

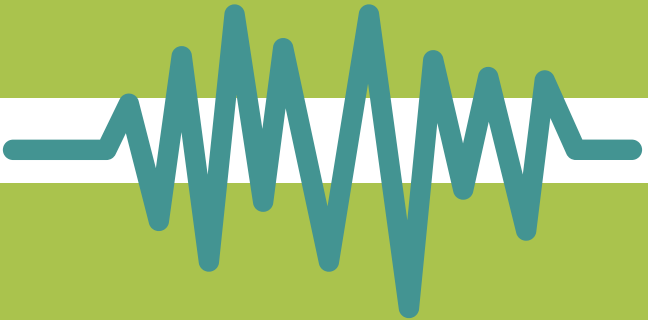
56TH ANNUAL SCIENTIFIC MEETING

THE SCIENCE OF
SELF-REGULATION
AND RESILIENCE
THROUGH
BIOFEEDBACK



May 13-16, 2026 | Baltimore

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



Download Allos



Sync Your Breath to Music

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



2. Set the Pace



3. Breathe to the Music



Designed to support clinicians and coaches, Allos works alongside most HRV biofeedback apps and supports protocols for resonance frequency assessment. The experience is enhanced by diverse music genres that appeal to users across age groups.

HRV biofeedback your clients will actually use.



- The Resonance Lamp is the first screenless biofeedback tool designed to live in your space.
- The Ohm stone detects each client's unique resonance frequency, no assessment needed.
- Real-time multisensory biofeedback is delivered via stone haptics, adaptive light, and calming sound.
- Monitor client progress with session data tracked and visualized over time.
- Elevated design means clients want to use it day after day.

ohm
www.ohm.health



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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 56th Annual Scientific Meeting in Baltimore, Maryland, May 13-16, 2026, at the Lord Baltimore Hotel. This conference brings 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.



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

FERB Fundraising Dinner



Wifi Access

Join Network:

AAPBmeeting

Your web browser will open automatically after joining.
When prompted, enter your access code:

Resilience2026

Wifi Access - 5

Keynote Presenters



Stephen Sideroff, PhD
*Associate Clinical Professor,
Psychologist and
Consultant
Departments of Psychiatry
& Biobehavioral Sciences
and Rheumatology, UCLA*

PRESENTING:
**From Stress
Management to
Resilience: Development
of a comprehensive
model and approach to
psychological
transformation and
optimal functioning**
Friday, May 15, 2026
10:30 am EDT



**Michelle Drapkin,
PhD, ABPP**
*Board-certified clinical
psychologist and
behavior change
specialist
Founder and Director of
the CBT Center*

PRESENTING:
**Why Trying Harder
Doesn't Work (and
What Motivational
Interviewing Does
Instead)**
Friday, May 15, 2026
6 pm EDT



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

PRESENTING:
**Building Stress Resilience
through the Integration of
Psychotherapy and
Biofeedback**
Saturday, May 16, 2026
6 pm EDT

Award Winners



2026 AAPB Distinguished Scientist

Patrick R. Steffen, 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.

2026 AAPB Sheila Adler Award for Distinguished Service

Paul Lehrer, PhD



In recognition of outstanding contributions and distinguished service to the field of applied psychophysiology and biofeedback and to our association.



56th Annual Scientific Meeting

THE SCIENCE OF SELF-REGULATION AND RESILIENCE THROUGH BIOFEEDBACK

May 13-16, 2026 | Baltimore



LUNCH & LEARN

Spotlight

DEIJ LECTURE: RESTORING FUNCTION AND RESILIENCE IN FUNCTIONAL NEUROLOGICAL DISORDER

Friday, May 15

12:30 pm - 1:30 pm EDT

CE Credits: 1

Room: Salon C - Ballroom Level

Presented by

JARHED PEÑA, PHD AND CAMERON PAXTON, MA



**COMPLIMENTARY LUNCH PROVIDED FOR THE FIRST
50 ATTENDEES ON A FIRST-COME, FIRST-SERVED BASIS**

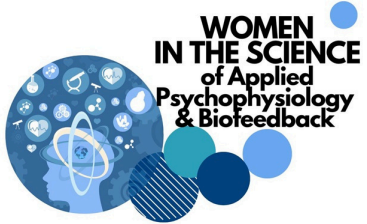
Saturday, May 16

12:30pm - 2:15pm

Room: Salon D

Ballroom Level

TICKETED EVENT



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

Moderated by: Sarah Scott, HBSc, Mari Swingle, PhD, Anu Kotay, PhD and Inna Khazan, PhD

This **women-only forum** offers open discussion on opportunities/challenges unique to women in the health sciences. We'll brainstorm ways AAPB can provide meaningful connections and resources for ongoing support. **TICKETED EVENT, free to members. Register at the AAPB Registration desk. No CE credits offered for this session.**

8 - Lunch & Learns

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 56th 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 in 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 13 and Thursday, May 14 (separate registration required)
- Over 25 Symposia/Breakout Sessions on Friday, May 15 and Saturday, May 16
- Exhibit Hall and Networking Receptions to allow you to meet and collaborate with those who share knowledge and interest in biofeedback
- 30.0 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.

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.

See page 58 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.

