

PRELIMINARY PROGRAM OF EVENTS

55th Annual Scientific Meeting

**INTEGRATING
BIOFEEDBACK**

into

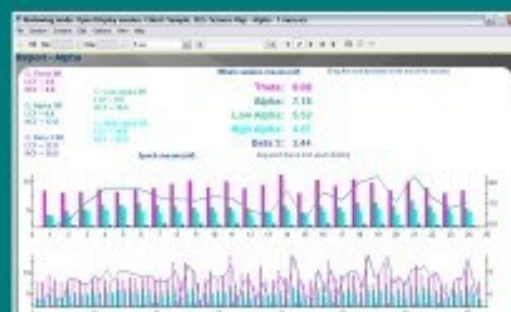
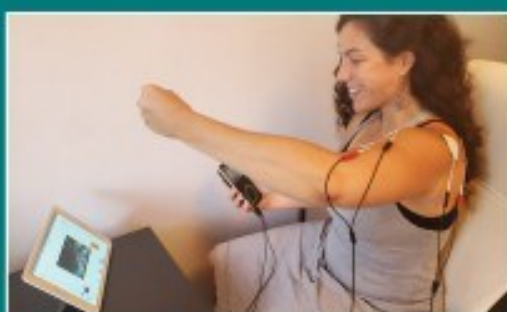
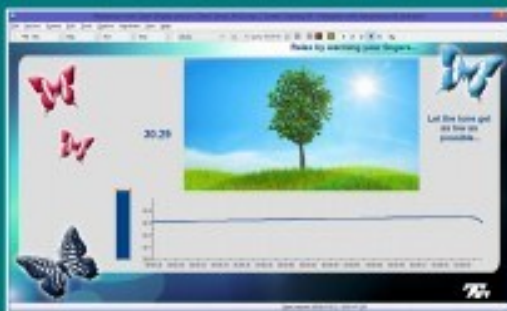
**HEALTHCARE
SETTINGS**

May 14-17, 2025

San Diego Marriott Mission Valley

applied
psychophysiology
& biofeedback
aapb
an international society for mind-body research,
health care, and education

For over 50 years we've been helping people help themselves...



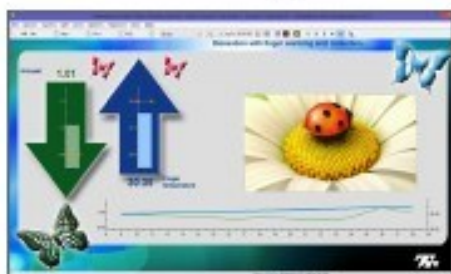
By Offering the Highest Quality Products, Training & Support

Reliable Equipment That Will Not Let You Down

Your biofeedback practice is not a game. You need more than just a simple consumer product. Thought Technology products have been at the heart of the biofeedback industry for over 50 years. Around the world, our systems continue to advance Biofeedback and Neurofeedback training, psychophysiology research, educate students, train heart surgeons, monitor NASA astronauts, and coach Gold Medal athletes.

More Devices to Suit Your Needs

Choose from several Instruments: monitor 2, 5, 8, or 10 physiological signals, provide EMG-triggered stimulation and offer home training for stress, muscle rehabilitation, incontinence, and peak performance training.



BioGraph Infiniti Has Evolved BioGraph Infiniti has evolved to be the world's most versatile and powerful Bio/Neurofeedback software system. It is easily customizable and offers professionally designed specialized application suites. The One-Click Quick Start mode instantly loads the appropriate feedback and review screens, runs automatic artifact rejection, and generates clinically relevant statistics, so you can start training within seconds!



PROGRAM

WEDNESDAY, MAY 14

PRECONFERENCE WORKSHOPS

THURSDAY, MAY 15

PRECONFERENCE WORKSHOPS

EXPO HALL OPENS

WELCOME RECEPTION

FRIDAY, MAY 16

KEYNOTE PRESENTATIONS

BREAKOUT/SYMPOSIA

POSTER PRESENTATIONS

EXPO HALL OPEN

EXHIBITOR DEMOS

PRESIDENTIAL & POSTER RECEPTION

SATURDAY, MAY 17

KEYNOTE PRESENTATIONS

BREAKOUT/SYMPOSIA

EXPO HALL OPEN

EXHIBITOR DEMOS

CLOSING RECEPTION

Register at aapb.org

AAPB 2025 Distinguished Scientist



Mara Mather, PhD

Professor of Gerontology, Psychology, and Biomedical Engineering
University of Southern California

Dennis C. Turk, PhD

John and Emma Bonica Endowed Chair in Anesthesiology and Pain Research
and Professor in the Department of Anesthesiology and Pain Medicine
University of Washington



Brad Lichtenstein, ND, BCB, BCB-HRV

Naturopathic physician, author, speaker and former
Professor and clinical faculty at Bastyr University
Private Practice THE BREATH SPACE



Leah Acker, MD, PhD

Asst. Professor of Anesthesiology, Duke Pepper Center
Research Education Core Fellow and practicing anesthesiologist
Duke University School of Medicine/ Duke University Health System

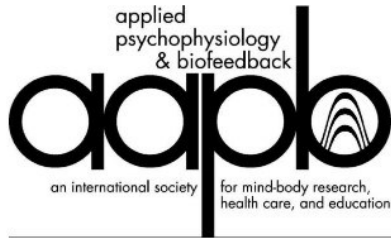


Siegfried Othmer, PhD, BCIAC

Chief Scientist
EEG Institute



KEYNOTE PRESENTERS



The **Association for Applied Psychophysiology & Biofeedback (AAPB)**, the pioneering professional society devoted to education and research in this field, will be hosting its **55th Annual Scientific Meeting** in San Diego, California, **May 14-17, 2025**, at the **San Diego Marriott Mission Valley**. Please save the dates and make plans to attend the entire meeting. You won't want to miss the opportunity to attend practical workshops, learn from leading clinicians and researchers and check out the latest equipment. The

goal of this conference is to bring clinicians, physicians, researchers and professionals involved with biofeedback and applied psychophysiology together to exchange information, ideas, scientific data and to share experiences. Biofeedback is a process that enables an individual to learn how to change physiological activity for the purposes of improving health and performance. Precise instruments measure physiological activity such as brainwaves, heart function, breathing, muscle activity and skin temperature. These instruments rapidly and accurately "feed back" information to the user. The presentation of this information—often in conjunction with changes in thinking, emotions and behavior—supports desired physiological changes. Over time, these changes can endure without continued use of an instrument. Hot topics in Biofeedback encompass HRV, Neurofeedback and Optimal Performance.

HIGHLIGHTS INCLUDE:

- **Five keynote sessions** featuring world-renowned scientists and practitioners (listed in order of appearance):
 - **Dennis C. Turk, PhD:** Genotyping, Phenotyping, Psychotyping in Chronic Pain: Perspective & Treatments
 - **Brad S. Lichtenstein, ND, BCB, BCB-HRV:** Acceptance, Not a Regulation Technique But a Way of Being
 - **Siegfried Othmer, PhD:** Endogenous Neuromodulation in the Infra-Low Frequency Domain
 - **Leah Acker, MD, PhD:** Targeting the Brain-Heart-Immune Axis to Promote Resilience Recovery after Surgery
 - **Mara Mather, PhD:** 2025 AAPB Distinguished Scientist Lecture
- **Preconference hands-on, extended, in person Workshops** on Wednesday, May 14 and Thursday, May 15 - separate registration and additional fees are required.
- **Over three dozen Symposia/Breakout Sessions** on Friday, May 16 and Saturday, May 17
- **Exhibit Hall and Networking Receptions** to allow you to meet and collaborate with those who share subject matter knowledge and interest in biofeedback.
- **MAXIMUM 33.5 CE credits available for full participation.** AAPB does not charge additional fees for CE credits.

CONTINUING EDUCATION



Psychologists: The Association for Applied Psychophysiology and Biofeedback is approved by the American Psychological Association to sponsor continuing education for psychologists. The Association for Applied Psychophysiology and Biofeedback maintains responsibility for the program and its content.



In support of improving patient care, this activity is planned and implemented by **Amedco LLC and Association for Applied Psychophysiology and Biofeedback**. Amedco LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



BCIA Recertification: Hour-for-hour attendance may be used to fulfill the continuing education requirements for recertification, with certificate(s) of attendance. The Biofeedback Certification International Alliance (BCIA) was created with the primary mission to certify individuals who meet education and training standards in biofeedback and progressively recertify those who advance their knowledge through continuing education.

