Onsite Guide

Strengthen the group by simultaneously accessing each individual's physiology.

Synergy Solution

- Monitor and teach self-regulation with 4 people simultaneously.
- Perfect for family therapy, couples counselling, group dynamics, and motivating with head to head challenges.
- Biofeedback gamified for fun cooperative or competitive training.

ThoughtTech

THOUGHTTECH.COM | 1-800-361-3651 or 1-514-489-8251

MAR1213-00

Support the Future of Neurofeedback and Biofeedback

Help Strengthen CPT Code Coverage

DONATE

The International Society for Neuroregulation & Research (ISNR) and the Association of Applied Psychophysiology and Biofeedback (AAPB) are working tirelessly to modernize the CPT codes that govern insurance coverage for neurofeedback and biofeedback.

The CPT process is complex and requires significant resources. **Your donation directly funds our efforts to:**

- Conduct in-depth research and analysis to support our case for code modernization.
- Advocate for updated codes with the American Medical Association (AMA).
- Educate healthcare providers and insurance companies on the value of neurotherapy.

Why donate?

Every dollar brings us closer to a future where neurofeedback and biofeedback are readily available to all who can benefit. Join us in this vital mission. Donate today and help unlock the power of the brain for a healthier, happier tomorrow!

Help Strengthen CPT Code Coverage
Individuals and Corporations may make a restricted donation for a special purpose of the CPT initiative.

Get Ready for Prize Drawings!

Join the fun and win great prizes during AAPB's 55th Annual Scientific Meeting!

How to Participate:

Exhibitor Prize Drawing

- Visit each exhibitor's booth and collect a signature on your Exhibitor Drawing Card.
- Complete your contact information.
- Turn in your completed card at Registration by **10:45 am on Saturday, May 17, 2025.**

Poster Presentation Drawing

- Visit each poster presentation.
- **Vote** for your favorite **student** and **non-student** poster — student posters will be marked.
- Complete your contact information and return your card by **10:45 am on Saturday, May 17, 2025**

Prize drawings will be held at the Saturday evening reception on May 17, 2025.

Winners must be present to claim their prizes.

Prizes:

(1) Free one-year AAPB Membership
(1 prize for each drawing)

(1) Free AAPB Webinar of your choice
(1 prize for each drawing)

Please note: *Each attendee may enter each drawing only once. No purchase necessary to enter or win. Void where prohibited.*

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Warmest Welcome

The Association for Applied Psychophysiology & Biofeedback (AAPB), the pioneering professional society devoted to education and research in this field, welcomes you to our 55th Annual Scientific Meeting in San Diego, California, May 14-17, 2025, at the San Diego Marriott Mission Valley. 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.

For great discounts, SHOW YOUR BADGE! Your meeting badge is a passport to great savings around San Diego.

Scan the QR code for participating partners

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

Keynote Presenters

Wifi Access

Join Network: Marriott_CONFERENCE
Your web browser will open automatically after joining.
When prompted, enter your access code: **"mmv25"**

If PC does not automatically connect, visit website www.marriottwifi.com to input your access code.

Award Winners

2025 AAPB Distinguished Scientist

Mara Mather, PhD

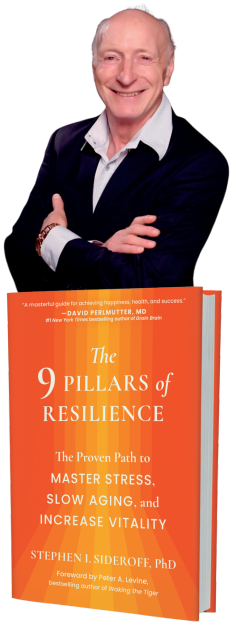
AAPB Distinguished Scientist Award is presented annually in recognition of an outstanding career and scientific contributions to the field of applied psychophysiology and biofeedback. This award recognizes a scientist who has advanced biofeedback through a significant body of research conducted, as judged 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 other 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.

2025 AAPB Lifetime Achievement Award Winner

Christopher D. Gilbert, PhD, BCB

In recognition of a lifetime of sustained, substantial and impactful contributions toward the advancement of applied psychophysiology and biofeedback and to AAPB.

Author Book Signing



The 9 Pillars of Resilience

by Stephen I. Sideroff, PhD

Happening at the AAPB Book Store
Friday, May 16
12:30 to 1:30 pm

*a limited number of copies will be available for purchase onsite

Drawing on over 40 years of experience, Dr. Stephen I. Sideroff equips you with the techniques needed to adjust the mind and body to the evolutionary mismatch posed by modern forms of stress. Empower yourself to conquer stress, enhance resilience, and improve overall wellness and longevity through an innovative approach that will help you:

- Prosper with stress rather than letting it weigh you down
- Maintain good brain health for optimal performance
- Implement recovery techniques for many common ailments
- Improve emotional awareness
- Enhance feelings of self-worth, happiness, and satisfaction
- Maximize your energy and focus

Featuring a 6-page personal guide and assessment to support you on your journey, *The 9 Pillars of Resilience* makes it simple to establish lifelong physical, emotional, and mental patterns for mastering stress, increasing longevity, and living a joyful, balanced life.

AAPB 55th Annual Scientific Meeting

GENERAL SESSION LUNCH & LEARN

DEIJ Lecture: Using Self-Efficacy to Improve Outcomes for People with Chronic Pain

presented by

Jarhed Peña, PhD, LPC, CRC

Friday, May 16 - San Diego, CA

12:45 pm to 1:45 pm

Complimentary Lunch Provided for the first 50 attendees on a first-come, first-served basis

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Saturday, May 17
12:30 pm –1:30pm
Room: Cabrillo 2

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

Moderated by: Sarah Scott, HBSc

AAPB recently created this 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.**

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 in 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.

You Belong!

AAPB is a community comprised of professionals who share a passion for integrating the science of self-regulation into everyday life, toward optimal well-being 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

Meeting Highlights

The AAPB Annual Scientific Meeting provides a forum for the sharing of research, clinical strategies, and theoretical formulations across all facets of applied psychophysiology -- biofeedback, heart rate variability, neurofeedback, and evidence-based self-regulation. This international assembly of professionals represents an array of disciplines with an interest in the study of and treatment delivery using this modality. The 55th Annual Meeting of AAPB will showcase recent innovations in how we conceptualize and address a variety of disorders using biofeedback. The meeting will highlight recent innovations that speak to a multifaceted and contextualized understanding of the evidence-based science of self-regulation and its effects; engage a discussion about the state of research and practice; feature contextually focused interventions; and identify key avenues for future research. See old friends and respected colleagues, meet new ones, and develop and strengthen collaborative relationships to move the field of biofeedback forward.

- Preconference hands-on, extended learning Workshops on Wednesday, May 14 and Thursday, May 15 (separate registration required)
- Over 30 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 knowledge and interest in biofeedback
- 33.5 MAXIMUM CE credits, CME credits and ACE Credits available for live participation, for a variety of licensures, including psychologists, social workers, physicians, and more. AAPB does not charge additional fees for CE credits
- This meeting is an in-person-only experience

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. Professions in scope for this activity are listed below.
Amedco Joint Accreditation Provider Number: 4008163

Physicians: Amedco LLC designates this live activity for a maximum of 33.50 AMA PRA Category 1 CreditsTM 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. Social workers completing this course receive up to 33.50 continuing education credits.

See page 61 for Continuing Education Reciprocity information.

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.

Conference Tracks

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.

Complete session details available at aapb.org

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 aapb.org, in full compliance with APA and AMA continuing education requirements.