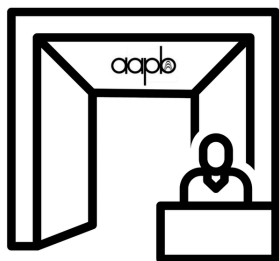
INTRODUCTORY: Content is designed for psychologists who may have little to no background in a specialized skill or content area. Through this level of programming, the learner can become acquainted with the theoretical underpinnings, principles, methods, and perspectives of a content area. An introductory 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 14

- Exhibitor Set-up: 12pm – 4pm
- Expo Hall Open: 6:30pm – 8pm
- Welcome Reception: 6:30pm – 8pm

Friday, May 15

- Breakfast: 8am – 9am
- Expo Hall Open: 8am – 9:30pm
- Refreshment Break: 5:30pm – 6pm
- Poster Reception: 7:30pm – 9pm

Saturday, May 16

- Breakfast: 8am – 9am
- Expo Hall Open: 8am – 4pm
- Refreshment Break: 10:30am – 11am
- Exhibitor Teardown: 4pm – 7pm

Registration Hours

Preconference

- Tuesday, May 12: 5pm – 7pm
- Wednesday, May 13: 7:30am – 6:30pm
- Thursday, May 14: 7:30am – 6:30pm

Conference

- Friday, May 15: 7:30am – 7:30pm
- Saturday, May 16: 7:30am – 7:30pm



AAPB Sponsors

Reception Sponsor



ThoughtTech

UNLOCKING HUMAN POTENTIAL

Stay tuned for a virtual demo later this year!

Breakfast Sponsor

ohm

Make sure to check out their live demonstration Friday at 2pm.

Lanyard Sponsor



AAPB Exhibitors

During AAPB's 2026 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: Versailles – LOBBY LEVEL

AAPB Exhibitors

Listed in alphabetical order



Allos is a music-guided breath pacer designed to increase engagement and adherence in the long-term practice of slow-paced, resonance-frequency breathing. Instead of voices or repetitive cues, Allos uses adaptive music as the pacer, adjusting the beat and melody to sync with the user's selected breathing rate and inhale-exhale ratio. Users can choose from a wide range of musical styles to match their mood or intended outcome, transforming mechanical pacing into an immersive rhythmic experience. Built to support evidence-based resonance frequency breathing protocols, Allos can be used alongside most HRV biofeedback tools and is well suited for both clinical and self-directed practice.

Visit our booth & learn
more at www.allos.app



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...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
sales@bio-medical.com 586-756-5070



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, 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 expanding virtual world.

Represented by: Bill Mrklas & Lisa Mrklas
sales@brainmaster.com 440-232-6000



The **International QEEG Certification Board (IQCB)** was created in 1995 with the mission of providing formal certification standards in QEEG analysis. Board certification is the mark of distinction for providers of brain imaging and analysis services. IQCB certifies individuals worldwide who meet education and training standards in QEEG.

Represented by: Donna Sansone
iqcbadmin@iqcb.org
qeegetcificationboard.org

Medi Air Purifier



Medi Air Purifier is the manufacturer of the professional grade ionizer air purifiers and tools.

mediairpurifier.com



NEUROFIELD INC.

NeuroField develops advanced neurotechnology systems for EEG assessment, ERP acquisition, neurofeedback, and multi modal neuromodulation. Designed for clinicians and researchers, its platforms deliver data driven insights and customizable protocols backed by decades of innovation. NeuroField products are used in clinical, research, and educational settings nationwide.

Represented by: Dr. Nicholas Dogris & Meighann Helene
www.neurofield.com
contact@neurofield.com 760-872-4200



Innovation for Customers

The **Nitto Group** places ESG (Environment, Social, and Governance) at the core of its management and aims at simultaneously solving social issues and creating economic value. Positioning Power & Mobility, Digital Interface, and Human Life as the three focal domains, the group strives to become an essential company by leveraging the strengths of its technologies in the areas where these domains intersect with each other.

**Represented by: Masayuki Minakata &
Sota Kondo**
nii-counseling-system@nitto.com
408-769-1432



Customized pain management solutions. We have the best ways to use RLT, EMS, and percussion tools for recovery.

Represented by: Tarik Hurmali
tarikhurmali@gmail.com



Ohm is a real-time resonance breathing and HRV biofeedback lamp that identifies each user's unique resonance frequency and provides intuitive visual feedback to train autonomic regulation. Ohm translates complex physiology into a simple, adaptive experience that makes nervous system training accessible, measurable, and immediately actionable.

**Represented by: Dr. Jay Wiles, James McGoff,
& Tiffani Davidson**
Visit our booth & learn more at ohm.health



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

The School of Neurotherapy provides professional education and certification in QEEG and neurotherapy for clinicians seeking advanced training in brain assessment and neuromodulation. Through online and in person programs, participants gain structured coursework, hands on instruction, and continuing education in EEG, neurofeedback, and neurostimulation.

Represented by: Dr. Tiff Thompson & Kimberly Green
www.schoolofneurotherapy.com
info@schoolofneurotherapy.com
(805) 403-4202



ThoughtTech

50 YEARS

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 & excellence!

Represented by: Dr. Hal Myers & Frank deGregorio
workshops@thoughttechnology.com
514-489-8251

Exhibitor Demos

Friday, May 15 - 2pm to 3pm
Hanover Room

EXH01: Exhibitor Demonstration by Ohm Health

***Presented by Ohm Health: Dr. Jay T. Wiles,
BCB, BCB-HRV; Chief Health and Performance
Officer; and James McGoff, CEO***

Ohm is an HRV biofeedback-driven nervous system training system designed to make resonance breathing intuitive, personalized, and actionable in real time. It combines a physical device—a lamp paired with a handheld sensor "stone"—that measures physiological signals like heart rate and heart rate variability (HRV) while guiding breathing through synchronized light, haptic, and auditory cues. As users breathe, Ohm dynamically detects their unique resonance frequency and adapts the pacing to optimize autonomic balance, providing immediate visual feedback when they reach a coherent, regulated state. The result is a seamless, human-centered experience that transforms complex physiology into something simple, engaging, and effective for improving stress resilience, emotional regulation, and overall nervous system performance.