ABOUT OUR TRACKS

The meeting sessions are categorized into the following **TRACKS**, to allow you to select those sessions that are most relevant to you.



BASIC SCIENCE: Applied psychophysiology and biofeedback are objective and evidence-based fields. They are grounded in an understanding of several related disciplines, neurophysiology, neuroanatomy, cognitive psychology, neuropsychology, cardiovascular physiology, respiratory physiology, public health and others. These sessions focus on underlying mechanisms and may be experimental, descriptive or literature reviews.



CLINICAL INTERVENTIONS AND OPTIMAL PERFORMANCE: This track targets licensed clinicians working with patients as well as performance trainers and educators working with clients. These sessions provide evidence for successful biofeedback training options and typically involve patients wanting specific therapeutic treatments and interventions to address clinically diagnosed problems or healthy clients wanting to improve overall functioning and/or seeking techniques and approaches to enhance optimal performance.



HOT TOPICS: This track features presentations focused on new ideas, technological advances, challenges and new applications of psychophysiological science. Sessions within this track provide a venue for more speculative thinking as well as information on developments from other disciplines that could impact the way we conduct biofeedback.

ABOUT INSTRUCTIONAL LEVELS

All instructional LEVELS are categorized as **Introductory, Intermediate, and Advanced**. Complete information, including session descriptions, learning objectives, presenter bios, associated risks, practice GAP and correction analysis, clinical and/or research focus and subject matter classifications are available online, where possible, at www.aapb.org, in full compliance with APA and AMA continuing education requirements.

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.

INTERMEDIATE: Content builds upon the learner's foundational knowledge, familiarity with the literature and/or experience in a content area. Programming at this level includes more depth than at a beginning level program. It could also serve as a refresher course for individuals who have a background in a content area and are interested in learning more contemporary applications.

ADVANCED: Builds upon established experience, knowledge, and skills in the content area. This may include more diverse applications to specific populations, or a novel application of the skill presented. Advanced level programming tends to be more specialized in nature and allows the learner to integrate and enhance knowledge and skills into their practice or other professional domains.

*For those **psychologists using the modality of biofeedback and interested in efficacy, science, and latest clinical applications**. This conference (1) presents research relevant to psychological practice, education, and science; (2) it is our intention to host a continuing educational offering to help psychologists to keep up with the most current scientific evidence regarding assessment, intervention, and education; and (3) we believe that this program would allow psychologists, or other healthcare and mental healthcare practitioners, to increase competencies in order to improve services to patients/clients. This conference is IN NO WAY a substitute for the basic academic, accredited education and training needed for entry into the field of psychology.*

CONFERENCE LOCATION

San Diego Marriott Mission Valley

8757 Rio San Diego Drive
San Diego, California, 92108



Bisected by the San Diego River, Mission Valley lies east of Downtown San Diego. Named after San Diego de Alcalá, California's first Spanish mission, this vibrant neighborhood in the heart of San Diego County is a shoppers' paradise with some of the city's biggest malls. Mission Valley also has plenty of lovely parks to stroll and relax in. [10 Things Within 10 Miles of Mission Valley.](#)

AAPB has reserved a block of sleeping rooms at a steeply discounted rate. Your support in staying at the host hotel helps to keep AAPB's meeting and membership costs down.

SPECIAL RATE RESERVATION DEADLINE:

The reservation deadline is APRIL 23, 2025. You must make your reservation directly with the hotel by this date to ensure the discount rate.

EVENT DATES:

Wednesday, May 14 - Saturday, May 17, 2025

Preconference workshops will be held May 14-15.

The Annual Scientific Meeting will be held May 16-17.

RESERVATIONS:

The discounted room rate for the Annual Meeting is \$209 single/double occupancy (plus applicable taxes).

To receive this discounted room rate, you must identify yourself as an AAPB attendee by referencing AAPB when making your reservation.

- **By phone** at 800-228-9290 - You must state the AAPB Annual Meeting to receive the discount
- **Online Reservations** <https://www.marriott.com/event-reservations/reservation-link.mi?id=1727385973598&key=GRP&questreslink2=true>

CLOSEST AIRPORT:

The nearest airport to San Diego Marriott Mission Valley is **San Diego (SAN) - 4.5 miles away.**

BEWARE OF 3RD PARTY HOTEL SCAMS OFFERING TO BOOK YOUR ROOM!

Only book your hotel reservations through the AAPB website reservation link or by calling the hotel directly, as listed above. AAPB and/or San Diego Marriott Mission Valley staff will never contact attendees and/or exhibitors, via phone or direct email, offering to book your room, offering a more significantly reduced rate than listed above or to inform you the block is selling out. **DO NOT give your CC or payment information to anyone who calls/emails to help with your reservation.**

If you use a 3rd party discount/budget booking vendor (i.e., Priceline, Expedia, Trivago) to make your hotel reservation, **please understand that AAPB is powerless to assist you if an issue should arise**, i.e., cancellations, moved off property due to overflow or overselling. **To ensure your reservation is protected, we strongly encourage you to book via the instructions above.**

HOW TO REGISTER

- **Register online** at aapb.org with a credit card. Confirmations and receipts will be sent by email.
- **Fax** the registration form (as included in this publication) to 720-650-7942. Payment will need to be mailed by check/money order separately, called in to AAPB headquarters, or paid online when your registration has been entered.
- **Mail** the registration form with payment to: AAPB, PO Box 461797, Aurora, CO 80046-1797
- **Phone** 800-477-8892 or +1 303-422-8436
- All confirmations will be sent by email.

ABOUT AAPB

The Association for Applied Psychophysiology and Biofeedback (AAPB) was founded in 1969 as the Biofeedback Research Society. The goals of the association are to promote a new understanding of biofeedback and advance the methods used in this practice. AAPB is a nonprofit organization as defined in Section 501(c)(6) of the Internal Revenue Service Code. It is the mission of AAPB to promote and represent the science and practice of self-regulation to enhance health and performance. It is the association's vision to integrate self-regulation into everyday life. The Association is hard at work meeting these objectives:

- Encouraging scientific research and expansion of clinical and educational applications of biofeedback and applied psychophysiology.
- Integrating biofeedback with other self-regulatory methods.
- Promoting high standards of professional practice, ethics, and education.
- Increasing member knowledge through events, publications, educational programs, and special interest sections and divisions.
- Making the public aware of biofeedback.

ATTENTION STUDENTS! 2025 FERB Student Travel Scholarship Application



We encourage all students to apply for the Foundation for Education and Research in Biofeedback and Related Sciences' (FERB) student travel and registration scholarships. Scholarships offer full registration fees and a \$400 travel stipend if you are an AAPB Student Member. If you are not a member, you will receive a \$341 travel stipend and membership. We recommend that you [register for the meeting](#) and if you're approved for a scholarship, you'll receive a refund. [Click here to apply.](#)

OFFSET YOUR MEETING EXPENSES - VOLUNTEER AS A PROCTOR

Anyone interested in volunteering (students are encouraged to participate) as a proctor for our workshops may do so by emailing info@aapb.org or calling (800) 477-8892. Each proctor attends his/her assigned **workshop free of charge** in exchange for collecting attendee tickets, making announcements, and distributing handouts. Help us as a proctor and offset your meeting expenses. To be eligible to proctor, you must register for the full meeting. **If interested, please contact AAPB with the following information today by email info@aapb.org:**

- Three workshops, in order of preference, that you would like to proctor
- Preferred daytime contact information

PLEASE NOTE: Proctors will be assigned courses in the order requests are received. One session per proctor.