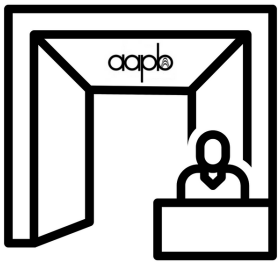
INTRODUCTORY: Content is designed for psychologists who may have little to no background in a specialized skill or content area. Through this level of programming, the learner can become acquainted with the theoretical underpinnings, principles, methods, and perspectives of a content area. An introductory 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.

Expo Hall & Registration Hours



Expo Hall Hours

Thursday, May 15
- Exhibitor Set-up: 12pm – 4pm
- Expo Hall Open: 4pm – 9pm
- Welcome Reception: 6:30pm – 9pm

Friday, May 16
- Breakfast: 7am – 8am
- Expo Hall Open: 7am – 9pm
- Refreshment Break: 10:30am – 11:30am
- Refreshment Break: 5:10pm –5:30pm
- Poster Reception: 7:30pm – 9pm

Saturday, May 17
- Breakfast: 7:15am – 8am
- Expo Hall Open: 7am to 4pm
- Refreshment Break: 10:20am - 10:50am
- Exhibitor Teardown: 4pm to 7pm
- Closing Reception 7:30pm to 9:30pm

Registration Hours

Preconference
- Tuesday, May 13: 5pm – 7pm
- Wednesday, May 14: 7:30am – 6pm
- Thursday, May 15: 7:30am – 6pm

Conference
- Friday, May 16: 7am – 7pm
- Saturday, May 17: 7am – 7pm

AAPB Sponsors

Badge Lanyard Sponsored by

bio-medical.com

Afternoon Break

Sponsored by
Francine Butler & Bill Finley
on behalf of the AAPB
Pioneers.

AAPB Exhibitors

During AAPB's 2025 Annual Scientific Meeting, the Expo Hall features the latest tools of the trade you need to enhance clinical delivery of biofeedback, neurofeedback and neurostimulation. A wealth of expertise awaits in the Expo Hall to help you learn more about new equipment, equipment you may already have and are not yet using to its fullest capacity or efficiency, products, programs, services and solutions relevant to clinical practice and reference needs. Be sure to take advantage of this opportunity to engage, one-on-one, with representatives from the following organizations.

We thank them for their support of AAPB and contributions to advancing the delivery of our intervention - without them our meeting and the current state of practice would not be possible.

EXPO HALL LOCATION: Rio Vista D-H

AAPB Exhibitors

Listed in alphabetical order

Biofeedback Certification International Alliance (BCIA)

BOOTH #14

The Biofeedback Certification International Alliance (BCIA), formerly the Biofeedback Institute of America, was created in 1981 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.

Represented by: Rhonda Potter

info@bcia.org

720- 502-5829

Bio-Medical

BOOTH #7

Fast shipping, great discounts, and unparalleled product expertise! Since 1972, Bio-Medical Instruments has been carrying a full line of EEG, qEEG, EMG, temperature, GSR and heart-rate products from major manufacturers.

Bio-Medical's knowledgeable staff has the expertise and inventory to help you keep your practice running smoothly!

Represented by: Brian Milstead, Max Hampton & Jodi Jackson

sales@bio-medical.com

586-756-5070

BrainBit

BOOTH #1

BRAINBIT

BrainBit is the developer and manufacturer of professional EEG, ECG, HRV, respiratory, and other biosignal systems for neurofeedback and biofeedback applications. Our wireless hardware and software solutions support brain assessments, training protocols, and over 30 built-in games. Practitioners can customize sessions or build tools using our development platform.

Represented by: Boris Goldstein & Georgy Ivlev

info@brainbit.com

888-979-2724

BrainMaster Technologies

BOOTH #3

BrainMaster TECHNOLOGIES

Founded in 1995, BrainMaster Technologies, Inc., provides innovative, high-quality, FDA 510K registered Clinical electroencephalographic (EEG) systems for assessment, treatment, research, and education for both clinical and nonclinical populations. We conduct research, development, production, education, and training for all phases of eeg-based assessment and neuromodulation techniques. We maintain the highest professional standards including worldwide medical registration, patents, and scientific and clinical publications. Our technology incorporates our strengths in hardware, software, communications, education, the internet, and the ever-expanding virtual world. Application areas include 3D Brain Imaging utilizing sLORETA, QEEG, normative database for the purpose of pre/post comparison, biofeedback, peak-performance, self-improvement, education, research, self-exploration, and brain-controlled systems, in addition to games, art, sports, recreation, brain calisthenics, mental conditioning and improvement, and virtual reality.

Represented by: Bill Mrklas, & Nicole Kristoff

sales@brainmaster.com

440-232-6000

Chalice MD

BOOTH #12

Chalice MD is an affordable group health insurance program EXCLUSIVELY offered to the members of AAPB. Born out of necessity and crafted with empathy, our program fills the void for Independent Healthcare Professionals desperately looking for high-quality, affordable health insurance for themselves and their families. This program leverages strength in numbers and brings together professionals to achieve economies of scale.

Represented by: Keith Gregg & Maria Curtsinger

aapb.org/Group_Health_Insurance

GBR Medical

BOOTH #6

Our products are designed to enhance patient care and improve healthcare outcomes.

management@gbrmedical.com

702-883-0398

JOGO

BOOTH #2

JOGO Health is the first FDA-cleared, telemedicine-enabled EMG biofeedback system approved to treat migraines, tension-type headaches, chronic lower back pain, pelvic pain, cancer pain, stroke recovery, tremors, incontinence, and constipation.

Represented by: Siva Nadarajah

info@jogohealth.com

609-686-9700

International Society for Neuroregulation & Research

BOOTH #13

The International Society for Neuroregulation & Research is a membership organization that comprises people from many countries and various professional disciplines working on neurotherapy, neurofeedback training and neurofeedback research. ISNR supports education and excellence in the field of neurofeedback.

Represented by: Susan Alvarez & Noel Ford

office@isnr.org

703- 848-1994

NeuroField, Inc.

BOOTH #9

NeuroField, Inc. is a manufacturer of EEG hardware and software, ERP testing and analysis software, and state of the art neurostimulation devices. We outfit the world's leading neurotherapists and practitioners of neurotherapy.

Represented by: Dr. Tiff Thompson & Dr. Nicholas Dogris

drdogris@neurofield.com

760-872-4200

Nitto

BOOTH #5

Counseling System is a service that provides information useful to both the counselor and their clients, using a measurement device worn by the client to analyze and visualize biometric information (changes in blood flow) in real time as stress values generated by an algorithm developed by Nitto.

Represented by: Masayuki Minakata & Sota Kondo

nii-counseling-system@nitto.com

408-769-1432

ODB Medical

BOOTH #15

Represented by: Tarik Hurmali & Melinda Millhouse

n.madzi@odbmed.com

omnimed.ai/

(949) 748-9154

Optimal HRV

BOOTH #11

Heart Rate Variability for Everyone! Optimal HRV provides an affordable phone app and dashboard to help integrate daily HRV tracking and HRV biofeedback into your practice. Let's work together to improve outcomes for those you serve.

Represented by: Matt Bennett & Anna Pollard

matt@optimalhrv.com

720-635-5504

School of Neurotherapy

BOOTH #10

SCHOOL OF NEUROTHERAPY

At School of Neurotherapy our goal is to provide the premier suite of educational resources for students and practitioners of neurotherapy.

Represented by: Kimberley Green & Cortis Loukes

info@schoolofneurotherapy.com

805-403-4202

Thought Tech

BOOTH #8

50 YEARS ThoughtTech UNLOCKING HUMAN POTENTIAL

Thought Tech's vision is to empower people to unlock their potential by enhancing physical and mental health and performance through Neurofeedback/Biofeedback and other self-help solutions. Thought Tech has a wide range of products that are customizable with arguably the most accurate signals in the industry and are distributed across the world. Here's to another 50 years of innovation and excellence!

