

56TH ANNUAL SCIENTIFIC MEETING

**PRELIMINARY
PROGRAM OF EVENTS**

**THE SCIENCE OF
SELF-REGULATION
AND RESILIENCE
THROUGH
BIOFEEDBACK**

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Full Panoramic view of your clients physiology in a clinically relevant package with easy to use hardware and software



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Monitor any combination of sensors including: sEMG, EEG, EKG, PPG, HEG, Respiration, Skin conductance, Temperature, Angle, Pressure, Force, etc. with signal amplification at the sensor sites for low noise performance. The benefit to you is quick accurate setup and consistent signal quality.

Wired or wireless connection

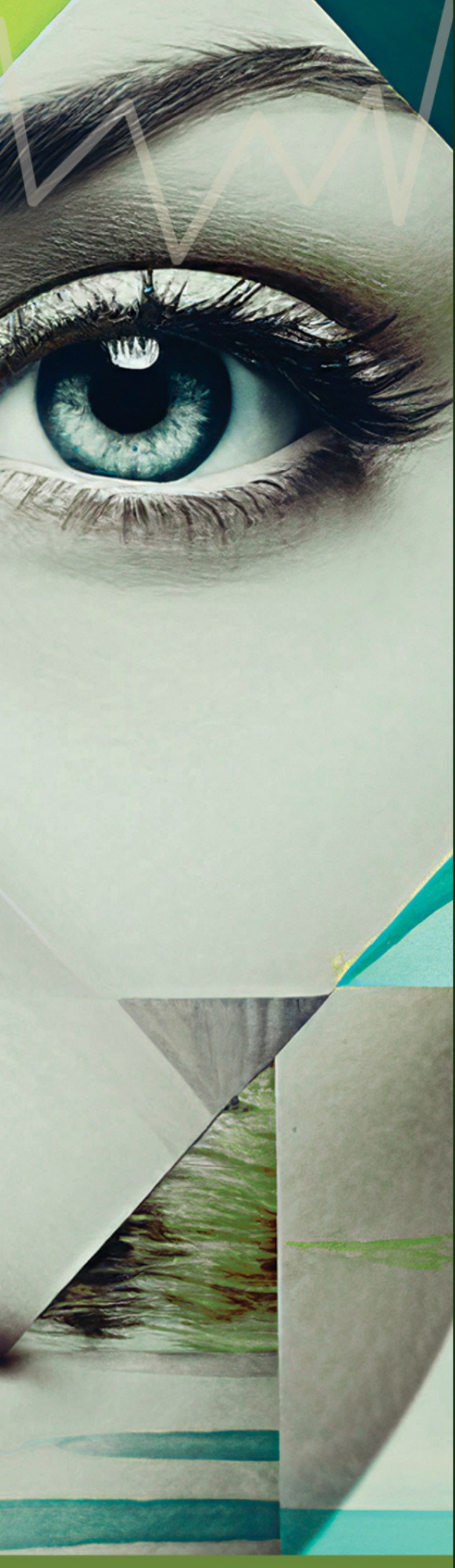
Connects to a PC at 256 or 2048 samples per second through a fiberoptic to USB computer connection or with an optional Bluetooth module, which cuts the tether and provides maximum freedom of movement. Also allows the use of a memory card to record data away from the PC.

Uses our Powerful BioGraph Infiniti Software

The software is a complete package of physiological monitoring and self-regulation tools designed for health care professionals who want to incorporate psychophysiological methods into their practice. The software combines classic physiological biofeedback (arousal and peripheral temperature) with heart rate variability training (HRV) and neurofeedback protocols (EEG biofeedback) into one integrated package.

"I love the Thought Technology Infiniti System. It's a comprehensive biofeedback system complete with EEG Neurofeedback plus a wide selection of flexible biofeedback modalities to fit any clinician's needs. Its state-of-the-art multimedia capabilities are engaging, effective, and fun!"

Lynda Kirk, MA, LPC, BCIA Senior Fellow, BCIA-EEG Fellow,
QEEG-Diplomate, ISNR Past President & Fellow, AAPB Past President



PROGRAM

WEDNESDAY, MAY 13

Preconference Workshops

THURSDAY, MAY 14

Preconference Workshops

Expo Hall Opens

Welcome Reception

FRIDAY, MAY 15

Keynote Presentations

Breakout/Symposia

Poster Presentations

Expo Hall Open

Exhibitor Demos

Presidential & Poster Reception

SATURDAY, MAY 16

Distinguished Scientist Presentation

Breakout/Symposia

Expo Hall Open

Exhibitor Demos

REGISTER AT aapb.org

KEYNOTE/FEATURED PRESENTERS



*Distinguished Scientist
Lecturer*

PATRICK STEFFEN, PHD

Building Stress Resilience through
the Integration of Psychotherapy
and Biofeedback

Saturday, May 16 - 6 pm

Keynote Presenter

STEPHEN SIDEROFF, PHD

From Stress Management to
Resilience: Development of a
Comprehensive Model and Approach
to Psychological Transformation and
Optimal Functioning

Friday, May 15 - 10:30 am



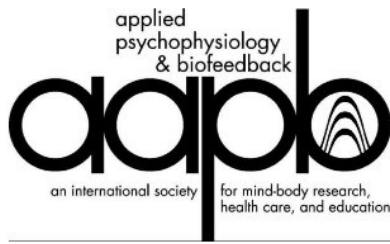
Keynote Presenter

MICHELLE DRAPKIN, PHD

Why Trying Harder Doesn't Work (and
What Motivational Interviewing Does
Instead)

Friday, May 15 - 6:15 pm





The **Association for Applied Psychophysiology & Biofeedback (AAPB)**, the pioneering professional society devoted to education and research in this field, will be hosting its **56th Annual Scientific Meeting** in Baltimore, Maryland, **May 13-16, 2026**, at the **Lord Baltimore Hotel**. 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

- **Three keynote sessions** featuring world-renowned scientists and practitioners (listed in order of appearance):
 - **Stephen Sideroff, PhD:** From Stress Management to Resilience: Development of a Comprehensive Model and Approach to Psychological Transformation and Optimal Functioning
 - **Michelle Drapkin, PhD:** Why Trying Harder Doesn't Work (and What Motivational Interviewing Does Instead)
 - **Patrick Steffen, PhD:** 2026 AAPB Distinguished Scientist Lecture - Building Stress Resilience through the Integration of Psychotherapy and Biofeedback
- **Preconference hands-on, extended, in person workshops** on Wednesday, May 13 and Thursday, May 14 – separate registration and additional fees are required.
- **Two dozen Symposia/Breakout Sessions** on Friday, May 15 and Saturday, May 16
- **Expo Hall and Networking Receptions** to allow you to meet and collaborate with those who share subject matter knowledge and interest in biofeedback.
- **MAXIMUM 30.0 CE credits are 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.



Joint Accreditation Statement: In support of improving patient care, this activity has been planned and implemented by Amedco LLC and Association for Applied Psychophysiology & 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. Amedco Joint Accreditation Provider Number: 4008163. Professions in scope for this activity are listed below.

Physicians: Amedco LLC designates this live activity for a maximum of 30 AMA PRA Category 1 Credits™ for physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Social Workers: As a Jointly Accredited Organization, Amedco is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Amedco maintains responsibility for this course. ASWB Content Level: Beginner, Intermediate, Advanced. Social workers completing this course receive up to 30 continuing education credits.



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.

Complete details available at aapb.org

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 education 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

Lord Baltimore Hotel

20 W Baltimore Street, Baltimore, Maryland 21201

Every detail of the Lord Baltimore Hotel is rich in historical and architectural significance, all coming together to create one of the most unique and interesting hotels in downtown Baltimore. Conveniently located in the heart of downtown, just steps from the Inner Harbor, Oriole Park at Camden Yards and the Charles Center subway station, offering access to attractions and things to do throughout Baltimore.