SCHEDULE-AT-A-GLANCE

Wednesday, May 14

WS01

BCIA Heart Rate Variability Biofeedback Didactic Course - Part 1

WS02

Patient Intervention through the Use of Biofeedback Trainings with a Variety of Physiological Peripherals

WS03

Biofeedback for Chronic Pain Management

WS04

Cutting Edge Use of Transcranial Photobiomodulation and Bi-Lateral Tactile Stimulation: Mechanisms of Action, Technological Advances and Clinical Applications

WS05

Biofeedback, Virtual Reality and Other Techniques Used to Facilitate the Suppression of Anxiety

WS06

Intensive Progressive Relaxation: More than You Have Learned in the Past

SCHEDULE-AT-A-GLANCE

Thursday, May 15

WS07

BCIA Heart Rate Variability Biofeedback Didactic Course - Part 2: How To Do It, Why it Works, and For What

WS08

Stress: Its Manifestations and Management

WS09

Rediscover the Forgotten Approach of Autogenic Training with Biofeedback

WS10

The Business of Biofeedback: Strategies to Successfully Partner and Integrate Within a Healthcare Setting

WS11

Innovations in Photobiomodulation and Neurofeedback

WS12

Biofeedback/Neurofeedback Only Part of the Solution: Include Posture, Breathing, and Diet

WS13

Practical Approaches to Management of Major Chronic Illnesses: A Lifestyle Medicine Perspective

WS14

QEEG Based Assessment and Biofeedback, Neurofeedback and Supportive Treatments for ADHD, ASD and Concussions

WS15

The Synergistic Complementarity of Biofeedback and Neurofeedback

SCHEDULE-AT-A-GLANCE

Friday, May 16

BOS01	Bees and Brains: Unlocking Neurofeedback Potential
BOS02	One With Breathing: “Personal Empowerment from Within”
BOS03	Phase Amplitude Coupling in Clinical Practice
ORAL01	Oral Abstract Presentations - Session 1
KEY01	KEYNOTE: Genotyping, Phenotyping, Psychotyping in Chronic Pain: Perspective & Treatments
BOS04	Psychophysiological Interventions and Optimal Psychotherapy - Panel Discussion
BOS05	Alpha and Friends - The Brain on Screens: EEG Markers of Brain Homeostasis versus Deregulation
BOS06	The Auditory Cortex and Dichotic Listening
LL01	DEIJ Lecture: Using Self-Efficacy to Improve Outcomes for People with Chronic Pain
BOS07	The Impact of Infra-Low Frequency Neurofeedback on Post-Concussive Symptoms
BOS08	Ethics I: Professional Ethics and Practice Standards in Biofeedback
BOS09	Learning through Experience: Case Studies in Biofeedback and Neurofeedback
BOS10	Autistic Masking, Neurodiversity, and Psychophysiological Approaches: Insights for Clinical Practice
BOS11	Crushing the Complexity: A Roadmap to Integrating Neurofeedback into Healthcare

SCHEDULE-AT-A-GLANCE

Friday, May 16

BOS12	Creative Evidence-Informed Applied Intervention for Optimal Performance and Sustainment
BOS13	Anatomy of Stress: It's Not Just Fight or Flight
BOS14	Broadening Horizons on Skin Conductance Biofeedback
BOS15	From Data to Decisions: Systematically Extracting Key Insights for More Personalized Interventions
BOS16	Photobiomodulation in COVID-19: From Acute Treatment to Long COVID Brain Fog Management
BOS17	Biofeedback, Virtual Reality and Other Techniques Used to Facilitate the Suppression of Anxiety
BOS18	Decoding Addiction: Linking Personality Metrics with Neural Activity via EEG
BOS19	All Chronic Pain is not Created Equal: HRV Biofeedback Interventions
ORAL02	Oral Abstract Presentations - Session 2
KEY02	KEYNOTE: Acceptance, Not a Regulation Technique But a Way of Being

Register Today! aapb.org

SCHEDULE-AT-A-GLANCE

Saturday, May 17

BOS20	Increasing Prevalence of Mu Rhythm in Post-Pandemic Populations
BOS21	Concussion Rescue: A Comprehensive Approach to Traumatic Brain Injury
BOS22	Heart Rate Variability and Fragmentation: Results from HRVB Intervention and Field Studies with Law Enforcement Officers
ORAL03	Oral Abstract Presentations - Session 3
KEY03	KEYNOTE: Endogenous Neuromodulation in the Infra-Low Frequency Domain
BOS23	Ethics II: Professional Ethics and Practice Standards in Neurofeedback and Telehealth
BOS24	Integrating Biofeedback into Large-Scale Medical Settings
BOS25	NFB “Cheat Codes”: Master Advanced Notions by a Profound Understanding of the Fundamentals
BOS26	Crappy Cases 2: Judgment Day
LL02	Women in the Science of Applied Psychophysiology and Biofeedback Discussion Group Luncheon
KEY04	KEYNOTE: Targeting the Brain-Heart-Immune Axis to Promote Resilience Recovery after Surgery
BOS27	Assessment & Treatment Options for Insomnia: A Neurocognitive Approach
BOS28	Practical Tips on Integrating Cultural Awareness and Sensitivity into Biofeedback Practices

SCHEDULE-AT-A-GLANCE

Saturday, May 17

BOS29

From Rumination to Compassion with Biofeedback

BOS30

Centralized Pain: Clinical and Practical Implications

BOS31

EEG Correlates of Panic, Violence, Aggression and Psychosis

BOS32

Photobiomodulation in Traumatic Brain Injury: Pathophysiology, Clinical Evidence, and Implications for Neurofeedback

BOS33

How Do You Feel in Your Body? A Deep Dive into Assessing Interoception as Bodily Awareness

ORAL04

Oral Abstract Presentations - Session 4

KEY05

2025 Distinguished Scientists Lecture - Mara Mather, PhD



YOU BELONG!
Become an AAPB MEMBER



Benefits of AAPB Membership

AAPB is a community comprised of professionals who share a passion for integrating the science of self-regulation into everyday life, toward optimal wellbeing for all. Whether it's an in-person annual scientific conference or a virtual event or even a listserv exchange, nothing replaces personal interaction with other like-minded individuals. The collective membership leverages shared experiences and expertise toward the adoption of best practices and standardization of biofeedback, which leads to increased acceptance and trust among the public and in healthcare. Check out the benefits here:

aapb.org/join

PROGRAM OF EVENTS

IMPORTANT!

- The schedule is **preliminary and subject to change**.
- All times listed are indicated in **US PACIFIC DAYLIGHT TIME (PDT)**.
- **Complete information**, including learning objectives by session, presenter biographies, financial disclosures and more, is available at aapb.org.
- 2025 AAPB Annual Scientific Meeting is being **held as an “in person only” experience**. Virtual participation will not be accommodated this year.
- All AAPB educational offerings are provided **free of commercial bias**.
- CE credits and self-completion certificates are included in the price of registration. AAPB does not charge additionally for CE credits.

Tuesday, May 13

5pm - 7pm

Registration/Check-In Open

Check-in early and grab your name badge, workshop ticket(s) and conference information. Onsite registration is available for preconference workshops and the Annual Meeting. AAPB staff will be there to welcome you and offer guidance to navigate the meeting.

Wednesday, May 14 (Preconference Workshops)

7:30am - 6pm

Onsite Registration, Check-in Open

8am - 9am

Preconference Workshop Attendee-only Continental Breakfast

9am - 6 or 6:30pm

FULL-DAY PRECONFERENCE WORKSHOPS

WS01 BCIA Heart Rate Variability Biofeedback Didactic Course - Part 1

Presented by: Shaffer, Moss, Khazan

CE credits: 7.5*

TRACK: Basic Science

LEVEL: Introductory

FOCUS: 50% Clinical/50% Research

Target Audience: Biofeedback/neurofeedback practitioners, psychologists, clinical counselors, clinical social workers, marriage and family therapists, nurses, physicians, and other healthcare professionals and academicians interested in utilizing heart rate variability (HRV) biofeedback in their practice or research

**This workshop concludes at 6:30 pm to ensure 7.5 hours toward completion of the BCIA HRV Certificate didactic requirement.*

WS02 Patient Intervention through the Use of Biofeedback Trainings with a Variety of Physiological Peripherals

Presented by: DeGregorio

CE Credits: 7

TRACK: Basic Science

LEVEL: Intermediate

FOCUS: 100% Clinical

Target Audience: Health professionals, researchers, and university health professional students

WS03 Biofeedback for Chronic Pain Management

Presented by:

Rosenthal, Fleischman, Kotay

CE credits: 7

TRACK: Clinical Interventions and Optimal Performance

LEVEL: Introductory

FOCUS: 80% Clinical/20% Research

Target Audience: Providers interested in or working with individuals experiencing chronic pain

Wednesday, May 14 (Preconference Workshops)