Represented by: Dr. Hal Myers & Frank deGregorio

workshops@thoughttechnology.com

514-489-8251

Vielight

BOOTH #4

VIELIGHT

Vielight technology is featured in the most independent, published brain photobiomodulation studies, spanning from neurodegeneration, TBI recovery to EEG-based neuromodulation. Drop by our booth to find out why our brain photobiomodulation technology has a unique competitive edge and leads this space.

Represented by: Austin Ganesh & Lew Lim

info@vielight.com

877-355-8012

Exhibitor Demos

Friday, May 16 - 2pm - 3:30pm

EXH01: **FDA cleared Tele EMG Biofeedback with JOGO Health**

JOGO-GX is the first FDA cleared EMG Biofeedback system for both in person and telemedicine for the treatments of migraine, cancer pain, chronic lower back pain.

Friday, May 16 - 5:30 pm-6:30 pm

EXH02: **Measuring What Matters: Using HRV to Inform and Elevate Clinical Practice and Research with Optimal HRV**

In today's data-rich clinical landscape, Heart Rate Variability (HRV) offers a powerful, evidence-based window into client regulation, stress response, and overall well-being. This interactive session introduces practitioners to Optimal HRV, a cutting-edge platform that simplifies HRV tracking, supports HRV-based biofeedback, and integrates mindfulness-informed protocols into clinical care. Participants will explore how the Optimal HRV Professional Dashboard allows providers to monitor client progress over time, set individualized HRV goals, and deliver real-time feedback interventions that foster resilience and self-regulation. Presenters will showcase diverse use cases—from psychotherapy and trauma care to applied research and integrative health programs—demonstrating how HRV metrics can enhance therapeutic insight and clinical outcomes.

Saturday, May 17 - 2:45 pm - 4:15 pm

EXH03: **Test your skills with Texas hold 'em, while monitored by Thought Tech's eVu-TPS**

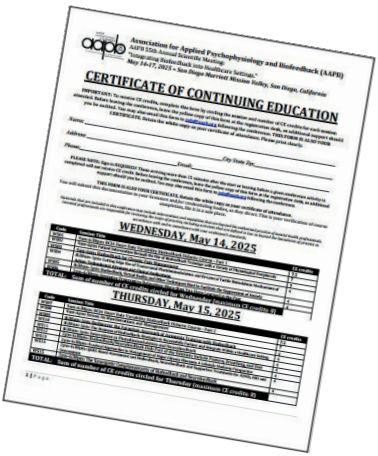
Watch poker players test their skills with Texas hold 'em, while the audience observes their physiological responses, monitored by Thought Tech's eVu-TPS and the BioGraph Infiniti Synergy Suite.

Schedule of Events

IMPORTANT!

- The schedule is 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. You will find the CE report form/certificate in your Welcome bag
- To secure CE credits, you are required to sign into each session on the Sign In Sheets provided outside each CE Credit valid session room.
- Room capacity is limited! If there is something you need to attend, be sure to arrive early to ensure your seat.
- Recording of lectures is STRICTLY prohibited.
- Full session details available at aapb.org

Your carbon/duo CE credit self-tracking form/certificate is provided in your welcome bag. Be sure to complete and leave a copy at registration before you leave the conference! The CME and ACE Learner notification form is also provided with instructions on how to report.


Association for Applied Psychophysiology and Biofeedback (AAPB)
AAPB 55th Annual Scientific Meeting
"Integrating Biofeedback into Healthcare Settings"
May 14-17, 2025 • San Diego Marriott Mission Valley, San Diego, California

CERTIFICATE OF CONTINUING EDUCATION

WEDNESDAY, May 14, 2025

THURSDAY, May 15, 2025

PRECONFERENCE - TUESDAY, MAY 13

5 pm - 7 pm

Early Preconference Registration

LOCATION: Rio Vista Salon D-E Foyer

All attendees need to start at registration.
Pick up your name badge, onsite guide and welcome bag.

PRECONFERENCE - WEDNESDAY, MAY 14

7:30 am - 6 pm

Preconference Registration/Attendee Check-In

LOCATION: Rio Vista Salon D-E Foyer

8 am -9 pm

Preconference Workshop Attendee Breakfast

LOCATION: Rio Vista Salon D-E Foyer

PRECONFERENCE WORKSHOPS*

**Ticketed events. Pre-registration required/Additional fees apply*

9 am - 6:30 pm

WS01: BCIA Heart Rate Variability Biofeedback Didactic Course - Part 1

ROOM: Rio Vista Salon C

Presented by: Fredric Shaffer, PhD, BCB; Inna Khazan, PhD, BCB; Donald Moss, PhD, BCB, BCB-HRV
CE Credits: 7.5
Track: Basic Science
Level: Introductory
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.
Content Focus: 50% Clinical/50% Research

9 am - 6 pm

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

ROOM: Rio Vista Salon B

Presented by: Frank de Gregorio, DEC
CE Credits: 7
Track: Basic Science
Level: Introductory
Target Audience: Health professionals, researchers, and university health professional students
Content Focus: 100% Clinical

9 am - 6 pm

WS03: **Biofeedback for Chronic Pain Management**

ROOM: Rio Vista Salon A

Presented by: Saul Rosenthal, PhD; Anu Kotay, PhD; Katie Fleishman, PhD
CE Credits: 7
Track: Clinical Interventions and Optimal Performance
Level: Introductory
Target Audience: Providers interested in or working with individuals experiencing chronic pain.
Content Focus: 80% Clinical/20% Research

8:30 am - 1 pm

WS04: **Cutting Edge Use of Transcranial Photobiomodulation & Bi-Lateral Tactile Stimulation: Mechanisms of Action...**

ROOM: Balboa 1

Presented by: Amy Serin, PhD, BCN; Sanjay Manchanda, PhD, LMFT, BCN, QEEG-D
CE Credits: 4
Track: Hot Topics
Level: Introductory
Target Audience: Psychologists, Psychiatrists, Neurotherapists, Neurofeedback and Biofeedback Practitioners, Performance Enhancement Coaches
Content Focus: 60% Clinical/40% Research

8:30 am - 1 pm

WS05: **Biofeedback, Virtual Reality and Other Techniques Used to Facilitate the Suppression of Anxiety**

ROOM: Sierra 5

Presented by: Robert H. Reiner, PhD; Karen Kaur, PhD
CE Credits: 4
Track: Clinical Interventions and Optimal Performance
Level: Introductory
Target Audience: Mental health professionals and students interested in learning about cutting edge technologies.
Content Focus: 70% Clinical/30% Research

THIS SESSION IS FREE TO ALL ATTENDEES!