Friday, May 15 - 4pm to 5pm
Hanover Room

EXH02: NEUROFIELD NEUROSCIENCE TECHNOLOGY SYSTEMS

Presented by Neurofield: Dr. Nicholas Dogris

Experience the complete ecosystem — from quantitative brain mapping and AI-matched clinical protocols to neurofeedback training and targeted stimulation — built on a foundation of FDA-cleared technology.

NeuroField

NEUROSCIENCE HARDWARE AND SOFTWARE TECHNOLOGIES

FDA-CLEARED: Q21 | NeuroField Analysis Suite | Genesis

One complete ecosystem for clinical practice and research alike, grounded in **FDA-cleared** technology and decades of development.

A COMPLETE NEUROFIELD ECOSYSTEM

01 — MEASURE & ASSESS

Q21 Amplifier & EEG/ERP Software

The Q21 and Analysis Suite deliver brain mapping, QEEG, and event-related potential analysis — the diagnostic foundation for every downstream decision. **Both FDA-Cleared**

02 — MATCH, PROFILE & PROTOCOL

AI Profiler & Protocol Generator

RUO AI engine matching individuals to 9 categories including TBI, PTSD, and mood disorders, from 4,500+ individuals and 6,000+ EEG records. Generates individualized protocol roadmaps.

03 — TRAIN

Neurofeedback Software

Real-time multimodal neurofeedback spanning amplitude, ratio, connectivity, phase, and phase-amplitude coupling from Delta through Gamma. Surface and sub-cortical training. RUO module.

04 — STIMULATE

Genesis

FDA-cleared cranial electrical stimulator for neuromodulation and insomnia treatment. The RUO NF64 add-on enables customizable stimulation protocols and EEG-guided neurostimulation. **FDA-Cleared**

05 — RESTORE

Photon PBM Stimulator

4-channel near-infrared PBM for energy enhancement, neuroprotection, and tissue restoration. General wellness device designed for clinic and at-home use. **Wellness**

4,500+

INDIVIDUALS

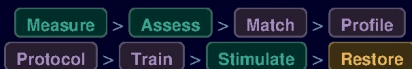
6,000+

EEG RECORDS

9

CATEGORIES

NEUROFIELD WORKFLOW



PRESENTED BY

Dr. Nick Dogris

CEO & Co-Founder, NeuroField

CONFERENCE

AAPB 2026

Lord Baltimore Hotel

DATE & TIME

May 15

4:00 PM

LOCATION

Hanover Room

DURATION

60 Min

Schedule of Events

IMPORTANT!

- The schedule is subject to change.
- All times listed are indicated in US EASTERN DAYLIGHT TIME (EDT).
- 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.
- 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 additional fees for CE credits. You will find the CE reporting 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.

PRECONFERENCE - TUESDAY, MAY 12

5 pm - 7 pm

Preconference Workshop Registration

LOCATION: Calvert Foyer – Ballroom Level

All attendees need to start at registration.

Pick up your name badge, onsite guide and welcome bag.

PRECONFERENCE - WEDNESDAY, MAY 13

7:30 am - 6:30 pm

Preconference Workshop Registration/ Attendee Check-In

LOCATION: Calvert Foyer – Ballroom Level

8 am - 9 am

Preconference Workshop Attendee Breakfast

LOCATION: Maryland Room– Lobby Level

PRECONFERENCE WORKSHOPS*

**Ticketed events. Registration required/Additional fees apply*

9 am - 6:30 pm - FULL-DAY WORKSHOP

WS01: **BCIA Heart Rate Variability**

Biofeedback Didactic Course - Part 1

ROOM: Baltimore – Mezzanine Level

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: 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

Subject Matter Classification: HRV

24 - Tuesday/Wednesday

9 am - 6 pm - FULL-DAY WORKSHOP

WS02: Biofeedback for Chronic Pain Management

ROOM: Salon A – Ballroom Level

Presented by: Saul Rosenthal, PhD; Anu Kotay, PhD; Katie Fleischman, 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

Subject Matter Classification: Peripheral Biofeedback (HRV/Resp), Peripheral Biofeedback (EMG/Temp/GSR), Neurofeedback (EEG), Heart Rate Variability (EKG, RESP), Stress Management, Mindfulness, Evidence-based

8:30 am - 1 pm - HALF-DAY WORKSHOP

WS03: Network Pathways to Brain Health: What the Brain is Telling Us and How to Listen

ROOM: Salon D – Ballroom Level

Presented by: Thomas F. Collura, PhD; Robert Turner, MD; David Ims, PhD; Harry Brubaker, MS Psy, MEd, BCN, QEEGD

CE Credits: 4

Track: Clinical Interventions and Optimal Performance

Level: Intermediate

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

Content Focus: 100% Clinical

Subject Matter Classification: Diversity in Psychophysiology, Optimal Performance, Stress Management, Practice Management, Evidence-based, Case Studies

PRECONFERENCE - WEDNESDAY, MAY 13

8:30 am - 1 pm - HALF-DAY WORKSHOP

WS04: HRV and Sound Therapy as Potentiators of EEG Training - DEEP DIVE

ROOM: Salon E - Ballroom Level

Presented by: Mari Swingle, PhD

CE Credits: 4

Track: Clinical Interventions and Optimal Performance

Level: Intermediate

Target Audience: Clinicians

Content Focus: 50% Clinical/50% Research

Subject Matter Classification: Neurofeedback (EEG)

*****ABOVE SESSION IS FREE
TO ALL ATTENDEES! *****

8:30 am - 1 pm - HALF-DAY WORKSHOP

WS05: Clinical Interoception in Biofeedback: Assessment and Intervention

ROOM: Hanover A - Mezzanine Level

Presented by: Nate Ewigman, PhD, BCB

CE Credits: 4

Track: Hot Topics

Level: Advanced

Target Audience: Biofeedback providers, therapists, researchers interested in clinical translation