**AAPB Discounted Room Block Rate:
\$219 plus tax per night**

**Room Block Reservation Deadline:
April 11, 2026**

Make Your Reservation Today!

Reservations may be made by phone, referencing AAPB 2026 Annual Conference at

855-539-1928

or visit this website:

<https://reservations.travelclick.com/85390?groupID=4481389>



Guaranteed credit card or first night deposit due at time of reservation. **Please identify yourself as an AAPB Meeting Attendee, to ensure you get the special rate.** Room rate not applicable to those booking through a 3rd-party vendor (i.e., Priceline, Travelocity, etc.).

With an array of onsite amenities and personalized services, the Lord Baltimore Hotel is one of the best downtown area hotels for business or for leisure stays. From the moment you arrive, their warm, friendly staff is committed to making you feel well taken care of. The restaurants at the Lord Baltimore Hotel are steeped in the essence of authentic Baltimore. Whether you're enjoying a fresh pastry at **LB Bakery**, the locally sourced bounty of the Chesapeake Bay at **LB Tavern** or taking in stunning skyline views from **LB Skybar**, our seasonal rooftop deck, we have the perfect restaurant for any taste and occasion. Additional amenities at this hotel include **fitness center**, concierge services, in-house guest laundry facility and [Poe's Magic Theater](#).

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 Lord Baltimore staff will never contact attendees and/or exhibitors, via phone or direct email, offer to book your room, offer 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.**

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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 non-profit 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! 2026 FERB Student Travel Scholarship Application

Apply for a **\$400 student travel and registration scholarship** to support attendance at the Association for Applied Psychophysiology and Biofeedback's (AAPB) 2026 Annual Scientific Meeting in Baltimore, MD.

Please respond to all questions on the application form and attach all required supporting documentation before submitting. **Note:** You must be a student

member of AAPB to qualify; one-year's student member dues of \$59 will be deducted from the travel award of non-member applicants. **PLEASE SUBMIT THIS APPLICATION NO LATER THAN APRIL 25, 2026.** Eligibility for the FERB Student Travel Scholarship includes: (1) proof of full-time student status, (2) faculty member recommendation, and (3) attendance and participation (presenter, volunteer) at the AAPB 2026 Annual Scientific Meeting in Baltimore, MD. Awards will be based on eligibility and availability of funds as determined by the FERB Awards Committee. The amount of the award may be changed at the discretion of the Committee. Apply here: <https://form.jotform.com/230794703666161>



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

PRECONFERENCE WORKSHOPS - TICKETED EVENTS

WEDNESDAY, MAY 13, 2026

| | |
|------|---|
| WS01 | <p>BCIA Heart Rate Variability Biofeedback Didactic Course Part 1</p> <p><i>Presented by: F. Shaffer, D. Moss, I. Khazan</i></p> |
| WS02 | <p>Biofeedback for Chronic Pain Management</p> <p><i>Presented by: S. Rosenthal, A. Kotay, K. Fleischman</i></p> |
| WS03 | <p>Network Pathways to Brain Health: What the Brain is Telling Us and How to Listen</p> <p><i>Presented by: T. Collura, R. Turner, H. Brubaker, D. Ims, P. Gracefire</i></p> |
| WS04 | <p>HRV and Sound Therapy as Potentiators of EEG Training - DEEP DIVE</p> <p><i>Presented by: M. Swingle</i></p> |
| WS05 | <p>Clinical Interoception in Biofeedback: Assessment and Intervention</p> <p><i>Presented by: N. Ewigman</i></p> |
| WS06 | <p>Individualized Protocols for Trauma Treatment: Integrating Assessment, Bio and Neurofeedback</p> <p><i>Presented by: M. Sadar, A. Sadar</i></p> |
| WS07 | <p>Integrating Hypnosis into Your Clinical/Biofeedback Practice</p> <p><i>Presented by: R. Pekala</i></p> |



SCHEDULE-AT-A-GLANCE

PRECONFERENCE WORKSHOPS

TICKETED EVENTS

THURSDAY, MAY 14, 2026



WS08

BCIA Heart Rate Variability Biofeedback Didactic Course Part 2

Presented by: P. Lehrer, R. Gevitz

WS09

FREE
TO
STUDENTS!

Getting Connected: A Hands-On Primer in Biofeedback and Neurofeedback

Presented by: B. Parsons, I. Khazan, F. DeGregorio

WS10

Boosting your Practice: Neurofeedback Skills for the Intermediate Practitioner

Presented by: L. Walker

WS11

Practical Approaches to Management of Major Chronic Illnesses: Incorporating Biofeedback into a Lifestyle Medicine Perspective

Presented by: A. McGrady, D. Moss

WS12

Neurodiversity Affirming QEEG-Guided Neurofeedback: A Brain-Based, Individualized Approach to Autism

Presented by: M. Linden, J. Eure, J. Glacel, N. Hughes

WS13

Skills Not Pills: Integrative Biofeedback for Pain, Anxiety, Dysmenorrhea, Dry Eyes and Well-Being

Presented by: E. Peper

REC01

Welcome Reception in Expo Hall

SCHEDULE-AT-A-GLANCE

ANNUAL MEETING SYMPOSIA

FRIDAY, MAY 15, 2026

| | |
|---------------|---|
| BOS01 | HRV and Sound Therapy as Potentiators of EEG Training |
| BOS02 | Divergent QEEG Profiles Associated with Depression and Modified with Neurostimulation |
| BOS03 | Applied Psychophysiology in High-Constraint Settings: (Police Research) |
| ORAL01 | ORAL PRESENTATIONS: Stress Management |
| KEY01 | From Stress Management to Resilience: Development of a Comprehensive Model and Approach to Psychological Transformation and Optimal Functioning |
| LL01 | LUNCH & LEARN/INVITED LECTURE - Restoring Function and Resilience in Functional Neurological Disorder |
| STNT01 | AAPB Student Lunch |
| JRNL01 | Journal Editorial Board Lunch - Invite Only |
| BCIA01 | BCIA Certification/Recertification FAQ's and Answers |

SCHEDULE-AT-A-GLANCE

ANNUAL MEETING SYMPOSIA

FRIDAY, MAY 15, 2026

| | |
|--------------|---|
| BOS04 | Maximizing the Impact of Alpha-theta Therapy: Tools and Resources |
| BOS05 | Pharmacological Impact in Pediatric Psychophysiology |
| BOS06 | Motivational Interviewing in Biofeedback Practice: Getting Clients to Want to Change |
| BOS07 | Autonomic Dysregulation, Interoception, and Self-Regulation: Biofeedback Applications for Dysautonomia |
| BOS08 | Beyond Resonance Frequency: Capnography-Informed Restoration of Reflexive Breathing in Biofeedback Practice |
| BOS09 | Ethics I: Professional Ethics and Practice Standards in Biofeedback |
| BOS10 | Mindblowing Science of Piezo2: Mechanosensory Interoception Meets HRV Biofeedback |
| KEY02 | KEYNOTE: Why Trying Harder Doesn't Work (and What Motivational Interviewing Does Instead) |
| REC02 | Presidential Reception & Poster Presentations |

SCHEDULE-AT-A-GLANCE

ANNUAL MEETING SYMPOSIA

SATURDAY, MAY 16, 2026

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|---------------|--|
| BOS11 | Progress in Applied Psychophysiology: Status of Applied Psychophysiology and Biofeedback and Results of an Updated Meta Analysis of Research on HRV Biofeedback |
| BOS12 | Integrating QEEG and Precision Medicine in Complex Mental Health Care |
| BOS13 | Optimising Cognitive Performance Under Extreme Stress Using Respiratory Biofeedback |
| BOS14 | At Risk and Under Stress: Evaluating a Heart Rate Variability-Based Preventive Intervention in Young Adults |
| ORAL02 | Oral Presentations: HRV Sessions |
| BOS15 | Seeing Emotional Suppression: Biofeedback for Cognitive and Emotional Processes |
| BOS16 | One With Breathing: Personal Empowerment from Within |
| BOS17 | The Circular Firing Squad: Neurofeedback's History of Rivalry and Infighting |
| BOS18 | When Psychophysiology Meets Psychotherapy |
| LL02 | Women in the Science of AAPB Discussion Group Lunch |