8:30am - 6:30pm **AM & PM HALF-DAY PRECONFERENCE WORKSHOPS**

***1pm - 2pm **Lunch Break (ON YOUR OWN)**

<p>AM WORKSHOP 8:30am - 1pm</p> <p>WS04 Cutting-Edge Use of Transcranial Photobiomodulation and Bilateral Tactile Stimulation: Mechanisms of Action, Technological Advances and Clinical Applications</p> <p>Presented by: Serin, Manchanda CE credits: 4 TRACK: Hot Topics LEVEL: Introductory FOCUS: 60% Clinical/40% Research Target Audience: Psychologists, Psychiatrists, Neurotherapists, Neurofeedback and Biofeedback Practitioners, Performance Enhancement Coaches</p>	<p>AM WORKSHOP 8:30am - 1pm</p> <p>WS05 Biofeedback, Virtual Reality and Other Techniques Used to Facilitate the Suppression of Anxiety</p> <p>Presented by: Reiner, Kaur CE credits: 4 TRACK: Clinical Interventions and Optimal Performance LEVEL: Introductory FOCUS: 70% Clinical/30% Research Target Audience: Mental health professionals and students interested in learning about cutting edge technologies</p> <p>ADMISSION TO THIS WORKSHOP IS COMPLIMENTARY FOR ALL STUDENTS!</p>	<p>PM WORKSHOP 2pm - 6:30pm</p> <p>WS06 Intensive Progressive Relaxation: More than You Have Learned in the Past</p> <p>Presented by: Lehrer CE credits: 4 TRACK: Clinical Interventions and Optimal Performance LEVEL: Intermediate FOCUS: 80% Clinical/20% Research Target Audience: Clinicians who use relaxation strategies to help people. Prior experience with other methods of progressive relaxation therapy will be helpful but not required</p>
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Thursday, May 15 (Preconference Workshops)

7:30am - 6pm

Registration/Check-In Open

8:15am - 9am

Preconference Workshop Attendee-only Continental Breakfast

9am - 6 or 6:30pm

FULL-DAY PRECONFERENCE WORKSHOPS

<p>WS07 BCIA Heart Rate Variability Biofeedback Didactic Course Part 2: How To Do It, Why it Works, and For What</p> <p>Presented by: Lehrer, Gevitz CE credits: 7.5 TRACK: Basic Science LEVEL: Introductory FOCUS: 50% Clinical/50% Research Target Audience: Biofeedback/neurofeedback practitioners, psychologists, clinical counselors, clinical social workers, marriage and family therapists, nurses, physicians, and other healthcare professionals and academicians interested in utilizing heart rate variability (HRV) biofeedback in their practice or research.</p> <p><i>* This workshop concludes at 6:30 pm to ensure 7.5 hours toward completion of the BCIA HRV Certificate didactic requirement.</i></p>	<p>WS08 Stress: Its Manifestations and Management</p> <p>Presented by: Newman CE credits: 7 TRACK: Basic Science LEVEL: Introductory FOCUS: 50% Clinical/50% Research Target Audience: The purpose of this session is to introduce the beginner to this material and advance the knowledge of advanced practitioners. It will demonstrate individualized care and how practitioners can develop integrated systems. For beginners it will introduce the depth of this field. Advanced practitioners will discover greater detail and nuances</p>
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Thursday, May 15 (Preconference Workshops)

8:30am - 1pm

AM HALF-DAY PRECONFERENCE WORKSHOPS

<p>WS09 Rediscover the Forgotten Approach of Autogenic Training with Biofeedback</p> <p>Presented by: Peper, Harvey CE credits: 4 TRACK: Clinical Interventions and Optimal Performance LEVEL: Intermediate FOCUS: 70% Clinical/30% Research Target Audience: All clinicians</p>	<p>WS10 The Business of Biofeedback: Strategies to Successfully Partner and Integrate Within a Healthcare Setting</p> <p>Presented by: Benore, Fleischman, Frye CE Credits: 4 TRACK: Clinical Interventions and Optimal Performance LEVEL: Introductory FOCUS: 80% Clinical/20% Research Target Audience: Early to mid-career clinicians</p>	<p>WS11 Innovations in Photobiomodulation and Neurofeedback</p> <p>Presented by: Gracefire CE Credits: 4 TRACK: Hot Topics LEVEL: Intermediate FOCUS: 70% Clinical/30% Research Target Audience: Clinicians, researchers and students interested in both neurofeedback and photobiomodulation</p>
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1pm - 2pm

Lunch Break (ON YOUR OWN)

12pm - 4pm

Exhibitor Move-In and Set-up

1pm - 2pm

AAPB Board of Directors Meeting (private function)

2pm - 6:30pm

PM HALF-DAY PRECONFERENCE WORKSHOPS

<p>WS12 Biofeedback/ Neurofeedback Only Part of the Solution: Include Posture, Breathing, and Diet</p> <p>Presented by: Peper, Harvey CE credits: 4 TRACK: Clinical Interventions and Optimal Performance LEVEL: Intermediate FOCUS: 60% Clinical/40% Research Target Audience: All clinicians and educators</p>	<p>WS13 Practical Approaches to Management of Major Chronic Illnesses: A Lifestyle Medicine Perspective</p> <p>Presented by: McGrady, Moss CE Credits: 4 TRACK: Clinical Interventions and Optimal Performance LEVEL: Intermediate FOCUS: 75% Clinical/25% Research Target Audience: All clinicians</p>	<p>WS14 QEEG Based Assessment and Biofeedback, Neurofeedback and Supportive Treatments for ADHD, ASD and Concussions</p> <p>Presented by: Linden CE Credits: 4 TRACK: Basic Science LEVEL: Introductory FOCUS: 65% Clinical/35% Research Target Audience: Psychologists, Therapists, Neurofeedback/Biofeedback Therapists, Physicians, Neurologists</p>	<p>WS15 The Synergistic Complementarity of Biofeedback and Neurofeedback</p> <p>Presented by: Othmer, Carlson CE Credits: 4 TRACK: LEVEL: Advanced FOCUS: 80% Clinical/20% Research Target Audience: This workshop should interest researchers in applied psychophysiology, but mainly to any practitioner who is open to adopting a multi-modal treatment model.</p>
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6:30pm - 8:30pm

WELCOME RECEPTION - Say hello to old friends and make new ones. Gather in the Expo Hall to get reacquainted. The Expo Hall features the latest information on the equipment, products, and services you need to practice biofeedback more effectively and efficiently. Don't miss this opportunity to maximize your time with representatives from those organizations that support the field and AAPB.

Friday, May 16 (Annual Scientific Meeting)

7am - 7pm **Registration/Check-In Open**
 7am - 10pm **EXHIBIT HALL OPEN**
 7am - 8am **General Attendee CONTINENTAL Breakfast**
 8:10am - 9:10am **60-MINUTE BREAKOUT SESSIONS - CONCURRENT SYMPOSIA**

<p>BOS01 Bees and Brains: Unlocking Neurofeedback Potential</p> <p>Presented by: Capozziello CE Credits: 1 TRACK: Basic Science LEVEL: Intermediate FOCUS: 25% Clinical/ 75% Research Target Audience: Anyone looking to better understand brain waves and how the brain operates.</p>	<p>BOS02 One with Breathing: "Personal Empowerment from Within"</p> <p>Presented by: Van der Lie, Gevirtz CE Credits: 1 TRACK: Clinical Interventions and Optimal Performance LEVEL: Advanced FOCUS: 50% Clinical/50% Research Target Audience: Biofeedback professionals and consumers that are interested in information on applications of HRV and breathing principles to promote performance, health, and well-being based on the expertise and experience of 2 practitioners and educators in the field of biofeedback.</p>	<p>BOS03 Phase Amplitude Coupling in Clinical Practice</p> <p>Presented by: Dogris CE Credits: 1 TRACK: Basic Science LEVEL: Advanced FOCUS: 75% Clinical/25% Research Target Audience: Those with interest in Phase Amplitude Coupling-being.</p>	<p>ORAL01 Oral Presentations - Session 1</p> <p>Presented by: Various CE Credits: 1 Synopsis: These 15 to 30-minute abstract presentations will include time for Q&A.</p> <p>ORAL01A Investigating the Use of Biofeedback in Conjunction with Vagal Nerve Stimulators to Mitigate the Symptoms Associated with Parkinson's Disease Presented by: Ferdousian</p> <p>ORAL01B Leveling Up Cognition: Video Games for Aging Adults Presented by: Bolin, Saul</p> <p>ORAL01C From Research to Practice: The Application of Implementation Science to EEG Neurofeedback and Beyond Presented by: Norris</p>
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9:10am - 10:30am **KEYNOTE PRESENTATION:**
Genotyping, Phenotyping, Psychotyping in Chronic Pain: Perspective & Treatments

Presented by: Dennis C. Turk, PhD

Dr. Turk is the John and Emma Bonica Chair of Anesthesiology and Pain Research at the University of Washington School of Medicine. He is Associate Director of the Analgesic, Anesthetic, and Addiction Clinical Trials Translations, Innovations Opportunities and Networks (ACTTION), a public-private partnership with the Food and Drug Administration (FDA). He is Editor-in-Chief of the Clinical Journal of Pain and a past president of the American Pain Society. Dr. Turk's research focuses on assessment and treatment of patients with chronic pain, coping with and adaptation to chronic illness, and clinical trial methodology. His research has been supported by the National Institutes of Health, National Center for Health Statistics, Veterans Administration, Patient Centered Outcomes Research Institute (PCORI). He has published over 400 articles and 30 volumes. Based on Dr. Turk accomplishments over the totality of his career, ScholarGPS ranked Dr. Turk in the top 0.05% of all scholars worldwide.