Content Focus: 80% Clinical/20% Research

Subject Matter Classification: Peripheral Biofeedback (HRV/Resp), Peripheral Biofeedback (EMG/Temp/GSR), Diversity in Psychophysiology, Mindfulness, High level science from aligned disciplines

1 pm - 2 pm

Lunch On Your Own

2 pm - 6:30 pm - HALF-DAY WORKSHOP

WS06: Individualized Protocols for Trauma Treatment: Integrating Assessment, Biofeedback and Neurofeedback

ROOM: Salon D - Ballroom Level

Presented by: Angelika Sadar, MA, BCN-HRV; Mitchell M. Sadar, PhD, BCN-HRV

CE Credits: 4

Track: Clinical Interventions and Optimal Performance

Level: Intermediate

Target Audience: Psychologists, clinicians, medical personnel, students

Content Focus: 75% Clinical/25% Research

Subject Matter Classification: Peripheral Biofeedback (HRV/Resp), Neurofeedback (EEG), Technology and Innovations, Evidence-based, Case Studies

2 pm - 6:30 pm - HALF-DAY WORKSHOP

WS07: Integrating Hypnosis into Your Clinical/Biofeedback Practice

ROOM: Salon E - Ballroom Level

Presented by: Ron Pekala, PhD

CE Credits: 4

Track: Clinical Interventions and Optimal Performance

Level: Intermediate

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).

Content Focus: 65% Clinical/35% Research

Subject Matter Classification: Peripheral Biofeedback (HRV/Resp), Heart Rate Variability (EKG, RESP), Stress Management, Evidence-based, Case Studies, Hypnosis; Hypnotherapy

PRECONFERENCE - THURSDAY, MAY 14

7:30 am - 6:30 pm

Conference Registration/Attendee Check-In

LOCATION: Calvert Foyer – Ballroom Level

8 am - 9 am

Preconference Workshop Attendee Breakfast

LOCATION: Maryland Room – Lobby Level

PRECONFERENCE

WORKSHOPS*

**Ticketed events. Registration required/Additional fees apply*

9 am - 6:30 pm - FULL-DAY WORKSHOP

WS08: BCIA Heart Rate Variability

Biofeedback Didactic Course - Part 2:

How To Do It, Why it Works & For What

ROOM: Baltimore – Mezzanine Level

Presented by: Paul Lehrer, PhD; Richard Gevirtz, PhD

CE Credits: 7.5

Track: Basic Science

Level: Introductory

Target Audience: 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

Subject Matter Classification: HRV

28 - Thursday

PRECONFERENCE - THURSDAY, MAY 14

9 am - 6 pm - FULL-DAY WORKSHOP

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

ROOM: Salon A - Ballroom Level

Presented by: Brendan Parsons, PhD, BCN; Inna Khazan, PhD, BCB; Frank DeGregorio, DEC

CE Credits: 7

Track: Basic Science

Level: Introductory

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. The session will also benefit clinicians from adjacent disciplines (e.g., psychology, counseling, physical therapy, occupational therapy, medicine, and allied health professions) who are considering integrating biofeedback or neurofeedback into their practice and want a practical, experiential overview before pursuing advanced training. While no prior experience with biofeedback or neurofeedback is required, the workshop is structured to remain engaging for participants with some foundational exposure by emphasizing live demonstrations, clinical reasoning, and hands-on interaction with equipment rather than purely didactic instruction. Attendees who want to feel more confident, connected, and prepared to engage with more advanced conference sessions will find this workshop especially valuable.

Content Focus: 75% Clinical/25% Research

Subject Matter Classification: Peripheral Biofeedback (HRV/Resp), Peripheral Biofeedback (EMG/Temp/GSR), Neurofeedback (EEG)

*****ABOVE SESSION IS FREE
TO ALL STUDENTS! *****

8:30 am - 1 pm - HALF-DAY WORKSHOP

**WS10: Boosting your Practice:
Neurofeedback Skills for the
Intermediate Practitioner**

ROOM: Salon D - Ballroom Level

Presented by: Linda Walker, PhD

CE Credits: 4

Track: Clinical Interventions and Optimal Performance

Level: Intermediate

Target Audience: This workshop is for beginning to intermediate practitioners who are doing amplitude-based neurofeedback and would like a deeper understanding of the actual mechanics of facilitating neurofeedback through filter selection, threshold decisions and feedback selection

Content Focus: 70% Clinical/30% Research

Subject Matter Classification: Neurofeedback

8:30 am - 1 pm - HALF-DAY WORKSHOP

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

ROOM: Salon E - Ballroom Level

Presented by: Angele McGrady, PhD; Donald Moss, PhD

CE Credits: 4

Track: Clinical Interventions and Optimal Performance

Level: Intermediate

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

Content Focus: 75% Clinical/25% Research

Subject Matter Classification: Stress Management, Evidence-based, Case Studies, Successful Clinical Outcomes

PRECONFERENCE - THURSDAY, MAY 14

12 pm - 4 pm

Exhibitor Set-up

ROOM: Versailles - Lobby Level

1 pm - 2 pm

AAPB Board of Directors Meeting

ROOM: Maryland Room - Lobby Level

1 pm - 2 pm

Lunch On Your Own

2 pm - 6:30 pm - HALF-DAY WORKSHOP

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

ROOM: Salon D - Ballroom Level

Presented by: Michael Linden, PhD; Jessica Eure, LPC, BCN, BCB, QEEG-DL; Jennifer Glacel, LCSW, RPT-S; Neil Hughes, Executive Coach

CE Credits: 4

Track: Clinical Interventions and Optimal Performance

Level: Intermediate

Target Audience: Licensed mental health clinicians, neurofeedback providers, psychologists, counselors, social workers, and allied healthcare professionals working with autistic children, adolescents, or adults