SCHEDULE-AT-A-GLANCE

ANNUAL MEETING SYMPOSIA

SATURDAY, MAY 16, 2026

| | |
|-------|--|
| BOS19 | Ethics II: Professional Ethics and Practice Standards in Neurofeedback and Telehealth |
| BOS20 | From Athlete to Performing Artist or Executive: Psychophysiological Self-Regulation as a Transferable Foundation for Performance |
| BOS21 | Emotional Expectations as Medicine: How Beliefs About Pain Change the Brain |
| BOS22 | The Nerve of those Disorders: Vagal Withdrawal and a Unifying Theme in Health and Illness |
| BOS23 | One Molecule, Many Stories: How Dopamine Became Psychiatry's Most Successful Semantic Artifact |
| BOS24 | Adding Heart Rate Variability Biofeedback to Empirically-based Therapies for Anxiety Disorders |
| BOS25 | Training Autonomic Resilience in Athletes Using HRV |
| BOS26 | Autonomic Dysfunction and Sensitized Chronic Pain |
| KEY03 | Distinguished Scientist Lecture: Building Stress Resilience through the Integration of Psychotherapy and Biofeedback |
| SPC01 | FERB Fundraiser Reception - Dinner |



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**](http://aapb.org/join)



Sync Your Breath to Music

For Calm, Focus, and Recovery

Download Allos



Music-Guided Resonance Frequency Breathing

Allos transforms an evidence-based breathing protocol into an engaging practice people can enjoy and sustain over time.



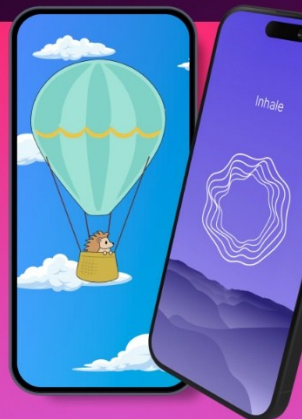
1.
Select music to match your mood or desired outcome



2.
Set the pace to your unique resonance frequency



3.
Breathe to the rhythm and melody of the music



Designed to Support Clinicians and Coaches:

- Works alongside most HRV biofeedback apps
- Supports protocols for resonance frequency assessment
- Target Mode slowly guides users to their resonance frequency over time
- Adjustable from 4-10 breaths per minute
- Diverse genres of music appeal to users across age groups
- Animated pacers, including generative designs and characters

PROGRAM OF EVENTS

IMPORTANT!

- The schedule is **preliminary and subject to change**.
- All times listed are indicated in **US EASTERN**
- **Complete information**, including learning objectives by session, presenter biographies, financial disclosures and more, is available at aapb.org.
- 2026 AAPB Annual Scientific Meeting is being **held as an "in person only" experience**. Virtual participation is not accommodated.
- 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 12

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 13 (Preconference Workshops)

7:30am - 6:30pm

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 Biofeedback for Chronic Pain Management

Presented by: Rosenthal, Kotay, Fleischman

CE Credits: 7

TRACK: Clinical Interventions and Optimal Performance

LEVEL: Introductory

FOCUS: 80% Clinical/20% Research

Target Audience: Given the complexity of patients with chronic pain, interventions and treatments can be minimally effective or have unexpected consequences. All interventions will be discussed in the context of an evidence base.

Complete details available at aapb.org

Wednesday, May 13 (Preconference Workshops)

8:30am - 1pm

AM HALF-DAY PRECONFERENCE WORKSHOPS

| | | |
|---|--|--|
| <p>WS03 Network Pathways to Brain Health: What the Brain is Telling Us and How to Listen</p> <p>Presented by: Collura, Turner, Ims, Brubaker, Gracefire CE credits: 4 TRACK: Clinical Interventions and Optimal Performance LEVEL: Intermediate FOCUS: 100% Clinical Target Audience: Clinicians who work with patients experiencing the effects of environmental and behavioral stress and toxicity, and who wish to pursue brain-based interventions</p> | <p>WS04 HRV and Sound Therapy as Potentiators of EEG Training - DEEP DIVE</p> <p>Presented by: Swingle CE credits: 4 TRACK: Clinical Interventions and Optimal Performance LEVEL: Intermediate FOCUS: 50% Clinical/50% Research Target Audience: Clinicians</p> <p>***** ADMISSION TO THIS WORKSHOP IS COMPLIMENTARY FOR ALL! *****</p> | <p>WS05 Clinical Interoception in Biofeedback: Assessment and Intervention</p> <p>Presented by: Ewigman CE credits: 4 TRACK: Hot topics LEVEL: Advanced FOCUS: 80% Clinical/20% Research Target Audience: Biofeedback providers, therapists, researchers interested in clinical translation</p> |
|---|--|--|

1pm - 2pm

Lunch Break (ON YOUR OWN)

2pm - 6:30pm

PM HALF-DAY PRECONFERENCE WORKSHOPS

| | |
|--|--|
| <p>WS06 Individualized Protocols for Trauma Treatment: Integrating Assessment, Biofeedback and Neurofeedback</p> <p>Presented by: M. Sadar, A. Sadar CE credits: 4 TRACK: Clinical Interventions and Optimal Performance LEVEL: Intermediate FOCUS: 75% Clinical/25% Research Target Audience: Psychologists, clinicians, medical personnel, students</p> | <p>WS07 Integrating Hypnosis into Your Clinical/Biofeedback Practice</p> <p>Presented by: Pekala CE credits: 4 TRACK: Clinical Interventions and Optimal Performance LEVEL: Intermediate FOCUS: 65% Clinical/35% Research Target Audience: Any therapist/clinician who uses relaxation-based interventions in their clinical practice and who is interested in better tailoring relaxation, meditation, biofeedback, visualization, hypnosis, etc. to their client's phenomenological world based on individual differences measures such as hypnotizability (Wickramasekera, 1988), imagoic suggestibility (aphantasia/hyperphantasia, Zemen, 2024), and/or expectancy (Kirsch, 2010).</p> |
|--|--|



Thursday, May 14 (Preconference Workshops)

7:30am – 6:30pm

Registration/Check-In Open

8 am - 9am

Preconference Workshop Attendee-only Continental Breakfast

9am - 6 or 6:30pm

FULL-DAY PRECONFERENCE WORKSHOPS

****1pm – 2pm

Lunch Break (ON YOUR OWN)

WS08 BCIA Heart Rate Variability Biofeedback Didactic Course Part 2: How To Do It, Why it Works, and For What

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.

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

WS09 Getting Connected: A Hands-On Primer in Biofeedback and Neurofeedback

Presented by: Parsons, Khazan, DeGregorio

CE credits: 7

TRACK: Basic Science

LEVEL: Introductory

FOCUS: 75% Clinical/25% Research

Target Audience: This workshop is designed primarily for students, trainees, early-career clinicians, and first-time AAPB conference attendees who are seeking a clear, grounded introduction to biofeedback and neurofeedback.

ADMISSION TO THIS WORKSHOP IS
COMPLIMENTARY FOR STUDENTS!

