based biofeedback:
Practice techniques for improved outcomes**

8:00 - 8:30	Sign-in – Coffee
8:30 - 10:15	Welcome and announcements Inna Khazan, Ph.D. Review of Saturday's content - Q&A Using mindfulness and acceptance techniques to correct overbreathing
10:15 - 10:30	Break
10:30 - 12:00	Inna Khazan, Ph.D. Applications to psychophysiological disorders
12:00 - 1:30	Lunch on your own - hotel restaurants or at one of the many alternatives in the Florida Mall adjacent to the hotel
1:30 - 3:30	Inna Khazan, Ph.D. Applications to psychophysiological disorders (continued) Short break Case Example
3:30 - 4:00	Wrap up and questions Completion of CE exams and evaluations Distribution of CE certificates - <i>Instructions for applying for CE credit through CE Broker can be found on the BSF website at www.FloridaBofeedback.org.</i> Adjourn

For additional information about this workshop, email BSF at FloridaBiofeedback@ix.netcom.com or call 561-742-7122

Conference Faculty

Inna Khazan, Ph.D., BCB. is a Clinical Instructor of Psychology at Harvard Medical School, where she teaches biofeedback. She is the author of *Clinical Handbook of Biofeedback: A Step-by-Step Guide to Training and Practice with Mindfulness*.

Dr. Khazan received her Ph.D. in Clinical Psychology from Clark University, where her dissertation research on post-partum depression was supported by a competitive NIMH National Research Service Award. She completed her clinical psychology internship program at the Massachusetts Mental Health Center - Harvard Medical School, and a postdoctoral fellowship at the Department of Behavioral Medicine, Cambridge Health Alliance - Harvard Medical School. Her training also included a clinical practicum at the Day Hospital of Women and Infants, a Brown Medical School affiliated hospital, and an Advanced Therapy Practicum trainee program at the Department of Behavioral Medicine, Cambridge Health Alliance - Harvard Medical School.

In addition to her teaching activities, Dr. Khazan also maintains a private practice in Boston, working with clients on optimizing their health and performance, using both biofeedback and mindfulness-based approaches to psychotherapy. She is Board Certified in General Biofeedback by the Biofeedback Certification International Alliance and is an active member of the Association for Applied Psychophysiology and Biofeedback (AAPB). Dr. Khazan is a popular speaker at national scientific meetings where she is recognized as a pioneer in the area of mindfulness and acceptance based biofeedback.

Course Description

Biofeedback is often described as a way to help people control their physiological responses. However, extensive research shows that efforts to “control” one’s internal experience can be counterproductive and lead to exacerbation of the problem. In contrast to unhelpful efforts to control internal experience, the Mindfulness and Acceptance approach to biofeedback can help people experience change through mindful, non-judgmental awareness and acceptance.

In this course, participants will learn how to apply mindfulness and acceptance techniques to their biofeedback practice in order to help their clients reap the benefits of biofeedback without getting stuck in unproductive attempts to control their internal experience.

The course will cover specific applications of mindfulness and acceptance techniques, together with biofeedback, to various psychophysiological disorders, including anxiety and chronic pain, with the goal of improving client outcomes.

This workshop will incorporate lecture and experiential activities, with ample opportunity for discussion and collegial exchange of ideas. Important to the mission of the Biofeedback Society of Florida is the offering of world class CE programs that are practical, and clinically relevant. This program is intended to introduce useful clinical skills and knowledge that will enable participants to more effectively serve their clients.

Registration Form

Mindfulness and acceptance based biofeedback: Practice techniques for improved outcomes

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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 - 12.5 CE Credits	By 1/10	After 1/10
BSF Members:	\$229.	\$249.
With new BSF membership or renewal:	\$259.	\$279.
Non-members:	\$279.	\$299.
Students (degree-seeking, ID required):	\$109.	\$125.

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 Sand 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 \$99./night plus tax and other fees for reservations made by January 9, 2015 (refer to Group: Biofeedback Society of Florida). 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.

Directions to hotel: FROM I- 4 WEST - (from Tampa): From I-4, take exit #74 (Sand Lake Road). At the bottom of the ramp, turn right and continue on Sand Lake Road approximately 5 miles to Orange Blossom Trail (US 441-17-92). Turn right (south, go to the second light (Sun Life Path) and turn left into the Florida Mall. Continue straight, then follow signs to the hotel. **FROM I- 4 EAST - (from Daytona Beach and downtown Orlando):** From I-4, take exit #80, Orange Blossom Trail (US 441-17-92). The exit ramp will merge with south bound traffic on Orange Blossom Trail. Continue south for approximately 5 miles. Go through the intersection at Sand Lake Road (SR 482), continue to the second light (Sun Life Path) and turn left into the Florida Mall. Continue straight, then follow signs to the hotel. **FROM THE FLORIDA TURNPIKE, NORTH OR SOUTH:** From the Florida Turnpike, 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 workshop is co-sponsored by AAPB and BSF. AAPB is an approved continuing education provider by the American Psychological Association. The approved provider maintains responsibility for this program. In the past, similar programs have been approved for 12.5 continuing professional education credits for licensed psychologists, mental health counselors, clinical social workers, marriage and family therapists, and other health care providers. Note: nurses, physicians, and other professions should verify that APA approval is sufficient to receive credit for this program.

The Biofeedback Society of Florida, Inc.
1230 S. Federal Hwy., Suite 101
Boynton Beach, FL 33435



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