1 pm - 2 pm

Lunch On Your Own

2 pm to 6:30 pm

WS06: **Intensive Progressive Relaxation: More than You Have Learned in the Past**

ROOM: Sierra 6

Presented by: Paul Lehrer, PhD
CE Credits: 4
Track: Clinical Interventions and Optimal Performance
Level: Intermediate
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.
Content Focus: 80% Clinical/20% Research

7:30 am- 6 pm

Preconference Registration/Attendee Check-In

LOCATION: Rio Vista Salon D-E Foyer

8am-9am

Preconference Workshop Attendee Breakfast

LOCATION: Rio Vista Salon D-E Foyer

PRECONFERENCE WORKSHOPS*

**Ticketed events. Pre-registration required/Additional fees apply*

9 am - 6:30 pm

WS07: BCIA Heart Rate Variability Biofeedback Didactic Course - Part 2: How To Do It, Why it Works, and For What

ROOM: Rio Vista Salon C

Presented by: Paul Lehrer, PhD; Richard Gevirtz, PhD
CE Credits: 7.5
Track: Basic Science
Level: Introductory
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.
Content Focus: 50% Clinical/50% Research

9 am - 6 pm

WS08: **Stress: Its Manifestations and Management**

ROOM: Rio Vista Salon B

Presented by: Jan B. Newman, MD, MA, FACS, ABIHM
CE Credits: 7
Track: Basic Science
Level: Introductory
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 various practitioners can develop integrated systems. For beginners it will introduce the depth of this field. Advanced practitioners will discover greater detail and nuances.
Content Focus: 50% Clinical/50% Research

8:30 am - 1 pm

WS09: **Rediscover the Forgotten Approach of Autogenic Training with Biofeedback**

ROOM: Rio Vista Salon A

Presented by: Erik Peper, PhD, BCB; Richard Harvey, PhD
CE Credits: 4
Track: Clinical Interventions and Optimal Performance
Level: Intermediate
Target Audience: All clinicians
Content Focus: 70% Clinical/30% Research

8:30 am - 1 pm

WS10: **The Business of Biofeedback: Strategies to Successfully Partner & Integrate Within a Healthcare Setting**

ROOM: Sierra 5

Presented by: Ethan Benore, PhD; Katie Fleischman, PhD; Will Frye, PhD
CE Credits: 4
Track: Clinical Interventions and Optimal Performance
Level: Introductory
Target Audience: Early to mid-career clinicians
Content Focus: 80% Clinical/20% Research

8:30 am - 1 pm

WS11: **Innovations in Photobiomodulation and Neurofeedback**

ROOM: Sierra 6

Presented by: Penijean Gracefire, LMHC, BCN, qEEG-D
CE Credits: 4
Track: Hot Topics
Level: Intermediate
Target Audience: Clinicians, researchers and students interested in both neurofeedback and photobiomodulation
Content Focus: 70% Clinical/30% Research

12 pm - 4 pm

Exhibitor Set-up

ROOM: Rio Vista Salon D-H

1 pm - 2 pm

AAPB Board of Directors Meeting

ROOM: Private Dining Room

1 pm - 2 pm

Lunch On Your Own

2 pm - 6:30 pm

WS12: **Biofeedback/ Neurofeedback Only Part of the Solution: Include Posture, Breathing, and Diet**

ROOM: Sierra 6

Presented by: Erik Peper, PhD, BCB;
CE Credits: 4
Track: Clinical Interventions and Optimal Performance
Level: Intermediate
Target Audience: All clinicians and educators
Content Focus: 60% Clinical/40% Research

2pm - 6:30 pm

WS13: **Practical Approaches to Management of Major Chronic Illnesses: A Lifestyle Medicine Perspective**

ROOM: Sierra 5

Presented by: Angele McGrady, PhD; Donald Moss, PhD, BCB, BCB-HRV
CE Credits: 4
Track: Clinical Interventions and Optimal Performance
Level: Intermediate
Target Audience: All clinicians
Content Focus: 75% Clinical/25% Research

2 pm - 6:30 pm

WS14: **QEEG Based Assessment & Biofeedback, Neurofeedback & Supportive Treatments for ADHD, ASD and Concussions**

ROOM: Rio Vista Salon A

Presented by: Michael Linden, PhD - Psychologist, BCIA Senior Fellow
CE Credits: 4
Track: Basic Science
Level: Introductory
Target Audience: Psychologists, Therapists, Neurofeedback/Biofeedback Therapists, Physicians, Neurologists
Content Focus: 65% Clinical/35% Research

2 pm - 6:30 pm

WS15: **The Synergistic Complementarity of Biofeedback and Neurofeedback**

ROOM: Balboa 1

Presented by: Siegfried Othmer, PhD; Judy Carlson, EdD, MSN, APRN, BCN Fellow
CE Credits: 4
Track: Clinical Interventions and Optimal Performance
Level: Advanced
Target Audience: Self-regulatory competence is foundational to mental and physical health, and neurofeedback has extended our therapeutic reach. Biofeedback modalities and neurofeedback by way of endogenous neuromodulation complement each other organically and should be combined in a unitary approach to functional recovery and optimal functioning. This workshop should interest researchers in applied psychophysiology, but mainly to any practitioner who is open to adopting a multi-modal treatment model.
Content Focus: 80% Clinical/20% Research

4 pm - 9 pm

Expo Hall Open

ROOM: Rio Vista Salon D-H

6:30 pm - 8:30 pm

REC01: INFORMAL WELCOME RECEPTION

ROOM: Rio Vista Salon D-H

7 am - 7 pm

Conference Registration/ Attendee Check-In

LOCATION: Rio Vista Salon D-E Foyer

7 am - 8 am

Attendee Breakfast

ROOM: Rio Vista Salon D-H

8 am - 9 pm

Expo Hall Open

ROOM: Rio Vista Salon D-H

8:10 am - 9:10 am

BOS01: Bees and Brains: Unlocking Neurofeedback Potential

ROOM: Sierra 6

Presented by: Taylor Capozziello, PhD, BCN, BCB, QEEG-D
CE Credits: 1
Track: Basic Science
Level: Intermediate
Target Audience: Anyone looking to better understand brain waves and how the brain operates.
Content Focus: 25% Clinical/75% Research

8:10 am - 9:10 am

BOS02: One With Breathing: "Personal Empowerment from Within"

ROOM: Rio Vista Salon A-C

Presented by: Harm van der Lei, PhD, BCB; Richard Gevirtz, PhD
CE Credits: 1
Track: Clinical Interventions and Optimal Performance
Level: Advanced
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.
Content Focus: 50% Clinical/50% Research

8:10 am - 9:10 am

BOS03: **Phase Amplitude Coupling in Clinical Practice**

ROOM: Sierra 5

Presented by: Nicholas Dogris, PhD, BCN, QEEG-D
CE Credits: 1
Track: Basic Science
Level: Introductory
Target Audience: Those with interest in Phase Amplitude Coupling
Content Focus: 75% Clinical/25% Research

8:10 am - 9:10 am

ORAL01: **Oral Presentations - Session 1**

ROOM: Balboa 1

ORAL01A: Investigating the Use of Biofeedback in Conjunction with Vagal Nerve Stimulators to Mitigate the Symptoms Associated with Parkinson's Disease

Presented by: Vanoosheh Ferdousian, MA
Track: Basic Science; Level: Introductory
Target Audience: Those using Vagal nerve stimulators in their practice, those who have patients with Parkinson's disease.
Content Focus: 80% Clinical/20% Research

ORAL01B: Leveling Up Cognition: Video Games for Aging Adults

Presented by: Linda Bolin, PhD, RN, ANP, BCB, FAHA; Amelia Saul, PhD, CTRS, BCB
Track: Basic Science; Level: Introductory
Target Audience: Individuals interested in learning more about the use of casual video gaming in aging adults to improve cognition.
Content Focus: 40% Clinical/60% Research

ORAL01C: From Research to Practice: The Application of Implementation Science to EEG Neurofeedback and Beyond

Presented by: Whitney Norris, PhD, LPC-S
Track: Hot Topics; Level: Introductory
Target Audience: Primarily researchers who are interested in the broader translational science spectrum. Clinicians who advocate for their preferred interventions will likely also be interested.
Content Focus: 10% Clinical/90% Research

9:20 am - 10:30 am

KEY01: **KEYNOTE: Genotyping, Phenotyping, Psychotyping in Chronic Pain: Perspective & Treatments**