Content Focus: 65% Clinical/35% Research

Subject Matter Classification: Neurofeedback

2 pm - 6:30 pm - HALF-DAY WORKSHOP

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

ROOM: Salon E - Ballroom Level

Presented by: Erik Peper, PhD, BCB

CE Credits: 4

Track: Clinical Interventions and Optimal Performance

Level: Intermediate

Target Audience: Clinicians and educators

Content Focus: 70% Clinical/30% Research

Subject Matter Classification: Peripheral Biofeedback (HRV/Resp), Peripheral Biofeedback (EMG/Temp/GSR), Stress Management, Case Studies, Successful Clinical Outcomes

PRECONFERENCE - THURSDAY, MAY 14

6:30 pm - 8 pm

Expo Hall Open

ROOM: Versailles - Lobby Level

6:30 pm - 8:30 pm

REC01: WELCOME RECEPTION

ROOM: Versailles - Lobby Level

AAPB 56TH ANNUAL MEETING
OPENING RECEPTION

BRAINS, BITES & BANTER CONNECT & COMPETE

Tease Your Brain & Win
\$250 Hotel Food/Beverage Gift
Card to enjoy with your team!

Thursday,

May 14

at Lord Baltimore Hotel in
the Expo Hall

Doors open at: 6:30pm

Trivia starts at: 7:30pm

All registered attendees are
welcome to join us for food, fun,
games and new connections

Trivia Rules

Teams must include a minimum of 2
players. We encourage each to have at
least one new and one returning
conference attendee. No phones! 16
questions. Following trivia, we will
share card games and have Pictionary
available for those who wish to
continue the fun.

Let's Play!

7:30 am - 7:30 pm

**Conference Registration/ Attendee
Check-In**

LOCATION: Calvert Foyer - Ballroom Level

8 am - 9 am

Attendee Breakfast

ROOM: Versailles - Lobby Level

8 am - 9:30 pm

Expo Hall Open

ROOM: Versailles - Lobby Level

9 am - 10 am

**BOS01: HRV and Sound Therapy as
Potentiators of EEG Training**

ROOM: Salon A - Ballroom Level

Presented by: Mari Swingle, PhD

CE Credits: 1

Track: Clinical Interventions and Optimal Performance

Level: Intermediate

Target Audience: Clinicians

Content Focus: 50% Clinical/50% Research

Subject Matter Classification: Neurofeedback (EEG)

9 am - 10 am

**BOS02: Divergent QEEG Profiles
Associated with Depression and
Modified with Neurostimulation**

ROOM: Salon D - Ballroom Level

Presented by: Louis Damis, PhD, ABPP, BCIA, FASCH

CE Credits: 1

Track: Basic Science

Level: Intermediate

Target Audience: Neurofeedback, Neurostimulation,
and QEEG providers

Content Focus: 70% Clinical/30% Research

Subject Matter Classification: QEEG &
Neuromodulation

ANNUAL MEETING - FRIDAY, MAY 15

9 am - 10 am

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

ROOM: Salon E - Ballroom Level

Presented by: Judith Andersen, PhD; Sergeant Lissa Ruocco

CE Credits: 1

Track: Clinical Interventions and Optimal Performance

Level: Introductory

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.

Content Focus: 40% Clinical/60% Research

Subject Matter Classification: Heart Rate Variability (EKG, RESP)

9 am - 10 am

ORAL01: Oral Presentations/Session 1 - STRESS MANAGEMENT

ROOM: Salon C - Ballroom Level

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

Presented by: Peper, Harvey, Yoshino **Track:** Clinical Interventions and Optimal Performance **Level:** Intermediate

Target Audience: Clinicians and educators **Content Focus:** 50% Clinical/50% Research

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

Presented by: Moss **Track:** Clinical Interventions and Optimal Performance **Level:** Introductory **Target Audience:**

Biofeedback practitioners, healthcare professionals, mental healthcare professionals, researchers, and students

Content Focus: 25% Clinical/75% Research

ANNUAL MEETING - FRIDAY, MAY 15

10:30 am - 12 pm

KEY01: KEYNOTE: From Stress Management to Resilience: Development of a Comprehensive Model and Approach to Psychological Transformation and Optimal Functioning

ROOM: Salon C - Ballroom Level

Presented by: Stephen Sideroff, PhD

CE Credits: 1

Track: Clinical Interventions and Optimal Performance

Level: Intermediate

Target Audience: Health psychologists, biofeedback practitioners, behavioral medicine clinicians, physicians, nurses, mental health professionals, researchers, trainees, and allied health providers interested in resilience, stress related conditions, psychophysiological self regulation, and performance optimization.

Content Focus: 75% Clinical/25% Research

Subject Matter Classification: Optimal Performance

12 pm - 2 pm

Lunch On Your Own

12:30 pm - 1:30 pm

LL01: LUNCH & LEARN: Restoring Function and Resilience in Functional Neurological Disorder

ROOM: Salon C - Ballroom Level

Presented by: Jarhed Peña, PhD; Cameron Paxton, MA

CE Credits: 1

Track: Clinical Interventions and Optimal Performance

Level: Introductory

Target Audience: Practitioners

Content Focus: 100% Clinical

Subject Matter Classification: Mindfulness, Peripheral Biofeedback (HRV/Resp)

12:30 pm - 1:30 pm

STNT01: AAPB Student Lunch

ROOM: Maryland Room - Lobby Level

**All Students attend free with ticket*

Friday - 35

ANNUAL MEETING - FRIDAY, MAY 15

12:30 pm - 1:30 pm

JRNLO1: **Journal Editorial Lunch**

ROOM: Salon A - Ballroom Level

**By invitation only*

1 pm - 1:30 pm

BCIA01: **BCIA Certification**

/Recertification FAQ's and Answers

ROOM: Salon D - Ballroom Level

2 pm - 3:30 pm

BOS04: **Maximizing the Impact of Alpha-theta Therapy: Tools and Resources**

ROOM: Salon A - Ballroom Level

Presented by: Linda Walker, PhD

CE Credits: 1.5

Track: Clinical Interventions and Optimal Performance

Level: Intermediate

Target Audience: Neurofeedback practitioners who are exploring alpha theta neurofeedback but want resources to help them feel confident in managing and facilitating a session.