CE Credits: 1 **TRACK:** Clinical Interventions and Optimal Performance **LEVEL:** Intermediate

Friday, May 16

10:30am - 11am **Refreshment/Coffee Break in the Expo Hall**

11am - 12:30pm **90-MINUTE BREAKOUT SESSIONS - CONCURRENT SYMPOSIA**

<p>BOS04 Psychophysiological Interventions and Optimal Psychotherapy - Panel Discussion</p> <p>Presented by: Moss, Lehrer, Khazan, Steffen CE Credits: 1.5 TRACK: Basic Science LEVEL: Advanced FOCUS: 45% Clinical/55% Research Target Audience: Biofeedback practitioners, psychotherapists, mental health professionals, healthcare professionals, researchers, and students</p>	<p>BOS05 Alpha and Friends - The Brain on Screens: EEG Markers of Brain Homeostasis versus Deregulation</p> <p>Presented by: Swingle CE Credits: 1.5 TRACK: Hot Topics LEVEL: Intermediate FOCUS: 50% Clinical/50% Research Target Audience: Practitioners of neuro & biofeedback</p>	<p>BOS06 The Auditory Cortex and Dichotic Listening</p> <p>Presented by: Ryall CE Credits: 1.5 TRACK: Hot Topics LEVEL: Introductory FOCUS: 90% Clinical/10% Research Target Audience: Neurofeedback and Biofeedback professionals</p>	<p>BOS07 The Impact of Infra-Low Frequency Neurofeedback on Post-Concussive Symptoms</p> <p>Presented by: Carlson CE Credits: 1.5 TRACK: Hot Topics LEVEL: Intermediate FOCUS: 100% Research Target Audience: Neurofeedback Providers or researchers who are interested in treatment of those who experience post-concussive symptoms of headache, sleep and attention issues, quality of life, PTSD, or depression as well as those who are interested in trauma care, care of those non-responders to traditional care, or Veteran Care</p>
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12:30pm - 2pm **Lunch Break (ON YOUR OWN)**

12:45pm - 1:45pm **Springer Editorial Luncheon** (Private Event)

12:45pm - 1:45pm **Student Welcome Luncheon** (Students and Faculty only - Ticket required)

12:45pm - 1:45pm **LUNCH AND LEARN/INVITED DEI LECTURE: Using Self-Efficacy to Improve Outcomes for People with Chronic Pain**

Presented by Jarhed Peña, PhD, LPC, CRC



Self-efficacy has been reported to reduce catastrophizing, improve mental health, and increase resilience. Furthermore, psychometric instruments have been created to measure pain self-efficacy. It can be conceptualized as an attenuating factor to moderate the effects of chronic pain (Cheng et al., 2018). Research has linked self-efficacy with determining mental health, disability, and quality of life outcomes among people with chronic pain (Shulman et al., 2019). Recent studies have also highlighted its role in psychological resilience, coping strategies, and moderating the

impact of pain on disability and mental health (Alhowimel et al., 2018; Cheng et al., 2018; Cummings et al., 2017; La Touche et al., 2019; Matos et al., 2017; Nicholas et al., 2015; Shulman et al., 2019; Taylor et al., 2016). Applying self-efficacy in the context of psychosocial factors has been reported improve depression, catastrophizing, and disability outcomes (La Touche et al., 2019 & Cheng et al., 2018). People with chronic pain experience the challenge balancing self-reliance (Cummings et al., 2017) and the necessity of depending on others (Matos et al., 2017). This presentation will review key principles of self-efficacy and disability and provide practical applications to promote self-efficacy in disability settings.

CE Credits: 1

TRACK: Hot Topics

LEVEL: Intermediate

Friday, May 16

2pm - 3:30pm

90-MINUTE BREAKOUT SESSIONS - CONCURRENT SYMPOSIA

<p>BOS08 Ethics I: Professional Ethics and Practice Standards in Biofeedback</p> <p>Presented by: Moss CE Credits: 1.5 TRACK: Hot Topics LEVEL: Intermediate FOCUS: 80% Clinical/20% Research Target Audience: Health professionals and behavioral health professionals engaged in the practice of biofeedback, neurofeedback, and self-regulation-oriented therapies, and students in training for health profession careers</p>	<p>BOS09 Learning through Experience: Case Studies in Biofeedback and Neurofeedback</p> <p>Presented by: Khazan, Parsons, Chapman CE Credits: 1.5 TRACK: Clinical Interventions and Optimal Performance LEVEL: Intermediate FOCUS: 80% Clinical/20% Research Target Audience: Anyone interested in advancing their clinical and/or performance practice in biofeedback and neurofeedback</p>	<p>BOS10 Autistic Masking, Neurodiversity, and Psychophysiological Approaches: Insights for Clinical Practice</p> <p>Presented by: Eure, Glacel, Hughes CE Credits: 1.5 TRACK: Hot Topics LEVEL: Introductory FOCUS: 100% Clinical Target Audience: All clinicians</p>	<p>BOS11 Crushing the Complexity: A Roadmap to Integrating Neurofeedback into Healthcare</p> <p>Presented by: Kosto CE Credits: 1.5 TRACK: Hot Topics LEVEL: Introductory FOCUS: 80% Clinical/20% Research Target Audience: Individuals who are new to the field of neurofeedback or considering integrating it into their healthcare or wellness practices.</p>
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3:40pm - 5:10pm

90-MINUTE BREAKOUT SESSIONS - CONCURRENT SYMPOSIA

<p>BOS12 Creative Evidence-Informed Applied Intervention for Optimal Performance and Sustainment</p> <p>Presented by: Hertzog, Heller, Sanchez CE Credits: 1.5 TRACK: Clinical Interventions and Optimal Performance LEVEL: Intermediate FOCUS: 95% Clinical/5% Research Target Audience: Anyone interested in innovative evidence-informed practice, particularly for the sake of performance optimization</p>	<p>BOS13 Anatomy of Stress: It's Not Just Fight or Flight</p> <p>Presented by: Newman CE Credits: 1.5 TRACK: Basic Science LEVEL: Introductory FOCUS: 50% Clinical/50% Research Target Audience: For beginners it will introduce the depth of this field. Advanced practitioners will discover greater detail and nuances.</p>	<p>BOS14 Broadening Horizons on Skin Conductance Biofeedback</p> <p>Presented by: Khazan, Peña, Rosenthal, Parsons CE Credits: 1.5 TRACK: Clinical Interventions and Optimal Performance LEVEL: Introductory FOCUS: 85% Clinical/15% Research Target Audience: Providers at all experience levels interested in learning more about skin conductance and how it can be used in their biofeedback practice.</p>	<p>BOS15 From Data to Decisions: Systematically Extracting Key Insights for More Personalized Interventions</p> <p>Presented by: Johansson CE Credits: 1.5 TRACK: Clinical Interventions and Optimal Performance LEVEL: Intermediate FOCUS: 80% Clinical/20% Research Target Audience: Practitioners utilizing 19-channel EEGs who are keen on developing their analytical skills to interpret EEG data personally, rather than outsourcing it or relying solely on automated systems. This group is driven to gain a deeper understanding of EEG analysis to enhance their precision and confidence in creating and implementing neurofeedback interventions.</p>
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Friday, May 16