8:30am – 1pm

AM HALF-DAY PRECONFERENCE WORKSHOPS

WS10 Boosting your Practice: Neurofeedback Skills for the Intermediate Practitioner

Presented by: Walker

CE credits: 4

TRACK: Clinical Interventions and Optimal Performance

LEVEL: Intermediate

FOCUS: 75% Clinical/25% Research

Target Audience: This workshop is designed primarily for students, trainees, early-career clinicians, and first-time AAPB conference attendees who are seeking a clear, grounded introduction to biofeedback and neurofeedback. It is particularly well suited for individuals who are curious about applied psychophysiology but may feel overwhelmed by the technical, theoretical, or equipment-driven aspects of the field, clinical reasoning, and hands-on interaction with equipment rather than purely didactic instruction.

WS11 Practical Approaches to Management of Major Chronic Illnesses: Incorporating Biofeedback into a Lifestyle Medicine Perspective

Presented by: McGrady, Moss

CE credits: 4

TRACK: Clinical Interventions and Optimal Performance

LEVEL: Intermediate

FOCUS: 75% Clinical/25% Research

Target Audience: Psychologists, physicians, counselors, social workers, biofeedback practitioners, educators

1pm – 2pm

Lunch Break (ON YOUR OWN)

12pm – 4pm

Exhibitor Move-In and Set-up

1pm – 2pm

AAPB Board of Directors Meeting (private function)

Thursday, May 14 (Preconference Workshops)

2pm - 6:30pm

PM HALF-DAY PRECONFERENCE WORKSHOPS

WS12 Neurodiversity Affirming QEEG-Guided Neurofeedback: A Brain-Based, Individualized Approach to Autism

Presented by: Linden, Eure, Glacel, Hughes
CE credits: 4
TRACK: Clinical Interventions and Optimal Performance
LEVEL: Intermediate
FOCUS: 65% Clinical/35% Research
Target Audience: Licensed mental health clinicians, neurofeedback providers, psychologists, counselors, social workers, and allied healthcare professionals working with autistic children, adolescents, or adults.

WS13 Skills Not Pills: Integrative Biofeedback for Pain, Anxiety, Dysmenorrhea, Dry Eyes and Well-Being

Presented by: Peper
CE credits: 4
TRACK: Clinical Interventions and Optimal Performance
LEVEL: Intermediate
FOCUS: 70% Clinical/30% Research
Target Audience: Clinicians and educators

6:30pm - 8pm

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 15 (Annual Scientific Meeting)

7:30am - 7:30pm **Registration/Check-In Open**

8am - 9:30pm **EXHIBIT HALL OPEN**

8am - 9am **General Attendee CONTINENTAL Breakfast**

9am - 10am **60-MINUTE BREAKOUT SESSIONS - CONCURRENT SYMPOSIA**

BOS01 HRV and Sound Therapy as Potentiators of EEG Training

Presented by: Swingle
CE Credits: 1
TRACK: Clinical Interventions and Optimal Performance
LEVEL: Intermediate
FOCUS: 50%Clinical/ 50% Research
Target Audience: Clinicians

BOS02 Divergent QEEG Profiles Associated with Depression and Modified with Neurostimulation

Presented by: Damis
CE Credits: 1
TRACK: Basic Science
LEVEL: Intermediate
FOCUS: 70% Clinical/30% Research
Target Audience: Neurofeedback, Neurostimulation, and QEEG providers practitioners and educators in the field of biofeedback.

BOS03 Getting Started With HRVB for Trauma-Exposed Law Enforcement: A Research-Practitioner Dialogue

Presented by: Andersen, Ruocco
CE Credits: 1
TRACK: Clinical Interventions and Optimal Performance
LEVEL: Introductory
FOCUS: 40% Clinical/60% Research
Target Audience: Researchers and applied practitioners, including early career professionals, interested in designing and implementing combined biofeedback and cognitive skills training focused on mental health and wellness in first responder and tactical populations.

ORAL01 Oral Presentations - Stress Management

Presented by: Various
CE Credits: 1
Synopsis: These 15 to 30-minute abstract presentations will include time for Q&A.

ORAL01A Interrupting Stress in Real Time: Effects of Mind-Body Self-Regulation Training on Student Health and Clarity of Mind

Presented by: Peper

ORAL01B Nature Contact and Its Effects on Stress, Resilience, and Health

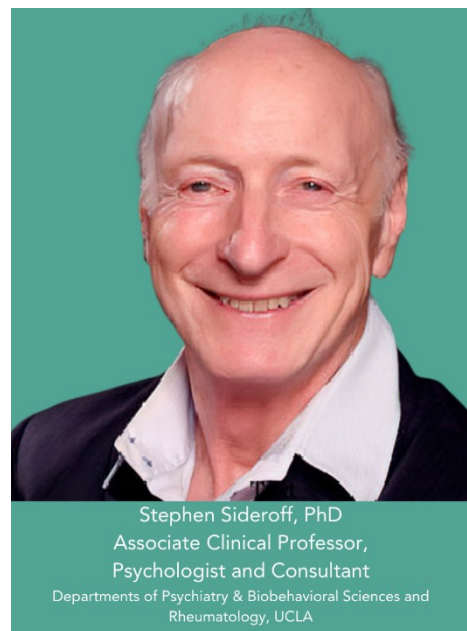
Presented by: Moss

Friday, May 15 (Annual Scientific Meeting)

10:30am - 12pm

KEYNOTE PRESENTATION: From Stress Management to Resilience: Development of a Comprehensive Model and Approach to Psychological Transformation and Optimal Functioning

Resilience is not simply the ability to “bounce back,” and recover baseline, but as the capacity to sustain optimal functioning across physiological, psychological, relational, and existential domains in the face of stress and adversity. In this keynote address, Dr. Stephen Sideroff presents his Nine Component (Pillars) Model of Resilience, developed through decades of clinical practice, research, and integration of behavioral medicine, psychophysiology, and mind-body interventions. The Nine Component Model conceptualizes resilience as a dynamic, trainable system that supports self regulation, recovery, adaptability, and growth. The model includes core elements such as physiological regulation and recovery, emotional healing and flexibility, cognitive appraisal and meaning making, relational attunement and co regulation, values based purpose, behavioral adaptability, healthy engagement, and integrative self awareness. Together, these components provide a comprehensive framework for understanding resilience as optimal functioning rather than symptom reduction alone. The presentation will review the theoretical foundations of the model, drawing from contemporary resilience science, neurobiology of stress and recovery, and psychophysiological research. Construct of “The Path” will be introduced as a methodology for sustained effort, mobilizing motivation, engaging reward systems and reducing overwhelm. Emphasis on the use of biofeedback, heart rate variability training, breathing, attentional regulation, and other innovative interventions to help strengthen specific resilience components. Case examples will illustrate how the model informs assessment, treatment planning, and outcome measurement in behavioral medicine, trauma informed care, chronic illness, and performance focused settings. Current research on the relationship between the 9-pillar model and rate of aging will be presented. Presentation will include practical strategies for integrating the Nine Component Model into clinical and performance environments. Attendees will gain a clear, clinically actionable framework for enhancing resilience that can be adapted across diverse populations, cultural contexts, and professional disciplines.



Presented by: Stephen Sideroff, PhD: Dr. Stephen Sideroff is an internationally recognized psychologist, consultant, and Associate Professor in the Department of Psychiatry and Biobehavioral Sciences at UCLA’s School of Medicine, with a joint appointment in Rheumatology. For over four decades, he has advanced pioneering behavioral and mind-body approaches to stress-related psychological and medical conditions. He founded Stress Strategies at UCLA/Santa Monica Hospital and has developed innovative training and treatment programs implemented internationally. Dr. Sideroff’s work focuses on how stress, emotional factors, and nervous system dysregulation influence health, performance, and aging—particularly how these factors lower physiological thresholds and increase vulnerability to illness. A respected thought leader, he has published groundbreaking research on brain-behavior relationships and is frequently invited to speak on resilience, peak performance, leadership, and transformational psychology. He has hosted global summits on longevity, resilience, and leadership, and is the host of the acclaimed podcast Quantum Leadership. His latest book, *The 9 Pillars of Resilience: The Proven Path to Master Stress, Slow Aging & Increase Vitality*, integrates decades of clinical, research, and applied experience into a practical framework for sustainable health and human potential.