ROOM: Rio Vista Salon A-C
Presented by: Dennis C. Turk, PhD
CE Credits: 1
Track: Clinical Interventions and Optimal Performance
Level: Intermediate
Target Audience: Investigators and clinicians involved in research and treatment of individuals with chronic pain
Content Focus: 50% Clinical/50% Research

10:30 am - 11 am

Refreshment Break/ Coffee/Tea

ROOM: Rio Vista Salon D-H

11 am -12:30 pm

BOS04: **Psychophysiological Interventions and Optimal Psychotherapy - Panel Discussion**

ROOM: Rio Vista Salon A-C
Presented by: Donald Moss, PhD; Paul Lehrer, PhD; Inna Khazan, PhD, BCB; Patrick Steffen, PhD
CE Credits: 1.5
Track: Basic Science
Level: Advanced
Target Audience: Biofeedback practitioners, psychotherapists, mental health professionals, healthcare professionals, researchers, and students.
Content Focus: 45% Clinical/55% Research

11 am -12:30 pm

BOS05: **Alpha and Friends - The Brain on Screens: EEG Markers of Brain Homeostasis versus Deregulation**

ROOM: Sierra 5

Presented by: Mari Swingle, PhD, R. Psych BCIA Senior Fellow, AAPB Fellow
CE Credits: 1.5
Track: Hot Topics
Level: Intermediate
Target Audience: Practitioners of neuro & biofeedback
Content Focus: 50% Clinical/50% Research

11 am -12:30 pm

BOS06: **The Auditory Cortex and Dichotic Listening**

ROOM: Balboa 1

Presented by: Steph Ryall, LPC, NCC, BCN, QEEG-DL
CE Credits: 1.5
Track: Hot Topics
Level: Introductory
Target Audience: Neurofeedback and Biofeedback professionals
Content Focus: 90% Clinical/10% Research

11 am -12:30 pm

BOS07: **The Impact of Infra-Low Frequency Neurofeedback on Post-Concussive Symptoms**

ROOM: Sierra 6

Presented by: Judy Carlson, EdD, MSN, APRN, BCN Fellow
CE Credits: 1.5
Track: Hot Topics
Level: Intermediate
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
Content Focus: 100% Research

12:30 pm - 2 pm
Lunch On Your Own

12:30 pm - 1:30 pm
Author Book Signing - *The 9 Pillars of Resilience* by Stephen I. Sideroff, PhD
LOCATION: AAPB BookStore/Rio Vista Foyer

12:45 pm - 1:45 pm
LL01: DEIJ Lecture: Using Self-Efficacy to Improve Outcomes for People with Chronic Pain
ROOM: Cabrillo 2
Presented by: Jarhed Peña, PhD, LPC, CRC
CE Credits: 1
Track: Hot Topics
Level: Intermediate
Target Audience: Clinicians and providers who work with people experiencing chronic pain and disability.
Content Focus: 100% Clinical
COMPLIMENTARY LUNCH FOR THE FIRST 50 ATTENDEES (first-come/first-served)

12:45 pm - 1:45 pm
JRNL01: Journal Editorial Lunch
ROOM: Balboa 2
PRIVATE EVENT

12:45 pm - 1:45 pm
STNT01: STUDENT LUNCH
ROOM: West Lawn

1 pm - 1:30 pm
BCIA01: BCIA Certification/ Recertification FAQs and Answers
ROOM: Sierra 5

2 pm - 3:30 pm

BOS08: **Ethics I: Professional Ethics & Practice Standards in Biofeedback**

ROOM: Balboa 2

Presented by: Donald Moss, PhD
CE Credits: 1.5
Track: Hot Topics
Level: Intermediate
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.
Content Focus: 80% Clinical/20% Research

2 pm - 3:30 pm

BOS09: **Learning through Experience: Case Studies in Biofeedback and Neurofeedback**

ROOM: Rio Vista Salon A-C

Presented by: Inna Khazan, PhD, BCB; Brendan Parsons, PhD, BCN; Elisa Chapman, MA, MBA, CMPC, BCB
CE Credits: 1.5
Track: Clinical Interventions and Optimal Performance
Level: Intermediate
Target Audience: Anyone interested in advancing their clinical and/or performance practice in biofeedback and neurofeedback.
Content Focus: 80% Clinical/20% Research

2 pm - 3:30 pm

BOS10: **Autistic Masking, Neurodiversity, and Psychophysiological Approaches: Insights for Clinical Practice**

ROOM: Sierra 5

Presented by: Jessica Eure, LPC, BCN, BCB, QEEG-DL; Jennifer Glacel, LCSW, RPT-S; Neil Hughes
CE Credits: 1.5
Track: Hot Topics
Level: Introductory
Target Audience:
Content Focus: 100% Clinical

2 pm to 3:30 pm

BOS11: **Crushing the Complexity: A Roadmap to Integrating Neurofeedback into Healthcare**

ROOM: Sierra 6

Presented by: Dianne Kosto
CE Credits: 1.5
Track: Hot Topics
Level: Introductory
Target Audience: Individuals who are new to the field of neurofeedback or considering integrating it into their healthcare or wellness practices. The target audience includes: Healthcare Providers: Such as mental health therapists, counselors, psychologists, and physicians interested in expanding their services to include neurofeedback.
Content Focus: 80% Clinical/20% Research

2 pm to 3:30 pm

EXH01: **EXHIBITOR DEMO: FDA cleared Tele EMG Biofeedback with JOGO Health**

ROOM: Balboa 1

3:40 to 5:10 pm

BOS12: **Creative Evidence-Informed Applied Intervention for Optimal Performance and Sustainment**

ROOM: Sierra 5

Presented by: Tim Herzog, EdD, LCP, CMPC, BCB; Tracy Heller, PhD, CMPC, BCB, CBBA; Christine Sanchez, PhD, CMPC, BCB, CBBA
CE Credits: 1.5
Track: Clinical Interventions and Optimal Performance
Level: Intermediate
Target Audience: Anyone interested in innovative evidence-informed practice, particularly for the sake of performance optimization.
Content Focus: 95% Clinical/5% Research

3:40 - 5:10 pm

BOS13: **Anatomy of Stress: It's Not Just Fight or Flight**

ROOM: Balboa 1
Presented by: Jan B Newman, MD, MA, FACS, ABIHM
CE Credits: 1.5
Track: Basic Science
Level: Introductory
Target Audience: For beginners it will introduce the depth of this field. Advanced practitioners will discover greater detail and nuances.
Content Focus: 50% Clinical/50% Research

3:40 - 5:10 pm

BOS14: **Broadening Horizons on Skin Conductance Biofeedback**

ROOM: Rio Vista Salon A-C
Presented by: Saul Rosenthal, PhD; Inna Khazan, PhD, BCB; Jarhed Peña, PhD, LPC, CRC; Brendan Parsons, PhD, BCN
CE Credits: 1.5
Track: Clinical Interventions and Optimal Performance
Level: Introductory
Target Audience: Providers at all experience levels interested in learning more about skin conductance and how it can be used in their biofeedback practice.
Content Focus: 85% Clinical/15% Research

3:40 - 5:10 pm

BOS15: **From Data to Decisions: Systematically Extracting Key Insights for More Personalized Interventions**

ROOM: Sierra 6
Presented by: Shari Johansson, MA, LPC, BCN, QEEG-DL
CE Credits: 1.5
Track: Clinical Interventions and Optimal Performance
Level: Intermediate
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.
Content Focus: 80% Clinical/20% Research

5:10 pm - 5:30 pm
Refreshment Break/Coffee/Tea
ROOM: Rio Vista Salon D-H

5:30 pm - 6:30 pm
BOS16: Photobiomodulation in COVID-19: From Acute Treatment to Long COVID Brain Fog Management
ROOM: Sierra 6
Presented by: Lew Lim, PhD, MBA
CE Credits: 1
Track: Hot Topics
Level: Intermediate
Target Audience: Practitioners researchers and anyone interested in a novel evidence-based method to treat acute COVID and brain fog in long COVID.
Content Focus: 50% Clinical/50% Research