5:10pm- 5:30pm **Refreshment/Coffee Break in the Expo Hall**

5:30pm - 6:30pm **60-MINUTE BREAKOUT SESSIONS - CONCURRENT SYMPOSIA**

<p>BOS16 Photobiomodulation in COVID-19: From Acute Treatment to Long COVID Brain Fog Management</p> <p>Presented by: Lim CE Credits: 1 TRACK: Hot Topics LEVEL: Intermediate FOCUS: 50% Clinical/50% Research Target Audience: Practitioners researchers and anyone interested in a novel evidence-based method to treat acute COVID and brain fog in long COVID</p>	<p>BOS17 Biofeedback, Virtual Reality and Other Techniques Used to Facilitate the Suppression of Anxiety</p> <p>Presented by: Reiner, Kaur CE Credits: 1 TRACK: Clinical Interventions and Optimal Performance LEVEL: Intermediate FOCUS: 70% Clinical/30% Research Target Audience: Mental health professionals and students interested in learning about cutting edge technologies</p>	<p>BOS18 Decoding Addiction: Linking Personality Metrics with Neural Activity via EEG</p> <p>Presented by: Canon, Mills, Cook CE Credits: 1 TRACK: Hot Topics LEVEL: Intermediate FOCUS: 70% Clinical/30% Research Target Audience: Those interested in personality mechanisms, substance use disorders, neurofeedback and EEG current sources. Clinicians as well as researchers will find it educational</p>	<p>BOS19 All Chronic Pain is not Created Equal: HRV Biofeedback Interventions</p> <p>Presented by: Gevirtz CE Credits: 1 TRACK: Clinical Interventions and Optimal Performance LEVEL: Introductory FOCUS: 50% Clinical/50% Research Target Audience: Any biofeedback practitioner or body work clinician interested in chronic pain</p>	<p>ORAL02 Oral Presentations - Session 2</p> <p>Presented by: Various CE Credits: 1 Synopsis: These 15 to 30-minute abstract presentations will include time for Q&A.</p> <p>ORAL02A An Evaluation of the Concurrent Validity of PPG and ECG HRV Measurements Presented by: Shaffer</p> <p>ORAL02B The Braiding Technique Does Not Promote Abdominal Breathing Presented by: Shaffer</p> <p>ORAL02C How Breathing Exercises Can Help Relieve Menstrual Pain in Students and Beyond Presented by: Peper, Harvey, Chen, Heinz</p>
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6:30pm - 7:30m **KEYNOTE PRESENTATION: Acceptance, Not a Regulation Technique But a Way of Being**

Presented by: Brad S. Lichtenstein, ND, BCB, BCB-HRV



Dr. Brad Lichtenstein is a licensed naturopathic physician, educator and biofeedback/meditation trainer. For over 25 years he was a professor and clinical faculty at Bastyr University supervising the mind-body medicine curriculum. His chapters on mind-body medicine have been published in the Advanced Clinical Textbook of Naturopathic Medicine and in Integrative Men's Health. His work in hospice and end-of-life care has had the most profound impact on with work, including a three-year, quality of death study where he facilitated over 500 bedside hospice meditations. He has hosted over 40+ death cafes, and continues to do so, encouraging people to become more comfortable with the inevitable reality that faces us all.

CE Credits: 1

TRACK: Clinical Interventions and Optimal Performance

LEVEL: Introductory

Friday, May 16

7:30pm - 10pm

Poster Presentation Viewing Reception in Expo Hall. Heavy hors d'oeuvres, cash bar and networking!

Saturday, May 17

7am - 7pm

Registration

7am - 4pm

EXPO HALL OPEN

7:15am - 8am

General Attendee CONTINENTAL Breakfast

8am - 9am

60-MINUTE BREAKOUT SESSIONS - CONCURRENT SYMPOSIA

<p>BOS20 Increasing Prevalence of Mu Rhythm in Post-Pandemic Populations</p> <p>Presented by: Williams CE Credits: 1 TRACK: Basic Science LEVEL: Intermediate FOCUS: 40% Clinical/60% Research Target Audience: Clinicians who work with ADHD, pediatric or adult populations, or who are curious about the diagnostic process</p>	<p>BOS21 Concussion Rescue: A Comprehensive Approach to Traumatic Brain Injury</p> <p>Presented by: Gattis, Chapek CE Credits: 1 TRACK: Basic Science LEVEL: Introductory FOCUS: 50% Clinical/50% Research Target Audience: All clinicians</p>	<p>BOS22 Heart Rate Variability and Fragmentation: Results from HRVB Intervention and Field Studies with Law Enforcement Officers</p> <p>Presented by: Scott, Anderson, Fahim, Sveinsdóttir CE Credits: 1 TRACK: Clinical Interventions and Optimal Performance LEVEL: Intermediate FOCUS: 15% Clinical/85% Research Target Audience: Researchers, practitioners interested in the effectiveness of novel cardiovascular biomarkers and/or importance of resonance frequency in HRVBF efficacy</p>	<p>ORAL03 Oral Presentations - Session 3</p> <p>Presented by: Various CE Credits: 1 Synopsis: These 30-minute abstract presentations will include time for Q&A.</p> <p>ORAL03A Mindfulness Neurofeedback: Feasibility for Enhancing Academic Success among Underrepresented Students Presented by: Saul, Hospital, Bigliassi</p> <p>ORAL03B AI Models with HRV: Reducing Bias in Black Health Stress Measurement and Outcomes Presented by: Uddoh</p>
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9:10am - 10:20am

KEYNOTE PRESENTATION: Endogenous Neuromodulation in the Infra-Low Frequency Domain

Presented by: Siegfried Othmer, PhD



Siegfried Othmer is Chief Scientist at the EEG Institute in Los Angeles. Dr. Othmer received his PhD in physics at Cornell University in 1970. He has been active in the development of EEG neurofeedback since 1985, along with his late wife Susan. Othmers were drawn to the field through the epilepsy of their son Brian. After an initial focus on ADHD, their work broadened to encompass the more serious childhood afflictions such as the autism spectrum and developmental trauma. Another key focus of the work has been on PTSD, traumatic brain injury, substance dependency, and chronic pain. Othmers have been active in all aspects of the field:

instrumentation development, professional training, clinical service delivery, clinical research, and publication in both professional and popular media. A large practitioner network has been built that now extends to fifty countries around the world. Their method has been taught to over 10,000 professionals in fifteen countries and in nine languages.

CE Credits: 1

TRACK: Clinical Interventions and Optimal Performance

LEVEL: Advanced

Saturday, May 17

10:20am - 10:50am **REFRESHMENT/COFFEE BREAK**

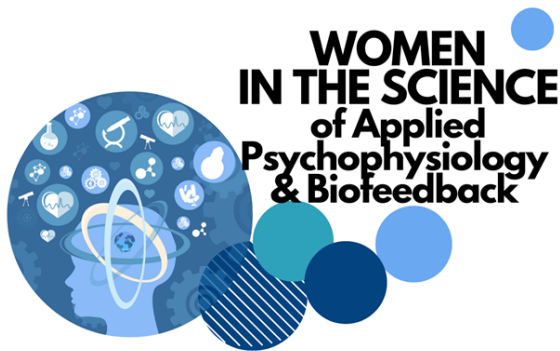
11am - 12:30pm **90-MINUTE BREAKOUT SESSIONS - CONCURRENT SYMPOSIA**

<p>BOS23 Ethics II: Professional Ethics and Practice Standards in Neurofeedback and Telehealth</p> <p>Presented by: Moss, Center CE Credits: 1.5 TRACK: Clinical Interventions and Optimal Performance LEVEL: Intermediate FOCUS: 75% Clinical/25% Research Target Audience: Biofeedback practitioners, medical providers, mental healthcare providers, instructors, students</p>	<p>BOS24 Integrating Biofeedback into Large-Scale Medical Settings</p> <p>Presented by: Kotay, Parks, Fitts, Mayerson CE Credits: 1.5 TRACK: Clinical Interventions and Optimal Performance LEVEL: Introductory FOCUS: 85% Clinical/15% Research Target Audience: Early career providers working in large medical settings</p>	<p>BOS25 NFB "Cheat Codes": Master Advanced Notions by a Profound Understanding of the Fundamentals</p> <p>Presented by: Parsons CE Credits: 1.5 TRACK: Clinical Interventions and Optimal Performance LEVEL: Intermediate FOCUS: 60% Clinical/40% Research Target Audience: Neurofeedback professionals in active practice, biofeedback professionals looking to add neurofeedback to their clinical tools</p>	<p>BOS26 Crappy Cases 2: Judgment Day</p> <p>Presented by: Rosenthal, Gevirtz, Swingle CE Credits: 1.5 TRACK: Clinical Interventions and Optimal Performance LEVEL: Introductory FOCUS: 90% Clinical/10% Research Target Audience: Primarily focused on newer practitioners, but will prove useful for anyone who has experienced a treatment failure, regardless of experience</p>
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12:30pm - 2pm **Lunch Break (ON YOUR OWN)**

12:30 pm -1:30pm **Women in the Science of Applied Psychophysiology and Biofeedback Discussion Group Luncheon**

Moderated by: Sarah Scott



AAPB recently created a Women in the Science of Applied Psychophysiology and Biofeedback workgroup to highlight incredible research contributions, clinical achievements of women, and all who identify as such. This forum will offer open discussion on opportunities /challenges unique to women in our field. We will brainstorm ways AAPB can provide meaningful connections and resources for ongoing support.