CE Credits: 1

TRACK: Clinical Interventions and Optimal Performance

LEVEL: Intermediate

Friday, May 15 (Annual Scientific Meeting)

- 12pm - 2pm **Lunch Break (ON YOUR OWN)**
- 12:30pm - 1:30pm **Springer Editorial Board Luncheon** (Private Event)
- 12:30pm - 1:30pm **Student Welcome Luncheon** (Students and Faculty only - Ticket required)
- 12:30pm - 1:30pm **LUNCH AND LEARN/INVITED LECTURE: Restoring Function and Resilience in Functional Neurological Disorder**
Presented by Jarhed Peña, PhD, LPC, CRC; Cameron Paxton, MA
CE Credits: 1 **TRACK:** Clinical Interventions and Optimal Performance **LEVEL:** Introductory

This presentation will examine Functional Neurological Disorder (FND) through a disability and rehabilitation lens and then translate this understanding into practical treatment strategies for clinicians. FND will be framed as a disorder of disrupted brain network functioning involving salience detection, interoception, attention, emotional processing, and motor control, rather than structural neurological disease. The session will emphasize how altered processing of bodily signals and threat-related cues contributes to symptom expression, reduced sense of agency, and further functional impairment. Particular attention will be given to practical clinical treatment strategies, including physiotherapy strategies that retrain automatic movement through diverted attention and psychotherapy approaches that address maladaptive attention, avoidance, and threat appraisal. The presentation will highlight how biofeedback-informed methods—such as training attention regulation, interoceptive awareness, and autonomic flexibility—can support recovery when integrated within a multidisciplinary care model.

**** Lunch will be available for the first 50 attendees. First-come, first-serve**

- 1pm - 1:30 pm **BCIA Certification/Recertification FAQ's and Answers**
- 2pm - 3:30pm **90-MINUTE BREAKOUT SESSIONS - CONCURRENT SYMPOSIA**

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| <p>BOS04 Maximizing the Impact of Alpha-theta Therapy: Tools and Resources</p> <p>Presented by: Walker CE Credits: 1.5 TRACK: Clinical Interventions and Optimal Performance LEVEL: Intermediate FOCUS: 75% Clinical/25% Research Target Audience: This workshop is for beginning to intermediate neurofeedback practitioners who are exploring alpha theta neurofeedback but want resources to help them feel confident in managing and facilitating a session.</p> | <p>BOS05 Pharmacological Impact in Pediatric Psychophysiology</p> <p>Presented by: Fleischman, Enos, Miller, Greene CE Credits: 1.5 TRACK: Hot Topics LEVEL: Intermediate FOCUS: 50% Clinical/50% Research Target Audience: Clinicians at all stages of career</p> | <p>BOS06 Motivational Interviewing in Biofeedback Practice: Getting Clients to Want to Change</p> <p>Presented by: Rosenthal, Bennett CE Credits: 1.5 TRACK: Clinical Interventions and Optimal Performance LEVEL: Introductory FOCUS: 90% Clinical/10% Research Target Audience: Practitioners who are interested in improving client engagement and motivation to change</p> | <p style="text-align: center;">From 2pm-3pm - 60-Minute Session!</p> <p>BOS07 Autonomic Dysregulation, Interoception, and Self-Regulation: Biofeedback Applications for Dysautonomia</p> <p>Presented by: Hayburn CE Credits: 1.0 TRACK: Clinical Interventions and Optimal Performance LEVEL: Intermediate FOCUS: 80% Clinical/20% Research Target Audience: This symposium is designed for practitioners who are interested in learning the psychophysiology of dysautonomia and advancing evidence-based biofeedback interventions for dysautonomia/autonomic dysfunction..</p> |
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Friday, May 15 (Annual Scientific Meeting)

4pm - 5:30pm

90-MINUTE BREAKOUT SESSIONS - CONCURRENT SYMPOSIA

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| <p>BOS08 Beyond Resonance Frequency: Capnography-Informed Restoration of Reflexive Breathing in Biofeedback Practice</p> <p>Presented by: Kusch CE Credits: 1.5 TRACK: Clinical Interventions and Optimal Performance LEVEL: Intermediate FOCUS: 70% Clinical/30% Research Target Audience: This session is designed for clinicians, researchers, and applied psychophysiology professionals who use or interpret breathing-based biofeedback, HRV, or other peripheral biofeedback modalities and are interested in improving assessment validity, outcome interpretation, and long-term self-regulation.</p> | <p>BOS09 Ethics I: Professional Ethics and Practice Standards in Biofeedback</p> <p>Presented by: Moss CE Credits: 1.5 TRACK: Clinical Interventions and Optimal Performance LEVEL: Introductory FOCUS: 75% Clinical/25% Research Target Audience: Health professionals and behavioral health professionals engaged in the practice of biofeedback, neurofeedback, and self-regulation-oriented therapies</p> | <p>From 4pm-5pm - 60-Minute Session! BOS10 Mindblowing Science of Piezo2: Mechanosensory Interoception Meets HRV Biofeedback</p> <p>Presented by: Bennett CE Credits: 1.0 TRACK: Hot Topics LEVEL: Intermediate FOCUS: 35% Clinical/65% Research Target Audience: Those interested in the latest science on the mechanisms behind the results we get with HRV biofeedback. Piezo2 shifts the paradigm and provides a new understanding of the power of HRV.</p> | <p>From 4pm-5pm - 60-Minute Session! BOS11 Progress in Applied Psychophysiology: Status of Applied Psychophysiology and Biofeedback and Results of an Updated Meta Analysis of Research on HRV Biofeedback</p> <p>Presented by: Lehrer CE Credits: 1.0 TRACK: Clinical Interventions and Optimal Performance LEVEL: Intermediate FOCUS: 25% Clinical/75% Research Target Audience: People interested in the status of research in the field of biofeedback, particularly HRV biofeedback</p> |
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5:30pm - 6pm

Refreshment/Coffee Break in the Expo Hall

6:15pm - 7:30pm

KEYNOTE PRESENTATION: Why Trying Harder Doesn't Work (and What Motivational Interviewing Does Instead)

Motivational Interviewing (MI) is an evidence-based, collaborative approach to supporting behavior change that is especially useful when people feel stuck, ambivalent, or discouraged. Rather than relying on persuasion, advice-giving, or pressure, MI helps clinicians work with motivation as it is, creating conditions that support engagement, persistence, and meaningful change over time. In this keynote, Dr. Michelle Drapkin will offer a clear, accessible introduction to Motivational Interviewing and explore how it can be applied in everyday clinical conversations. Designed for both those new to MI and those looking to reconnect with its foundations, the session will review the core principles of MI, including empathy, autonomy, collaboration, and evocation, and how these principles translate into practical clinical strategies. The talk will address common challenges clinicians encounter in behavior change work, such as difficulty sustaining home practice, frustration when progress is slow, perfectionism and over-effort, ambivalence driven by external pressure, and trouble applying skills during real-world stress. Drawing lightly on insights from self-regulation and psychophysiology, Dr. Drapkin will illustrate how MI helps reduce threat, support regulation, and strengthen motivation without requiring people to push harder or get it right. Through clinical examples and real-world scenarios, participants will see how MI supports persistence and follow-through by aligning change with values and readiness rather than compliance. The session will emphasize practical takeaways clinicians can immediately apply, regardless of setting or theoretical orientation. By the end of the session, participants will have a grounded understanding of what Motivational Interviewing is, why it works, and how it can be used to support motivation, self-regulation, and resilience in everyday clinical practice.