Content Focus: 70% Clinical/30% Research

Subject Matter Classification: Neurofeedback

2 pm - 3:30 pm

BOS05: **Pharmacological Impact in Pediatric Psychophysiology**

ROOM: Salon C - Ballroom Level

Presented by: Katie Fleischman, PhD; Seth L. Enos, ND, BCB, EMT-P; Debbie Miller, ND, BCB; Ashley Greene, ND, BCB

CE Credits: 1.5

Track: Hot Topics

Level: Intermediate

Target Audience: Clinicians at all stages of career

Content Focus: 50% Clinical/50% Research

Subject Matter Classification: Pharma

2 pm - 3:30 pm

BOS06: Motivational Interviewing in Biofeedback Practice: Getting Clients to Want to Change

ROOM: Salon D - Ballroom Level

Presented by: Saul Rosenthal, PhD; Matthew Bennett, MBA, MA

CE Credits: 1.5

Track: Clinical Interventions and Optimal Performance

Level: Introductory

Target Audience: Practitioners who are interested in improving client engagement and motivation to change

Content Focus: 90% Clinical/10% Research

Subject Matter Classification: Peripheral Biofeedback (HRV/Resp), Peripheral Biofeedback (EMG/Temp/GSR), Neurofeedback (EEG), Heart Rate Variability (EKG, RESP), Evidence-based, Client and intervention management

2 pm - 3 pm

BOS07: Autonomic Dysregulation, Interoception, and Self-Regulation: Biofeedback Applications for Dysautonomia

ROOM: Salon E - Ballroom Level

Presented by: Anna Hayburn, PsyD

CE Credits: 1

Track: Clinical Interventions and Optimal Performance

Level: Intermediate

Target Audience: Practitioners who are interested in learning the psychophysiology of dysautonomia and advancing evidence-based biofeedback interventions for dysautonomia/ autonomic dysfunction.

Content Focus: 80% Clinical/20% Research

Subject Matter Classification: Successful clinical outcomes

2 pm - 3 pm

EXD01: OHM Exhibitor Demonstration

ROOM: Hanover - Mezzanine Level

CE Credits: 0

See details on page 21

ANNUAL MEETING - FRIDAY, MAY 15

4 pm - 5:30 pm

BOS09: Ethics I: Professional Ethics and Practice Standards in Biofeedback

ROOM: Salon C - Ballroom Level

Presented by: Donald Moss, PhD

CE Credits: 1.5

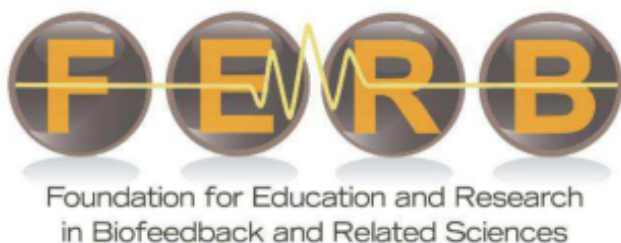
Track: Clinical Interventions and Optimal Performance

Level: Introductory

Target Audience: Health professionals and behavioral health professionals engaged in the practice of biofeedback, neurofeedback, and self-regulation-oriented therapies

Content Focus: 75% Clinical/25% Research

Subject Matter Classification: Practice Management, Ethical Standards



Thank you!

The 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. FERB also awards annual research grants for student projects. Each student must complete an application form in which they provide details about their proposal (research question, measures, subject recruitment, hypotheses, statistics, etc.). Research support will be limited, based on the quality of the submissions and availability of funds.

Donate Today at aapb.org/FERB

38 - Friday

4 pm to 5 pm

BOS10: Mind-blowing Science of Piezo2: Mechanosensory Interoception Meets HRV Biofeedback

ROOM: Salon D - Ballroom Level

Presented by: Matthew Bennett, MBA, MA

CE Credits: 1

Track: Hot Topics

Level: Intermediate

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

Content Focus: 35% Clinical/65% Research

Subject Matter Classification: Peripheral Biofeedback (HRV/Resp), Heart Rate Variability (EKG, RESP), High-level science from aligned disciplines

4 pm to 5 pm

BOS11: Progress in Applied Psychophysiology: Status of Applied Psychophysiology and Biofeedback and Results of an Updated Meta Analysis of Research on HRV Biofeedback

ROOM: Salon E - Ballroom Level

Presented by: Paul Lehrer, PhD

CE Credits: 1

Track: Clinical Interventions and Optimal Performance

Level: Intermediate

Target Audience: Those interested in the status of research in the field of biofeedback, particularly HRV biofeedback

Content Focus: 25% Clinical/75% Research

Subject Matter Classification: Heart Rate Variability (EKG, RESP), Peripheral Biofeedback (HRV/Resp)

4pm - 5pm

EXD02: NeuroField NEUROSCIENCE TECHNOLOGY SYSTEMS

ROOM: Hanover - Mezzanine Level

CE Credits: 0

See details on page 22

ANNUAL MEETING - FRIDAY, MAY 15

5:30 pm to 6 pm

BR01: Refreshment Break in Expo Hall

ROOM: Versailles - Lobby Level

6:15 pm - 7:30 pm

KEY02: KEYNOTE: Why Trying Harder Doesn't Work (and What Motivational Interviewing Does Instead)