5:30 pm - 6:30 pm
BOS17: Biofeedback, Virtual Reality and Other Techniques Used to Facilitate the Suppression of Anxiety
ROOM: Balboa 1
Presented by: Robert H. Reiner, PhD; Karen Kaur, PhD
CE Credits: 1
Track: Clinical Interventions and Optimal Performance
Level: Intermediate
Target Audience: Mental health professionals and students interested in learning about cutting edge technologies.
Content Focus: 70% Clinical/30% Research

5:30 pm - 6:30 pm
BOS18: Decoding Addiction: Linking Personality Metrics with Neural Activity via EEG
ROOM: Rio Vista Salon A-C
Presented by: Rex Cannon, PhD; Carol Mills, MS; David Cook, MS
CE Credits: 1
Track: Hot Topics
Level: Intermediate
Target Audience: Those interested in personality mechanisms, substance use disorders, neurofeedback and EEG current sources. Clinicians as well as researchers will find it educational.
Content Focus: 70% Clinical/30% Research

5:30 pm - 6:30 pm

BOS19: **All Chronic Pain is not Created Equal: HRV Biofeedback Interventions**

ROOM: Sierra 5

Presented by: Richard Gevirtz, PhD
CE Credits: 1
Track: Clinical Interventions and Optimal Performance
Level: Introductory
Target Audience: Any biofeedback practitioner or body work clinician interested in chronic pain.
Content Focus: 50% Clinical/50% Research

5:30 pm - 6:30 pm

ORAL02: **Oral Presentations - Session 2**

ROOM: Balboa 2

ORAL02A: An Evaluation of the Concurrent Validity of PPG and ECG HRV Measurements
Presented by: Fredric Shaffer, PhD, BCB, BCB-HRV
Track: Clinical Interventions and Optimal Performance
Level: Introductory
Target Audience: Professionals who utilize heart rate variability
Content Focus: 25% Clinical/75% Research

ORAL02B: The Braiding Technique Does Not Promote Abdominal Breathing
Presented by: Fredric Shaffer, PhD, BCB, BCB-HRV
Track: Clinical Interventions and Optimal Performance
Level: Introductory
Target Audience: Clinicians who teach breathing techniques
Content Focus: 50% Clinical/50% Research

ORAL02C: How Breathing Exercises Can Help Relieve Menstrual Pain in Students
Presented by: Erik Peper, PhD, BCB; Richard Harvey, PhD; Singing Chen, MA; Nicholas Heinz, BA
Track: Clinical Interventions and Optimal Performance
Level: Intermediate
Target Audience: Any clinician and educator who works with women
Content Focus: 60% Clinical/40% Research

5:30 pm - 6:30 pm

EXH02: **EXHIBITOR DEMO - Measuring What Matters: Using HRV to Inform and Elevate Clinical Practice and Research with Optimal HRV**

ROOM: Cabrillo 2

6:30 pm to 7:40 pm

KEY02: **KEYNOTE: Acceptance, Not a Regulation Technique But a Way of Being**

ROOM: Rio Vista Salon A-C

Presented by: Brad S. Lichtenstein, ND, BCB, BCB - HRV
CE Credits: 1
Track: Clinical Interventions and Optimal Performance
Level: Introductory
Target Audience: General health practitioners
Content Focus: 100% Clinical

Following Keynote - 7:40 pm

Rec02: **Poster & President's Reception**

ROOM: Rio Vista Salon D-H

7 am - 7 pm
Conference Registration/ Attendee Check-In
LOCATION: Rio Vista Salon D-E Foyer

7:15 am - 8 am
Attendee Breakfast
ROOM: Rio Vista Salon D-H

8 am - 4 pm
Expo Hall Open
ROOM: Rio Vista Salon D-H

8:00 am - 9:00 am
BOS20: Increasing Prevalence of Mu Rhythm in Post-Pandemic Populations
ROOM: Sierra 5
Presented by: Cory Williams, MS, BCN, qEEG-D
CE Credits: 1
Track: Basic Science
Level: Intermediate
Target Audience: Clinicians who work with ADHD, pediatric or adult populations, or who are curious about the diagnostic process.
Content Focus: 40% Clinical/60% Research

8:00 am - 9:00 am
BOS21: Concussion Rescue: A Holistic Approach to Brain Injury Rehabilitation
ROOM: Rio Vista Salon A-C
Presented by: Jay Gattis, PsyD; Kabran Chapek, ND
CE Credits: 1
Track: Basic Science
Level: Introductory
Target Audience: All with interest in concussion recovery
Content Focus: 50% Clinical/50% Research

8:00 am - 9:00 am

BOS22: **Heart Rate Variability and Fragmentation: Results from HRVB Intervention and Field Studies with Law Enforcement Officers**

ROOM: Sierra 6

Presented by: Judith Andersen, Associate Professor, University of Toronto; Patrick Fahim, BSc; Sigrún Þóra Sveinsdóttir, PhD; Sarah Scott, HBSc
CE Credits: 1
Track: Clinical Interventions and Optimal Performance
Level: Intermediate
Target Audience: Researchers, practitioners interested in understanding the implementation of HRVBF in applied police contexts, the effectiveness of novel cardiovascular biomarkers and/or importance of resonance frequency in HRVBF efficacy.
Content Focus: 15% Clinical/85% Research

8:00 am - 9:00 am

ORAL03: **Oral Presentations - Session 3**

ROOM: Balboa 1

ORAL03A: Mindfulness Neurofeedback: Feasibility for Enhancing Academic Success among Underrepresented Students
Presented by: Amelia Saul, PhD, CTRS, BCB
Track: Clinical Interventions and Optimal Performance
Level: Intermediate
Target Audience: Individuals interested in learning more about the use of mindfulness-based neurofeedback to improve academic performance and reduce academic anxiety in college students from historically underrepresented racial and ethnic backgrounds.
Content Focus: 40% Clinical/60% Research

ORAL03B: AI Models with HRV: Reducing Bias in Black Health Stress Measurement and Outcomes
Presented by: Marcia Uddoh, PhD, MPH, MS, MSW, MD (candidate)
CE Credits:
Track: Hot Topics
Level: Introductory
Target Audience: This session is ideal for researchers, clinicians, public health professionals, biofeedback practitioners, AI developers, and policymakers interested in leveraging AI and HRV to reduce health disparities and promote culturally competent interventions.
Content Focus: 60% Clinical/40% Research

9:10 am - 10:20 am

KEY03: **KEYNOTE: Endogenous Neuromodulation in the Infra-Low Frequency Domain**

ROOM: Rio Vista Salon A-C
Presented by: Siegfried Othmer, PhD
CE Credits: 1
Track: Clinical Interventions and Optimal Performance
Level: Advanced
Target Audience: All Attendees
Content Focus: 70% Clinical/30% Research

10:20 am - 10:50 pm

Refreshment Break/Coffee/Tea

ROOM: Rio Vista Salon D-H

10:50 am - 12:20 pm

BOS23: **Ethics II: Professional Ethics and Practice Standards in Neurofeedback and Telehealth**

ROOM: Sierra 5
Presented by: Donald Moss, PhD
CE Credits: 1.5
Track: Clinical Interventions and Optimal Performance
Level: Intermediate
Target Audience: Biofeedback practitioners, medical providers, mental healthcare providers, instructors, students.
Content Focus: 75% Clinical/25% Research