Friday, May 15 (Annual Scientific Meeting)

Presented by: Michelle Drapkin, PhD, ABPP: Michelle Drapkin, PhD, ABPP, is a board-certified clinical psychologist and behavior change expert with over 20 years of experience translating psychological science into practical tools for real life. She is the Founder and Director of the CBT Center, where she provides evidence-based treatment, consultation, and training grounded in cognitive behavioral therapy, motivational interviewing, and process-based approaches. Dr. Drapkin is a long-time Motivational Interviewing trainer and has been a member of the Motivational Interviewing Network of Trainers (MINT) for nearly 20 years. She is also a Diplomate of the Academy of Cognitive Behavior Therapy (ACBT). Her background spans industry, academia, and federal service, including Johnson & Johnson, the University of Pennsylvania, Rutgers University, and the Department of Veterans Affairs. She is the author of *The Motivational Interviewing Path to Personal Change: The Essential Workbook for Creating the Life You Want*. Her work focuses on helping people make meaningful, values-aligned changes through effective communication, motivation, and psychological flexibility. She also consults with healthcare and digital health organizations and delivers trainings and workshops for clinicians, leaders, and organizations.

CE Credits: 1

TRACK: Hot Topics

LEVEL: Introductory

7:30pm - 9:30pm **Presidential Reception & Poster Presentation Viewing** in Expo Hall. Heavy hors d'oeuvres, cash bar and networking!

Saturday, May 16 (Annual Scientific Meeting)

7:30am - 7:30pm

Registration

8am - 4pm

EXPO HALL OPEN

8am - 9am

General Attendee CONTINENTAL Breakfast

9am - 10:30am

90-MINUTE BREAKOUT SESSIONS - CONCURRENT SYMPOSIA

BOS12 Integrating QEEG and Precision Medicine in Complex Mental Health Care

Presented by: Eure, Dorion
CE Credits: 1.5

TRACK: Clinical Interventions and Optimal Performance

LEVEL: Intermediate

FOCUS: 75% Clinical/25% Research

Target Audience:

Neurofeedback providers, psychologists, counselors, nurse practitioners, physicians, and other healthcare professionals working with complex psychiatric, neurological, or treatment resistant cases. It is particularly relevant for clinicians seeking to improve interdisciplinary collaboration, refine referral pathways, and enhance precision in clinical decision-making when systemic contributors to brain dysfunction are suspected.

BOS13 Optimizing Cognitive Performance Under Extreme Stress Using Respiratory Biofeedback

Presented by: McKay

CE Credits: 1.5

TRACK: Hot Topics

LEVEL: Advanced

FOCUS: 50% Clinical/50% Research

Target Audience: This session is intended for applied psychophysiologicals, psychologists, performance coaches, clinicians, researchers, and trainers working in high-stress, high-consequence environments, including military, law enforcement, emergency response, aviation, healthcare, and other elite performance domains. advanced, applied frameworks.

BOS14 At Risk and Under Stress: Evaluating a Heart Rate Variability-Based Preventive Intervention in Young Adults

Presented by: Saul, Bolin, Gonzalez Barrios

CE Credits: 1.5

TRACK: Clinical Interventions and Optimal Performance

LEVEL: Introductory

FOCUS: 100% Research

Target Audience: Individuals interested in learning more about the use of HRV and resonance frequency breathing to mitigate the effects of anxiety/stress in those with a family history of cardiovascular disease.

ORAL02 Oral Presentations - HRV Sessions

Presented by: Various

CE Credits: 1.5

Synopsis: These 15-minute abstract presentations will include time for Q&A.

ORAL02A Methodological Robustness of Ultra-Short-Window Heart Rate Variability During Resonance-Paced Breathing, Implications for Breathing Protocols

Presented by: Kushkestani, Lehrer, Bates

ORAL02B Slow-Paced Contraction Increases HRV But Not Peripheral Blood Flow

Presented by: Shaffer, Compton, Suchsland, Athman, Chen, Phillips,

ORAL02C Mobile HRV Biofeedback for Resilience: Stress Reduction Through Autonomic and Embodiment Pathways

Presented by: Mensinger, Carriel

ORAL02D Modifiable Factors That Can Reduce Heart Rate Variability

Presented by: Shaffer, Grandstaff, Compton, Moore, Sheets

ORAL02E One Size Does Not Fit All: The Case Against Blanket Ln Transformations

Presented by: Shaffer, Suchsland, Gosnell, Schniedermeier

ORAL02F STRESS LESS: An Integrated and Interpersonal Digital Framework for Work-Related Stress

Presented by: Fiduccia

Saturday, May 16 (Annual Scientific Meeting)

10:30am - 11am

REFRESHMENT/COFFEE BREAK

11am - 12:30pm

90-MINUTE BREAKOUT SESSIONS - CONCURRENT SYMPOSIA

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| <p>BOS15 Seeing Emotional Suppression: Biofeedback for Cognitive and Emotional Processes</p> <p>Presented by: Ewigman, Khazan CE Credits: 1.5 TRACK: Hot Topics LEVEL: Intermediate FOCUS: 80% Clinical/20% Research Target Audience: Biofeedback clinicians interested in applying psychophysiology to styles of emotional responding</p> | <p>BOS16 One With Breathing: Personal Empowerment from Within</p> <p>Presented by: van der Lei CE Credits: 1.5 TRACK: Clinical Interventions and Optimal Performance LEVEL: Introductory FOCUS: 75% Clinical/25% Research Target Audience: Any professional that is interested in applied research models to explain the power of breathing on enhancing performance, health, and well-being in life</p> | <p>From 11am-12pm - 60-Minute Session! BOS17 The Circular Firing Squad: Neurofeedback's History of Rivalry and Infighting</p> <p>Presented by: Thompson CE Credits: 1.0 TRACK: Hot Topics LEVEL: Introductory FOCUS: 50% Clinical/50% Research Target Audience: All</p> | <p>BOS18 When Psychophysiology Meets Psychotherapy: Applications and Technical Fine Points</p> <p>Presented by: Lehrer CE Credits: 1.5 TRACK: Hot Topics LEVEL: Intermediate FOCUS: 80% Clinical/20% Research Target Audience: Psychotherapists interested in improving their effectiveness by including these methods and psychophysiological therapists interested in improving their technique</p> |
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12:30pm - 2:30pm

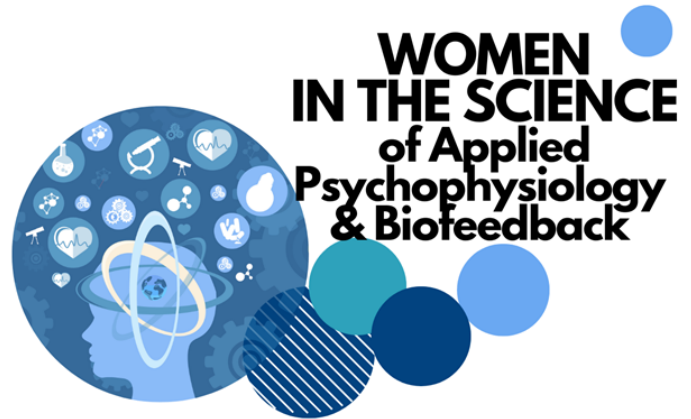
Lunch Break (ON YOUR OWN)

12:30 pm -2:15pm

Women in the Science of Applied Psychophysiology and Biofeedback Discussion Group Luncheon

Moderated by: Sarah Scott and Mari Swingle

AAPB 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.



Attendance capacity is limited to the first 50 women (first-come, first-served basis). Attendance is complimentary for members and \$39 for non-members. A light lunch will be provided.

To Register <https://aapb.starchapter.com/meetinginfo.php?id=63&ts=1771874371>

Email <mailto:kari@aapb.org> by April 20 if there is a particular subject you would like our facilitators to address. This information will remain strictly confidential, for consideration as part of the discussion agenda. Members attend free, and non-members pay \$39.00. Women only.