All are welcome! However, attendance capacity is limited to the first 30 individuals (first-come-first-served basis). Attendance is complimentary and a light lunch will be provided.

To RSVP: Email <mailto:michelle@aapb.org> by March 20 with your name and preferred contact email. If there is a particular subject you would like our facilitator to address, please include in your RSVP (this information will remain strictly confidential, for consideration as part of the discussion agenda

Saturday, May 17

1:30 pm to 2:35 pm **KEYNOTE PRESENTATION: Targeting the Brain-Heart-Immune Axis to Promote Resilience Recovery after Surgery**

Presented by: Leah Acker, MD, PhD



Dr. Leah Acker is a neurosurgical anesthesiologist and assistant professor in Anesthesiology, Neurobiology and Electrical and Computer Engineering at Duke University. She is the principal investigator of the Anesthesiology, Cognitive Neuroscience, and Engineering Research (ACkER) lab, which seeks to identify and enhance the mechanisms underlying perioperative cognitive resilience in older adults. Dr Acker earned a PhD in Medical Engineering and Physics in 2014 from the Harvard-MIT Division of Health Sciences and Technology and an MD from Duke in 2017. She completed residency in 2022 and was the Anesthesiology ACES Chief Resident. Dr. Acker and her team recently concluded an NIH-funded, 139-participant study entitled, Heart Rate Variability in Postoperative Delirium and Inflammatory Endpoints. This study used wearable wristbands to examine the Brain-Heart-Immune axis, a framework she developed, as a potential contributor to postoperative cognitive dysfunction in older adults.

CE Credits: 1

TRACK: Clinical Interventions and Optimal Performance

LEVEL: Intermediate

2:45pm - 4:15pm

90-MINUTE BREAKOUT SESSIONS - CONCURRENT SYMPOSIA

<p>BOS27 Assessment & Treatment Options for Insomnia: A Neurocognitive Approach</p> <p>Presented by: Lewis, Teurman, Lewis CE Credits: 1.5 TRACK: Clinical Interventions and Optimal Performance LEVEL: Introductory FOCUS: 90% Clinical/10% Research Target Audience: Any practitioner who works with clients who have sleep issues</p>	<p>BOS28 Practical Tips on Integrating Cultural Awareness and Sensitivity into Biofeedback Practices</p> <p>Presented by: Benore, Fleischman, Frye CE Credits: 1.5 TRACK: Hot Topics LEVEL: Introductory FOCUS: 80% Clinical/20% Research Target Audience: Clinicians at all stages of career</p>	<p>BOS29 From Rumination to Compassion with Biofeedback</p> <p>Presented by: Khazan, Ewigman CE Credits: 1.5 TRACK: Hot Topics LEVEL: Advanced FOCUS: 80% Clinical/20% Research Target Audience: Biofeedback providers</p>	<p>BOS30 Centralized Pain: Clinical and Practical Implications</p> <p>Presented by: Behel, Ginsberg, Varner CE Credits: 1.5 TRACK: Basic Science LEVEL: Intermediate FOCUS: 50% Clinical/50% Research Target Audience: Practitioners interested in chronic pain at all levels</p>
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For complete session descriptions, learning objectives and more, visit:

aapb.org

Saturday, May 17

4:15pm - 4:45pm **Refreshment/Coffee Break**

5pm - 6pm **60-MINUTE BREAKOUT SESSIONS - CONCURRENT SYMPOSIA**

<p>BOS31 EEG Correlates of Panic, Violence, Aggression and Psychosis</p> <p>Presented by: Thompson CE Credits: 1 TRACK: Clinical Interventions and Optimal Performance LEVEL: Introductory FOCUS: 50% Clinical/50% Research Target Audience: All attendees</p>	<p>BOS32 Photobiomodulation in Traumatic Brain Injury: Pathophysiology, Clinical Evidence, and Implications for Neurofeedback</p> <p>Presented by: Lim CE Credits: 1 TRACK: Clinical Interventions and Optimal Performance LEVEL: Intermediate FOCUS: 40% Clinical/60% Research Target Audience: Psychotherapists, neurofeedback practitioners, researchers in brain conditions</p>	<p>BOS33 How Do You Feel in Your Body? A Deep Dive into Assessing Interoception as Bodily Awareness</p> <p>Presented by: Mensinger CE Credits: 1 TRACK: Hot Topics LEVEL: Intermediate FOCUS: 20% Clinical/80% Research Target Audience: Clinicians, researchers, and students who are interested in learning more about theories surrounding interoception, or bodily awareness, and how to measure it—especially as it pertains to disordered eating and chronic pain.</p>	<p>ORAL04 Oral Presentations - Session 4</p> <p>Presented by: Various CE Credits: 1 Synopsis: This 60-minute abstract presentation will include time for Q&A.</p> <p>ORAL04A Chronic Stress, The Master Hallmark of Aging: How it Speeds Up Aging and a Resilience Model to Reverse This Process Presented by: Sideroff</p>
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6:15pm - 7:30pm **KEYNOTE PRESENTATION: Distinguished Scientist Lecture**
Effects of Heart Rate Variability Biofeedback on Emotion Brain Networks and on Blood Biomarkers of Alzheimer’s Disease



Presented by: Mara Mather, PhD - Professor of Gerontology, Psychology and Biomedical Engineering, University of Southern California

Mara Mather is Professor of Gerontology, Psychology and Biomedical Engineering at the University of Southern California. Together with her lab members and research collaborators, she has conducted innovative work on the critical role of the noradrenergic system in cognition and aging, how emotion and emotional arousal affect cognition, and how inducing heart rate oscillatory activity benefits emotional brain networks and the aging brain. Her current research mission is to use physiological interventions to slow brain aging. She has received the Distinguished Scientific Award for Early Career Contribution to Psychology from the American Psychological Association, a National Institutes of Health K02 Career Development award, an Alexander von Humboldt Foundation Research Fellowship and a Max Planck Sabbatical Award. She received her Ph.D. in Cognitive Psychology from Princeton University and completed her undergraduate degree and postdoctoral training at Stanford University.

CE Credits: 1

TRACK: Basic Science

LEVEL: Introductory

The **AAPB Distinguished Scientist Award** is presented annually in recognition of an outstanding career and scientific contributions to the field of applied psychophysiology and biofeedback. This award recognizes a scientist who has advanced biofeedback through a significant body of research conducted, as judged by publications, awards, and peer review, and has made a major impact upon the field of study, nationally and/or internationally. Nominees must hold a doctoral degree in psychology, biomedical science, medicine, or another health-related field. Recipients are selected based on the following evaluation criteria: 1) Scientific importance of research discoveries; 2) Mentorship of students, postdoctoral fellows, and new faculty; 3) Continued impact on the field.

7:30pm - 10:30pm **Saturday Night AAPB Closing Reception**

GENERAL INFORMATION

Overall Conference Objectives:

- Discuss new psychophysiology and biofeedback methods to realize human potential and achieve results in a clinical setting.
- Determine psychophysiology and biofeedback techniques to improve patients' quality of life.

YOUR SAFETY and RISK MITIGATION ARE OUR PRIORITIES: Many large, in-person, healthcare-focused conferences have been held throughout the country, without adverse effects. However, attending any in-person event is a personal decision—one AAPB encourages everyone to make in their own TOTAL best interest. In addition to following all recommended WHO and hotel property safety protocols and guidelines in effect during the conference, the official policy will be communicated to our onsite guests as we get closer to the event and will be subject to change at any time.