10:50 am - 12:20 pm

BOS24: **Integrating Biofeedback into Large-Scale Medical Settings**

ROOM: Rio Vista Salon A-C
Presented by: Anu Kotay, PhD; Elizabeth Parks, PT, BCB, TPS; Susan Fitts, PsyD; Chaya Rivka Mayerson, PsyD
CE Credits: 1.5
Track: Clinical Interventions and Optimal Performance
Level: Introductory
Target Audience: Early career providers working in large medical settings
Content Focus: 85% Clinical/15% Research

10:50 am - 12:20 pm

BOS25: **NFB "Cheat Codes": Master Advanced Notions by a Profound Understanding of the Fundamentals**

ROOM: Balboa 1

Presented by: Brendan Parsons, PhD, BCN
CE Credits: 1.5
Track: Clinical Interventions and Optimal Performance
Level: Intermediate
Target Audience: Neurofeedback professionals in active practice, biofeedback professionals looking to add neurofeedback to their clinical tools
Content Focus: 60% Clinical/40% Research

10:50 am - 12:20 pm

BOS26: **Crappy Cases 2: Judgment Day**

ROOM: Sierra 6

Presented by: Saul Rosenthal, PhD; Richard Gevirtz, PhD; Mari Swingle, PhD
CE Credits: 1.5
Track: Clinical Interventions and Optimal Performance
Level: Introductory
Target Audience: Primarily focused on newer practitioners, but will prove useful for anyone who has experienced a treatment failure, regardless of experience
Content Focus: 90% Clinical/10% Research

12:20 pm - 2 pm

Lunch On Your Own

12:30 pm - 1:30 pm

LL02: **Women in the Science of Applied Psychophysiology and Biofeedback Discussion Group Luncheon**

ROOM: Cabrillo 2

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 identity 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 RSVPs (first-come-first-served basis). Attendance is complimentary and a light lunch will be provided.

1:30 pm - 2:35 pm

Key04: **KEYNOTE: Targeting the Brain-Heart-Immune Axis to Promote Resilience Recovery after Surgery**

ROOM: Rio Vista Salon A-C
Presented by: Leah Acker, PhD, MD
CE Credits: 1
Track: Hot Topics
Level: Intermediate
Target Audience: Clinicians, patients with interest in these devices, researchers
Content Focus: 40% Clinical/60% Research

2:45 pm - 4:15 pm

BOS27: **Assessment & Treatment Options for Insomnia: A Neurocognitive Approach**

ROOM: Balboa 2
Presented by: Christina Lewis, PsyD., LCSW-S, BCB, BCN; Gay Teurman, PsyD., MFT, BCN, QEEG-D; Brigitte Lewis, BS Neuroscience, LPC Associate
CE Credits: 1.5
Track: Clinical Interventions and Optimal Performance
Level: Introductory
Target Audience: Any practitioner who works with clients who have sleep issues.
Content Focus: 90% Clinical/10% Research

2:45 pm - 4:15 pm

BOS28: **Practical Tips on Integrating Cultural Awareness and Sensitivity into Biofeedback Practices**

ROOM: Sierra 6
Presented by: Ethan Benore, PhD; Katie Fleischman, PhD; Will Frye, PhD
CE Credits: 1.5
Track: Hot Topics
Level: Introductory
Target Audience: Clinicians at all stages of career
Content Focus: 80% Clinical/20% Research

2:45 pm - 4:15 pm

BOS29: **From Rumination to Compassion with Biofeedback**

ROOM: Rio Vista Salon A-C

Presented by: Inna Khazan, PhD, BCB; Nate Ewigman, PhD, BCB
CE Credits: 1.5
Track: Hot Topics
Level: Advanced
Target Audience: Biofeedback providers
Content Focus: 80% Clinical/20% Research

2:45 pm - 4:15 pm

BOS30: **Centralized Pain: Clinical and Practical Implications**

ROOM: Sierra 5

Presented by: Peter Behel, MA; Jack Ginsberg, PhD; Meghan Varner, PT, DPT, CMTPT
CE Credits: 1.5
Track: Basic Science
Level: Intermediate
Target Audience: Practitioners interested in chronic pain at all levels.
Content Focus: 50% Clinical/50% Research

2:45 pm - 4:15 pm

EXH03: **EXHIBITOR DEMO: Test your skills with Texas hold 'em, while monitored by Thought Tech's eVu-TPS**

ROOM: Balboa 1

4pm

Expo Hall Closes

4:15 pm - 4:45 pm

Refreshment Break/Coffee/Tea

LOCATION: Rio Vista Salon D-E Foyer

Visit the AAPB Human Library at
aapb.org/AAPB_HumanLibrary

So Many Luminaries Among Us!
It's time for AAPB to shine a spotlight on them and ensure the world is better acquainted with them. The AAPB Human Library showcases those individuals who have contributed to the science and practice of applied psychophysiology and biofeedback, those who have made significant contributions to the advancement of brain/body/mental health or to AAPB itself.

5 pm - 6 pm

BOS31: **EEG Correlates of Panic, Violence, Aggression and Psychosis**

ROOM: Sierra 5

Presented by: Tiff Thompson, PhD, QEEGD, REEGT, LMFT, BCN
CE Credits: 1
Track: Clinical Interventions and Optimal Performance
Level: Introductory
Target Audience: All attendees
Content Focus: 50% Clinical/50% Research

5 pm - 6 pm

BOS32: **Photobiomodulation in Traumatic Brain Injury: Pathophysiology, Clinical Evidence, and Implications for Neurofeedback**

ROOM: Sierra 6

Presented by: Lew Lim, PhD, MBA
CE Credits: 1
Track: Clinical Interventions and Optimal Performance
Level: Intermediate
Target Audience: Psychotherapists, neurofeedback practitioners, researchers in brain conditions.
Content Focus: 40% Clinical/60% Research

5 pm - 6 pm

BOS33: **How Do You Feel in Your Body? A Deep Dive into Assessing Interoception as Bodily Awareness**

ROOM: Balboa 1

Presented by: Janell Mensinger, PhD-
CE Credits: 1
Track: Hot Topics
Level: Intermediate
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.
Content Focus: 20% Clinical/80% Research

5 pm - 6 pm

ORAL04: **Chronic Stress, The Master Hallmark of Aging: How it Speeds Up Aging and a Resilience Model to Reverse This Process**

ROOM: Rio Vista Salon A-C
Presented by: Stephen Sideroff, PhD
CE Credits: 1
Track: Hot Topics
Level: Introductory
Target Audience: All attendees

6:15 pm - 7:30 pm

Key05: **Distinguished Scientist Lecture: Effects of Heart Rate Variability Biofeedback on Emotion Brain Networks and on Blood Biomarkers of Alzheimer's Disease**

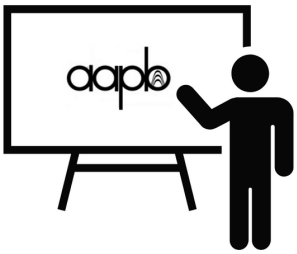
ROOM: Rio Vista Salon A-C
Presented by: Mara Mather, PhD
CE Credits: 1
Track: Basic Science
Level: Introductory
Target Audience: Those interested in understanding emotional, brain and neurodegenerative disease implications of HRV biofeedback.
Content Focus: 100% Research

7:30 pm

Rec03: Closing Reception

ROOM: Rio Vista Salon D-H

Poster Presenters



Poster Presentations will be held on Friday, May 16 at the Poster and President's Reception at 7:40 pm

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1: Brain Activity Changes Postpartum: A qEEG Study
Authors: Alison Anglen, PhD, Counseling Psychology; Samantha Jacobson, PsyD; Amy Serin, PhD