Saturday, May 16 (Annual Scientific Meeting)

2:30pm - 4pm

90-MINUTE BREAKOUT SESSIONS - CONCURRENT SYMPOSIA

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| <p>BOS19 Ethics II: Professional Ethics and Practice Standards in Neurofeedback and Telehealth</p> <p>Presented by: Moss CE Credits: 1.5 TRACK: Clinical Interventions and Optimal Performance LEVEL: Introductory FOCUS: 75% Clinical/25% Research Target Audience: Health professionals and behavioral health professionals engaged in the practice of biofeedback, neurofeedback, and self-regulation-oriented therapies.</p> | <p>BOS20 From Athlete to Performing Artist or Executive: Psychophysiological Self-Regulation as a Transferable Foundation for Performance</p> <p>Presented by: Herzog, Heller, Sanchez CE Credits: 1.5 TRACK: Clinical Interventions and Optimal Performance LEVEL: Intermediate FOCUS: 95% Clinical/5% Research Target Audience: Professionals and trainees in psychophysiology, clinical psychology, and sport psychology who work with performers under pressure and are interested in resilience, self-regulation, and stress adaptation. It will be especially relevant for practitioners and applied researchers seeking evidence-based models for understanding how psychophysiological regulation skills transfer across performance domains.</p> | <p>BOS21 Emotional Expectations as Medicine: How Beliefs About Pain Change the Brain</p> <p>Presented by: Brubaker, Collura, Peper, McAlister, Gracefire CE Credits: 1.5 TRACK: Clinical Interventions and Optimal Performance LEVEL: Introductory FOCUS: 75% Clinical/25% Research Target Audience: Neurofeedback/Biofeedback practitioners, Medical professionals, Psychologists</p> | <p>From 2:30pm-3:30pm - 60-Minute Session! BOS22 The Nerve of those Disorders: Vagal Withdrawal and a Unifying Theme in Health and Illness</p> <p>Presented by: Gevirtz CE Credits: 1.0 TRACK: Clinical Interventions and Optimal Performance LEVEL: Introductory FOCUS: 70% Clinical/30% Research Target Audience: Anyone interested in mechanisms of mind/body disorders and their treatments</p> |
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4:15pm - 5:15pm

60-MINUTE BREAKOUT SESSIONS - CONCURRENT SYMPOSIA

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| <p>BOS23 One Molecule, Many Stories: How Dopamine Became Psychiatry's Most Successful Semantic Artifact</p> <p>Presented by: Cannon CE Credits: 1.0 TRACK: Hot Topics LEVEL: Intermediate FOCUS: 30% Clinical/70% Research Target Audience: Everyone with interest in the human brain, disorders and evidence based mechanisms.</p> | <p>BOS24 Adding Heart Rate Variability Biofeedback to Empirically-based Therapies for Anxiety Disorders for Performance</p> <p>Presented by: Gevirtz CE Credits: 1.0 TRACK: Clinical Interventions and Optimal Performance LEVEL: Introductory FOCUS: 70% Clinical/30% Research Target Audience: Clinicians who treat anxiety.</p> | <p>BOS25 Training Autonomic Resilience in Athletes Using HRV Biofeedback</p> <p>Presented by: Wiles CE Credits: 1.0 TRACK: Clinical Interventions and Optimal Performance LEVEL: Introductory FOCUS: 90% Clinical/10% Research Target Audience: Sport psychologists, mental performance consultants, biofeedback practitioners, athletic trainers, strength and conditioning coaches, physicians, and performance professionals working with competitive and elite athletes. The content is appropriate for practitioners seeking physiologically grounded tools to enhance stress regulation, recovery, and performance consistency.</p> | <p>From 4:15 pm-5:45pm - 90-Minute Session! BOS26 Autonomic Dysfunction and Sensitized Chronic Pain</p> <p>Presented by: Behel, Ginsberg, Varner CE Credits: 1.5 TRACK: Clinical Interventions and Optimal Performance LEVEL: Introductory FOCUS: 50% Clinical/50% Research Target Audience: Pain practitioners; anyone with interest in HRVB for pain management</p> |
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Saturday, May 16 (Annual Scientific Meeting)

6pm - 7:15pm

DISTINGUISHED SCIENTIST LECTURE: Building Stress Resilience through the Integration of Psychotherapy and Biofeedback

Mind and body are interconnected and indivisible. Psychotherapy and psychophysiology should ideally therefore be interconnected, with interventions being an integration of both. To explore psychotherapy / psychophysiology integration, this presentation focuses on the integration of psychotherapeutic principles with HRV biofeedback to increase stress resilience. Therapeutic principles are drawn from evidenced-based interventions such as Behavioral Activation, Acceptance and Commitment Therapy, and Cognitive Interpersonal Therapy in conjunction HRV biofeedback. A three-part therapeutic integration is proposed. First, resilient self-regulation is built by learning to regulate stress response using HRV biofeedback. Second, resilient focus is built by narrowing our focus to what matters most and eliminating unnecessary stress by identifying personal life values and personality strengths. And third, resilience capacity is built by building resilient bodies (sleep, activity, diet), resilient minds (positive life narrative), and resilient relationships (interpersonal skills and connection). The goal of this therapeutic integration is to resiliently transform our stress into positive energy, positive mood, and positive mental focus. Research is presented to explore these possibilities and future directions are discussed.

Presented by Patrick R. Steffen, PhD: Patrick Steffen is a Professor of Psychology at Brigham Young University where he has served as the Director of Clinical Training and as an Alcuin Fellow in the Honors Program. He received his PhD in Clinical Health Psychology from the University of Miami and was a post-doctoral fellow in cardiovascular behavioral medicine at Duke University Medical Center. He is a Fellow of the Association for Applied Psychophysiology and Biofeedback, is a past president of that organization, and serves as Editor-in-Chief for the journal Applied Psychophysiology and Biofeedback. His research interests are in behavioral medicine and integrating biofeedback approaches into psychotherapy.

CE Credits: 1

TRACK: Hot Topics

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

FERB FUNDRAISER RECEPTION TICKETED EVENT

See next page. **To Register**

<https://aapb.starchapter.com/meetinginfo.php?id=62&ts=1771873457>

2026 AAPB Distinguished Scientist



Patrick R. Steffen, PhD, BCB
Professor of Psychology
Brigham Young University



56th Annual Scientific Meeting

THE SCIENCE OF SELF-REGULATION AND RESILIENCE THROUGH BIOFEEDBACK

May 13-16, 2026 | Baltimore



Eat, connect and give back—
support the next generation of
biofeedback practitioners

Closing Reception, Benefiting Students*



Foundation for Education and Research
in Biofeedback and Related Sciences

FERB offers Student Travel & Tuition Scholarships
to the AAPB Scientific Meetings and annual
Student Research Grant Awards.

**Additional registration required.
Net proceeds will benefit FERB*

Blackwall Hitch

700 E Pratt St

Baltimore, MD 21202

Saturday May 16, 2026

8:00 PM - 10:00 PM

*Space is LIMITED, tickets are first-
come, first-served*

\$75 MEMBERS**

\$95 NON MEMBERS**

***Pricing subject to change after April 30*



Appetizers include:

- Beef Wellington
- Jumbo Shrimp
- Maryland Crab Cakes
- Flatbread Trio
- Buffalo Cauliflower
- Cheese & Charcuterie
- Fresh Fruit
- Brownie Bites
- and More!

Cash Bar available

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 2026.

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 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.

For complete session descriptions, learning objectives and more, visit: aapb.org



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HRV biofeedback your clients will actually use.

Automatic resonance detection.

Hold. Breathe. Resonate.