Americans with Disabilities Act (ADA) Statement: ADA accommodations will be made in accordance with the law. If you require ADA accommodation, please indicate what your needs are at the time of registration. We cannot ensure the availability of appropriate accommodation without prior notification.

Expo Hall: We will feature the products, services and the science of our exhibiting partners and sponsors in the Expo Hall.

Product Guidelines: Of note, in accordance with APA and AAPB standards, it is important to understand that some products on display in the Exhibit Hall are not FDA approved for a particular use in humans or are not commercially available in the United States. When in doubt, be sure to ask. Should you have any concerns - alert AAPB staff. 1) Some of the products exhibited here may not be effective for the suggested applications. 2) Some of the equipment being exhibited may not have been registered by the FDA. 3) An FDA declaration of safe and effective use may not apply to uses being promoted here. Please check with each vendor to ascertain FDA status of any device you are considering. 4) AAPB makes no endorsement, either stated or implied, regarding the products.

Tickets Required: Admission to preconference workshops is by ticket only. Tickets may be purchased during the registration process or at onsite registration. Tickets purchased onsite will be strictly on a space-available basis.

Scientific Poster Presentations: Accepted poster presentations will be in-person only in 2025.

Medical Attention: Should a medical emergency arise, please dial 911 or contact Hotel Security.

The Annual Program Committee Requests Your Cooperation in Observing the Following Guidelines for Etiquette in Session Rooms:

- Videotaping, audio taping, or photographing the presentations is strictly prohibited (unless preauthorized).
- Mobile phones, pagers and other devices generating sound must be turned off in the session rooms.
- Attendees using laptop computers, personal digital assistants, or other electronic devices generating light must sit in the back half of the room to avoid disturbing fellow attendees.

Anti-Harassment Policy: The AAPB Annual Scientific Meeting is dedicated to providing a harassment-free conference experience for everyone, regardless of gender, gender identity and expression, sexual orientation, disability, physical appearance, body size, race, age or religion. We do not tolerate harassment of conference participants in any form. Conference participants violating these rules may be sanctioned or expelled from the conference, without a refund, at the discretion of the conference organizers.

CONTINUING EDUCATION RECIPROCITY

Psychologists (APA) Coverage & Reciprocity

The following state boards accept courses from APA providers for Counselors: AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, MD, ME, MO, NC, ND, NH, NE, NJ, NM, NV, OK*, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WY

MI: No CE requirements

The following state boards accept courses from APA providers for MFTs: AK, AR, AZ, CA, CO, CT, DE, FL, GA, IA, ID, IN, KS, MD, ME, MO, NE, NC, NH, NJ, NM, NV, OK*, OR, PA, RI, SC, SD, TN, TX, UT, VA, WA, WI, WY

The following state boards accept courses from APA providers for Addictions Professionals: AK, AR, CO, CT, DC, DE, GA, IA, IN, KS, LA, MD, MO, MT, NC, ND, NE, NJ, NM, NY (outstate held), OK*, OR, SC, UT, WA, WI, WY

*** OK accepts APA credit for live, in-person activities. For all ethics and/or online courses, an application is required.**

MA / MFTs: Participants can self-submit courses not approved by the MAMFT board for review.

The following state boards accept courses from APA providers for Social Workers: AK, AR, AZ, CA, CO, DE, FL, GA, ID, IN, KY, ME, MN, MO, NE, NH, NM, OR, PA, VT, WI, WY

Social Workers (ASWB) Coverage & Reciprocity

The following state boards accept courses offering ASWB ACE credit for Social Workers: AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, ID, IL, IN, IA, KS, KY, LA, ME, MD, MA, MI, MN, MS, MO, MT, NC, ND, NE, NH, NM, NV, OH, OK*, OR, PA, RI, SC, SD, TN, TX, UT, VT, VA, WA, WI, WV*, WY

*** WV accepts ASWB ACE unless activity is live in West Virginia, an application is required.**

The following state boards accept courses offering ASWB ACE credit for Counselors: AK, AR, AZ, CA, CO, CT, DC, FL, GA, IA, ID, IL, IN, KS, MA, MD, ME, MO, ND, NE, NM, NH, NV, OK*, OR, PA, TN, TX, UT, VA, WI, WY

*** AL:** Activities without NBCC approval may be approved upon receipt of documentation prior to the activity BEFORE the event. No approvals afterward by the board.

***MI:** No CE requirement

The following state boards accept courses offering ASWB ACE credit for MFTs: AK, AR, AZ, CA, CO, FL, IA, ID, IN, KS, MD, ME, MO, NC, NE, NH, NM, NV, OK*, OR, PA, RI, TN, TX, UT, VA, WI, WY

***MA MFTs:** Participants can self-submit courses not approved by the MAMFT board for review.

***MI:** No CE requirement

*** OK accepts ASWB ACE for live, in-person activities. For all ethics and/or online courses, application is required.**

The following state boards accept courses offering ASWB ACE credit for Addictions Professionals: AK, CA, CO, CT, GA, IA, IN, KS, LA, MO, MT, ND, NM, NV, OK, OR, SC, WA, WI, WV, WY

Physician Accreditation (ACCME) covers MDs, NPs, PAs Category I and DO's Category II
Nursing Accreditation (ANCC) covers all levels of nurses including Nurse Practitioners

CANCELLATION, REFUND AND COMPLIANCE POLICY

Please address questions, concerns, and any complaints to AAPB, via phone: 800-477-8892 or +1 303- 422-8436, or via email, info@aapb.org. AAPB is committed to accessibility and nondiscrimination in its continuing education activities.

Participants are asked to be aware of the need for privacy and confidentiality throughout the program. If program content becomes stressful, participants are encouraged to process these feelings during discussion periods. If participants have special needs, we will make every attempt to accommodate them in compliance with the ADA.

Refund/Attendance Policy: *Cancellations received in the AAPB office by **April 14, 2025** will be refunded minus a \$75 processing fee. Cancellations must be made in writing and faxed to 720-650-7942 or emailed to info@aapb.org. Refunds will not be given after this date.*

IMPORTANT NOTICE: Those who attend this conference in full and complete the sign-in requirement for each session will receive CE credits. Those arriving more than 15 minutes after the start time or leaving before a given conference activity is completed will not receive CE credit.

Grievance Policy: The Association of Applied Psychophysiology and Biofeedback (AAPB) is fully committed to conducting all activities in strict conformance with the American Psychological Association's Ethical Principles of Psychologists. AAPB will comply with all legal and ethical responsibilities to be non-discriminatory in promotional activities, program content and in the treatment of program participants. The monitoring and assessment of compliance with these standards will be the responsibility of the Education Chair in consultation with the members of the continuing education committee, the AAPB Ethics Chairperson, Continuing Education (CE) Committee Chairperson, Program Planning Committee Chairperson, and/or the Conference Chairperson. While AAPB goes to great lengths to assure fair treatment for all participants and attempts to anticipate problems, there will be occasional issues that come to the attention of the convention staff that require intervention and/or action on the part of the convention staff or an officer of AAPB. This procedural description serves as a guideline for handling such grievances. 1. When a participant, either orally or in written format, files a grievance and expects action on the complaint, the following actions will be taken. If the person to whom the grievance is directed is also the instructor or a chair of any of the above-mentioned committees, the AAPB Board of Directors will appoint a Board representative to oversee the resolution of any of the participant complaints, in an effort to avoid any and all conflicts of interest. If the grievance concerns a speaker, the content presented by the speaker, or the style of presentation, the individual filing the grievance will be asked to put his/her comments in written format. The CE Chair will then pass on the comments to the speaker, assuring the confidentiality of the grieved individual. 2. If the grievance concerns a workshop offering, its content, level of presentation, or the facilities in which the workshop was offered, the convention chair will mediate and will be the final arbitrator. If the participant requests action, the convention chair will: a) attempt to move the participant to another workshop or b) provide a credit for a subsequent year's workshop or c) provide a partial or full refund of the workshop fee. Actions 2b and 2c will require a written note, documenting the grievance, for record keeping purposes. The note need not be signed by the grieved individual. 3. If the grievance concerns an AAPB CE program, in a specific regard, the CE Chair will attempt to arbitrate.

Contact: Leslie Shivers, AAPB Executive Director
Email: info@aapb.org
Telephone: 800-477-8892 or +1 303-422-8436
Address: PO Box 461797, Aurora, CO 80046-1797

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