2: Sex Differences in the Psychophysiology of PTSI Among Police Officers
Authors: Amanda Jani, HBSc; Sarah Scott, HBSc; Judith Andersen, PhD

3: A Biomarker-Based Investigation Of The Mindful Sport Performance Enhancement Protocol Vs Heart Rate Variability Biofeedback To Reduce Anxiety, Improve Attention, Increase Flow State, And Enhance Performance In High-Risk Sport (Big Wave Surfing)
Authors: Andrea Carvalho Dias, MA

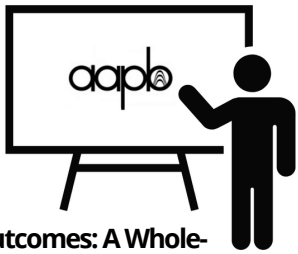
4: The Effects of Bilateral Stimulation on Brodmann Area 25
Authors: Andrea Menhennet, LPC; Amy Serin, PhD, BCN; Samantha Blake Jacobson, PsyD

5: Role of Prefrontal Cortex in Verbal Fluency and Confrontation Naming in Persons with Aphasia: Insights from fNIRS Investigation
Authors: Bijoyaa Mohapatra, PhD, CCC-SLP; Biraj Bhattarai, MS

6: Neural Reset Technique: Using Bi-Lateral Tactile Stimulation Can Significantly Reduce Patient Distress
Authors: Caroline Signa, PhD; Amy Serin, PhD; Samantha Jacobson, PsyD; Alison Anglen, PhD; Andrea Menhennet, Gabriella Corsino, BA; Riley Smelkinson, BS; Chanessa Stanley, LMSW

7: Is Level of Self-Reported Health a Predictor of Increased HRV?
Authors: Dantzel Petersen-Hancey; Patrick Steffen, PhD

Poster Presenters



8: Optimizing Biofeedback Outcomes: A Whole-Person and Integrative Approach
Authors: Darlene Lee, ND, MSW, BCB; Arvin Jenab, ND

9: Initial Menstrual Experiences May Moderate Future Menstruations
Authors: Erik Peper, PhD, BCB; Nicholas Heinz, BA; Singing Chen, MA; Lorelei Tavernier, Student; Richard Harvey, PhD

10: Stereoelectroencephalography (sEEG) Data Analysis Methods Review in Epilepsy
Authors: Norah Hill, Student; Francisco Cortez-Thomas, BS; Alyssa Scraper, BS; Ian Mutchnick, MD; Estate Sokhadze, PhD

11: EEG Source Localization in Epilepsy and Importance of Accurate Positioning of EEG Sensors
Authors: Mustafa Almosawi, BS; Arianna Frantz; Ian Mutchnick, MD; Estate Sokhadze, PhD

12: Does Combining Slow-Paced Breathing and Slow-Paced Muscle Contraction Increase HRV?
Authors: Fredric Shaffer, PhD; Isaac Compton, PhD

13: Effects of Heart Rate Variability (HRV) Biofeedback on Brain Regions in Patients with Major Depressive Disorder
Authors: I-Mei Lin, Clinical psychologist; Yi-Hui Lin

14: Precision Analysis of Heart Rate Variability Biofeedback in Patients with Major Depressive disorder
Authors: I-Mei Lin, Clinical psychologist; I-Mei Lin, Clinical psychologist; Chongen Gao

15: Heart Rate Variability Skills Training for Autonomic Rehabilitation (HRV STAR)
Authors: James Burch, MS, PhD; Jennifer Weggen, MS, PhD (Cand.); Ben Ginsberg, MS; Madison Maxwell, MS; Sahil Nath, Meghan Varner, Laura E. Boylan, PhD (Cand); Thomas Chelimsky, MD; Chelimsky, MD; Patricia Kinser, PhD; Bryce D. McLeod, PhD; J.P. Ginsberg, PhD; Raouf Gharbo, DO

16: Examining the Influence of Various Inhalation to Exhalation Ratios on Heart Rate Variability
Authors: Josh Marchant, BA; Faith Leishman, BA; Clara Zinn, BA; Josse Sandres, BA; Patrick Steffen, PhD

17: Integrating Heart Rate Variability Biofeedback into Cardiac Rehabilitation for Secondary Prevention of Cardiovascular Disease
Authors: Margaret Boomgaarden, ND

18: Resonance-Paced Breathing at 0.1 Hz Modulates Arterial Pressure via Baroreflex-Induced Vasodilation
Authors: Mehdi Kushkestani; Amber Sarwani, MS; Anthony Pawlak; Marsha E. Bates, MS

19: Adherence to Paced Breathing: Examining the Effects of Low and Slow vs. Deep Breathing
Authors: Mikel Cressman, Graduate Student; Ruth Jack, Student; Cole Murphy, Student; Natalie Johnson, Student; Ainsley Lumsden; Patrick Steffen, PhD

20: Biofeedback Peak Performance HRV Training Protocol for Enhancing Shooting Accuracy Among College Students
Authors: Muhammad Nubli Abdul Wahab; Huang Donghai

21: Self-Healing Projects in a University Holistic Health Class, Cases of Reducing Hypertension, Hives (Chronic Urticaria) and Diabetes.
Authors: Richard Harvey, PhD; Erik Peper, PhD; Maggie Hellberg, Student; Via Calderon, Student

22: Heart Rate Variability Biofeedback (HRV-B): A Novel Approach to Autonomic Nervous System Regulation and Gastric Motility Improvement
Authors: Sharmista Chintalapalli, BA; Naomi Maxwell, BA; Richard Gevirtz, PhD, BCB

23: Integration of Frontal Gamma Asymmetry as a Forensic Toolfor Emotional Valence in a Murder Case
Authors: Thomas Collura, PhD, MSMHC, QEEG-D, BCN, NCC, LPCC; David S. Cantor, PhD, MS; Ronald Bonnstetter, PhD

24: Heart Rate Variability and Suicide Prevention: The Moderating Role of Vagal Tone in the Link Between Somatic Anxiety and Suicidal Ideation
Authors: Alice Fiduccia; Sara Guidotti; Carlo Pruneti

General Info & Policies

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.

General Info continued

Scientific Poster Presentations: Accepted poster presentations will be in-person only in 2025 and on display on Friday May 16, 2025 only.

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.

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.

General Info continued

I**MPORTANT 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.

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Telephone: 800-477-8892 or +1 303-422-8436
Address: PO Box 461797, Aurora, CO 80046-1797

60 - General Policies

Continuing Ed
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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

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, 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

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AAPB 56th Annual Scientific Meeting

May 13-16, 2026

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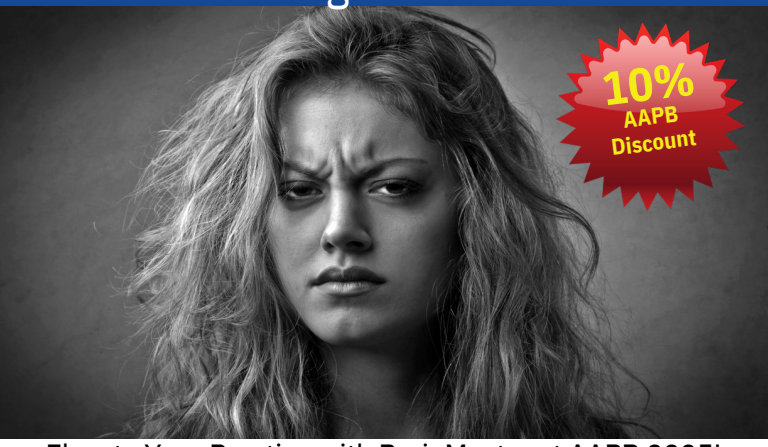

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