- Detects each client's unique resonance frequency — no lengthy assessment needed
- Multisensory biofeedback in real time — stone haptics, adaptive light, and sound
- Designed for daily habit — beautiful enough to live on a nightstand
- Monitor client progress with session data tracked and visualized over time

ohm.health *Breathe in rhythm. Live in balance.*

CONTINUING EDUCATION RECIPROCALITY

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

Physicians

Amedco LLC designates this live activity for a maximum of 30 AMA PRA Category 1 Credits™ for physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Social Workers

As a Jointly Accredited Organization, Amedco is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Amedco maintains responsibility for this course. ASWB Content Level: Beginner, Intermediate, Advanced. Social workers completing this course receive up to 30 continuing education credits.

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, NJ, NV, OH, OK*, OR, PA, RI, SC, SD, TN, TX, UT, VT, VA, WA, WI, WV*, WY

OK: Accepts ASWB ACE for live, in-person activities but not for ethics and/or online courses.

WV: Accepts ASWB ACE unless activity is held live in West Virginia.

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 (LEP ONLY), MD, ME, MO, ND, NE, NM, NH, NV, OK*, OR, PA, TN, TX, UT, VA, WI, WY

MI: No CE requirement for licensed counselors.

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

AL MFTs: Credits authorized by NBCC or any other state licensing agency will be accepted.

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

MI: No CE for requirement for licensed MFTs.

The following state boards accept 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

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 13, 2026**, 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



REGISTRATION FORM

Please use one registration form per attendee. Copy this form as needed.

Complete and return this form with payment to
 AAPB, PO Box 461797, Aurora, CO 80046-1797 or register online at aapb.org

REGISTRATION INFORMATION

Name: _____ Credentials: _____

Organization: _____ Position: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Email: _____ Food Allergies/Dietary restrictions? _____

Emergency Contact Name and Phone: _____

Special Assistance Required? _____

First-time attendee? Yes No

New Member Since May 2025? Yes No

For APA continuing education sponsor reporting purposes, Are you a psychologist?: Yes No

**The schedule is preliminary, tentative, and subject to change.
 This conference is an in-person only experience.**

FEE SCHEDULE

MEETING REGISTRATION

| | By 4/30/26 | After 4/30/26 | One Day Rate: <i>Price registration to attend May 15-16 Early/Late</i> |
|----------------------------------|--------------------------------------|--|--|
| AAPB Member | <input type="checkbox"/> \$695 | <input type="checkbox"/> \$745 | <input type="checkbox"/> \$420/\$470 |
| Non-member | <input type="checkbox"/> \$835 | <input type="checkbox"/> \$885 | <input type="checkbox"/> \$545/\$595 |
| Full-time Student Member | <input type="checkbox"/> \$175 | <input type="checkbox"/> \$200 | <input type="checkbox"/> N/A |
| Full-time Student Non-Member* | <input type="checkbox"/> \$225 | <input type="checkbox"/> \$250 | <input type="checkbox"/> N/A |
| (*enclose copy of Student ID) | <input type="checkbox"/> \$75 | <input type="checkbox"/> \$95 | <input type="checkbox"/> N/A |
| FERB Reception (Member) | <input type="checkbox"/> \$95 | <input type="checkbox"/> \$115 | <input type="checkbox"/> N/A |
| FERB Reception (Non-member) | <input type="checkbox"/> \$0 members | <input type="checkbox"/> \$39 nonmembers | <input type="checkbox"/> N/A |
| AAPB Women's Discussion Luncheon | | | |

MEETING REGISTRATION FEE SUBTOTAL: \$ _____

WORKSHOPS – Additional Fees Required. Circle Your Selection(s)

Wednesday, May 13, 2026

| | Member Early/After 4/30/2026 | Non-Member Early/After 4/30/2026 | Student Member Early/After 4/30/2026 | Student Non-Member Early/After 4/30/2026 |
|--|------------------------------------|--|--|--|
| FULL DAY: WS01 BCIA HRV Biofeedback Didactic Course - Part 1 @ 9am-6:30pm | \$325/\$375 | \$375/\$425 | \$225/\$250 | \$250/\$275 |
| FULL DAY: WS02 Biofeedback for Chronic Pain Management @ 9am-6pm | \$325/\$375 | \$375/\$425 | \$225/\$250 | \$250/\$275 |
| HALF DAY: WS03 Network Pathways to Brain Health: What the Brain is Telling Us and How to Listen @ 8:30am-1pm | \$325/\$375 | \$375/\$425 | \$125/\$250 | \$150/\$275 |
| AM HALF DAY: WS04 HRV and Sound Therapy as Potentiators of EEG Training -DEEP DIVE Treatment @ 8:30am-1pm | FREE TO ALL! | FREE TO ALL! | FREE TO ALL! | FREE TO ALL! |
| AM HALF DAY: WS05 Clinical Interoception in Biofeedback: Assessment and Intervention @ 8:30am-1pm | \$325/\$375 | \$375/\$425 | \$125/\$250 | \$150/\$275 |
| PM HALF DAY: WS06 Individualized Protocols for Trauma Treatment: Integrating Assessment, BF and NF @ 2pm-6:30pm | \$225/\$275 | \$275/\$325 | \$125/\$150 | \$150/\$175 |
| PM HALF DAY WS07 Integrating Hypnosis into Your Clinical/Biofeedback Practice @ 2pm-6:30pm | \$225/\$275 | \$275/\$325 | \$125/\$150 | \$150/\$175 |

Thursday, May 14, 2026

| | | | | |
|--|-------------|-------------|------------------|------------------|
| FULL DAY: WS08 BCIA Heart Rate Variability Biofeedback Didactic Course - Part 2 @ 9am-6:30pm | \$325/\$375 | \$375/\$425 | \$225/\$250 | \$250/\$275 |
| FULL DAY: WS09 Getting Connected: A Hands-On Primer in Biofeedback and Neurofeedback @ 9am-6pm | \$325/\$375 | \$375/\$425 | FREE TO STUDENTS | FREE TO STUDENTS |
| AM HALF DAY: WS10 Boosting your Practice: Neurofeedback Skills for the Intermediate Practitioner @ 8:30am-1pm | \$325/\$375 | \$375/\$425 | \$125/\$150 | \$150/\$175 |
| AM HALF DAY: WS11 Practical Approaches to Management of Major Chronic Illnesses: Incorporating Biofeedback...@ 8:30am-1pm | \$225/\$275 | \$275/\$325 | \$125/\$150 | \$150/\$175 |
| PM HALF DAY: WS12 Neurodiversity Affirming QEEG-Guided Neurofeedback @ 2pm-6:30pm | \$225/\$275 | \$275/\$325 | \$125/\$150 | \$150/\$175 |
| PM HALF DAY: WS13 Skills Not Pills: Integrative Biofeedback for Pain, Anxiety, Dysmenorrhea...@ 2pm-6:30pm | \$225/\$275 | \$275/\$325 | \$125/\$150 | \$150/\$175 |

WORKSHOP REGISTRATION FEE SUBTOTAL: \$_____

TOTAL DUE: \$_____ AMOUNT TO BE CHARGED: \$_____

METHOD OF PAYMENT

Check/Money Order

All major credit cards are accepted including Visa, MasterCard, Discover, American Express.

PayPal Invoice

- Mail check/ money order: AAPB, PO Box 461797, Aurora, CO 80046-1797
- By selecting Paypal Invoice, an invoice with online payment link will be sent upon receipt of this completed form
- Call (800) 477-8892 or 1+(303) 422-8436 to make payment with credit card over the phone

Credit Card

CANCELLATION POLICY

***Cancellations** received in the AAPB office by **April 13, 2026** 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.*

PLEASE NOTE

- Join AAPB now and use the member-rate registration fees! Visit aapb.org/join
- **Special Services:** If you have a disability that may require special accommodations to fully participate in the AAPB Annual Meeting, please contact AAPB headquarters at info@aapb.org