ROOM: Salon C - Ballroom Level

Presented by: Michelle Drapkin, PhD

CE Credits: 1

Track: Hot Topics

Level: Introductory

Target Audience: All

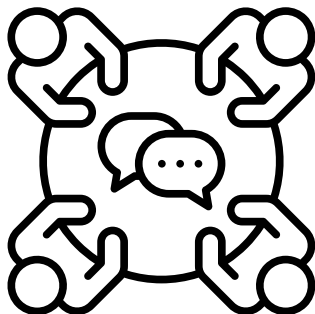
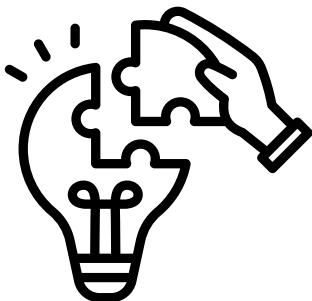
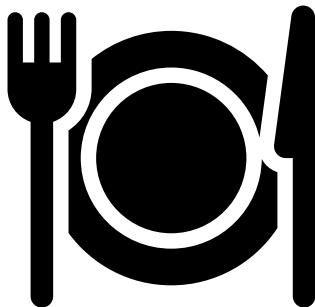
Content Focus: 80% Clinical/20% Research

Subject Matter Classification: Stress Management, Mindfulness, Evidence-based, Motivational Interviewing

Following Keynote - 7:30 pm

REC02: Poster & President's Reception

ROOM: Versailles - Lobby Level



ANNUAL MEETING - SATURDAY, MAY 16

7:30 am - 7:30 pm

Conference Registration/ Attendee Check-In

LOCATION: Calvert Foyer - Ballroom Level

8 am - 9 am

Attendee Breakfast

ROOM: Versailles - Lobby Level

8 am - 4 pm

Expo Hall Open

ROOM: Versailles - Lobby Level

9 am - 10:30 am

BOS12: Integrating QEEG and Precision Medicine in Complex Mental Health Care

ROOM: Salon A - Ballroom Level

Presented by: Melanie Dorion, MSN, AGNP-BC; Jessica Eure, MEd, EdS, LPC, BCN, BCB, QEEG-DL

CE Credits: 1.5

Track: Clinical Interventions and Optimal Performance

Level: Intermediate

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

Content Focus: 75% Clinical/25% Research

Subject Matter Classification: Neurofeedback (EEG), High level science from aligned disciplines, Successful Clinical Outcomes

9 am - 10:30 am

BOS13: Optimizing Cognitive Performance Under Extreme Stress Using Respiratory Biofeedback

ROOM: Salon A - Ballroom Level

Presented by: Dylan McKay, MSc Student, Buckinghamshire New University

CE Credits: 1.5

Track: Hot Topics

Level: Advanced

Target Audience: 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. The content is appropriate for professionals with foundational knowledge of psychophysiology and human performance seeking advanced, applied frameworks

Content Focus: 50% Clinical/50% Research

Subject Matter Classification: Optimal Performance

9 am - 10:30 am

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

ROOM: Salon E - Ballroom Level

Presented by: Amelia Saul, PhD, CTRS, BCB; Linda Bolin, PhD, RN, BCB, FAHA; Polaris Gonzalez Barrios, PhD, MSc

CE Credits: 1.5

Track: Clinical Interventions and Optimal Performance

Level: Introductory

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.

Content Focus: 50% Clinical/50% Research

Subject Matter Classification: Stress Management, Heart Rate Variability (EKG, RESP), Evidence-based, Successful Clinical Outcomes

ANNUAL MEETING - SATURDAY, MAY 16

9 am - 10:30 am

ORAL02: Oral Presentations/ Session 2 - HRV

ROOM: Salon D - Ballroom Level

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

Presented by: Kushkestantani **Track:** Basic Science **Level:** Intermediate **Target Audience:** Applied psychophysiology and biofeedback professionals, including clinicians, researchers, educators, and trainees interested in heart rate variability, breathing-based interventions, and autonomic regulation. **Content Focus:** 50% Clinical/50% Research

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

Presented by: Shaffer, Compton, Suchsland, Phillips, Chen, Athman **Track:** Basic Science **Level:** Introductory **Target Audience:** Professionals who use HRV biofeedback **Content Focus:** 75% Clinical/25% Research

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

Presented by: Mensinger; Carriel **Track:** Hot Topics **Level:** Introductory **Target Audience:** Applied psychologists, psychology trainees, biofeedback practitioners **Content Focus:** 30% Clinical/70% Research

ORAL02D: Modifiable Factors That Can Reduce Heart Rate Variability

Presented by: Shaffer, Suchsland, Gosnell, Grandstaff, Schniedermeier **Track:** Hot Topics **Level:** Introductory **Target Audience:** Professionals who utilize HRV biofeedback in their clinical or optimal performance practices **Content Focus:** 50% Clinical/50% Research

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

Presented by: Shaffer, Suchsland, Gosnell, Grandstaff, Schniedermeier **Track:** Basic Science **Level:** Introductory **Target Audience:** Applied psychophysiology researchers **Content Focus:** 100% Research

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

Presented by: Fiduccia **Track:** Hot Topics **Level:** Intermediate **Target Audience:** Professionals and researchers working in applied psychophysiology, biofeedback, occupational health, and workplace well-being **Content Focus:** 50% Clinical/50% Research **Target Audience:** Professionals, medical providers, mental healthcare providers, instructors, students.

ANNUAL MEETING - SATURDAY, MAY 16

10:30 am - 11 am

BR02: Refreshment Break/Coffee/Tea

ROOM: Versailles - Lobby Level

11 am - 12:30 pm

**BOS15: Seeing Emotional Suppression:
Biofeedback for Cognitive and
Emotional Processes**

ROOM: Salon A - Ballroom Level

Presented by: Nate Ewigman, PhD, BCB; Inna Khazan, PhD, BCB

CE Credits: 1.5

Track: Hot Topics

Level: Intermediate

Target Audience: Biofeedback clinicians interested in applying psychophysiology to styles of emotional responding

Content Focus: 80% Clinical/20% Research

Subject Matter Classification: Peripheral Biofeedback (HRV/Resp), Peripheral Biofeedback (EMG/Temp/GSR), Heart Rate Variability (EKG, RESP), Stress Management, Mindfulness, High-level science from aligned disciplines

11 am - 12:30 pm

**BOS16: One With Breathing: Personal
Empowerment from Within**

ROOM: Salon C - Ballroom Level

Presented by: Harry van der Lei, PhD, BCB

CE Credits: 1.5

Track: Clinical Interventions and Optimal Performance

Level: Intermediate

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

Content Focus: 50% Clinical/50% Research

Subject Matter Classification: Peripheral Biofeedback (HRV/Resp), Peripheral Biofeedback (EMG/Temp/GSR), Diversity in Psychophysiology, Optimal Performance, Heart Rate Variability (EKG, RESP), Stress Management, Mindfulness, Technology and Innovations, Evidence-based, Case Studies, Debates

ANNUAL MEETING - SATURDAY, MAY 16

11 am - 12 pm

BOS17: The Circular Firing Squad: Neurofeedback's History of Rivalry and Infighting

ROOM: Salon D - Ballroom Level

Presented by: Tiff Thompson, PhD, R.EEG.T, BCN, QEEG-D, LMFT

CE Credits: 1

Track: Hot Topics

Level: Introductory

Target Audience: All

Content Focus: 50% Clinical/50% Research

Subject Matter Classification: Historical Foundations, Debates

11 am - 12:30 pm

BOS18: When Psychophysiology Meets Psychotherapy: Applications and Technical Fine Points

ROOM: Salon E - Ballroom Level

Presented by: Paul Lehrer, PhD

CE Credits: 1.5

Track: Clinical Interventions and Optimal Performance

Level: Intermediate

Target Audience: Psychotherapists interested in improving their effectiveness by including these methods and psychophysiological therapists interested in improving their technique

Content Focus: 80% Clinical/20% Research

Subject Matter Classification: Peripheral Biofeedback (HRV/Resp), Heart Rate Variability (EKG, RESP), Stress Management, Evidence-based, Case Studies

12:30 pm - 2:30 pm

Lunch On Your Own

12:30 pm - 2:15 pm

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

ROOM: Salon D - Ballroom Level

Women only. This is a ticketed event, free to members. Registration required. A light lunch will be provided. See the registration desk for available tickets.

2:30 pm - 4 pm

BOS19: Ethics II: Professional Ethics and Practice Standards in Neurofeedback and Telehealth

ROOM: Salon A - Ballroom Level

Presented by: Donald Moss, PhD

CE Credits: 1.5

Track: Clinical Interventions and Optimal Performance

Level: Introductory

Target Audience: Health professionals and behavioral health professionals engaged in the practice of biofeedback, neurofeedback, and self-regulation-oriented therapies

Content Focus: 75% Clinical/25% Research

Subject Matter Classification: Practice Management, Ethical Standards

2:30 pm - 4 pm

BOS20: From Athlete to Performing Artist or Executive: Psychophysiological Self-Regulation as a Transferable Foundation for Performance

ROOM: Salon C - Ballroom Level

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: 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

Content Focus: 95% Clinical/5% Research

Subject Matter Classification: Peripheral Biofeedback (HRV/Resp), Peripheral Biofeedback (EMG/Temp/GSR), Optimal Performance, Heart Rate Variability (EKG, RESP), Stress Management, Mindfulness, Case Studies

2:30 pm - 4 pm

**BOS21: Emotional Expectations as
Medicine: How Beliefs About Pain
Change the Brain**

ROOM: Salon D - Ballroom Level

Presented by: Thomas F. Collura, PhD, MSMHC, QEEG-D, BCN, NCC, LPCC; Harry Brubaker, MS Psy, MEd, BCN, QEEGD; Erik Peper, PhD, BCB; Richard J. McAlister, DC, DAAPM, BCN, QEEG-DL; Penijean Gracefire, LMHC, QEEGD, BCN

CE Credits: 1.5

Track: Clinical Interventions and Optimal Performance

Level: Introductory

Target Audience: Neurofeedback/Biofeedback practitioners, medical professionals, psychologists

Content Focus: 75% Clinical/25% Research

Subject Matter Classification: Peripheral Biofeedback (HRV/Resp), Neurofeedback (EEG), Heart Rate Variability (EKG, RESP)

2:30 pm - 3:30 pm

**BOS22: The Nerve of those Disorders:
Vagal Withdrawal and a Unifying Theme
in Health and Illness**

ROOM: Salon E - Ballroom Level

Presented by: Richard Gevirtz, PhD, BCB

CE Credits: 1

Track: Clinical Interventions and Optimal Performance

Level: Introductory

Target Audience: Anyone interested in mechanisms of mind/body disorders and their treatments

Content Focus: 70% Clinical/30% Research

Subject Matter Classification: Peripheral Biofeedback (HRV/Resp)

ANNUAL MEETING - SATURDAY, MAY 16

4:15 pm - 5:15 pm

BOS23: One Molecule, Many Stories: How Dopamine Became Psychiatry's Most Successful Semantic Artifact

ROOM: Salon A - Ballroom Level

Presented by: Rex Cannon, PhD, BNC

CE Credits: 1

Track: Hot Topics

Level: Intermediate

Target Audience: Everyone with interest in the human brain, disorders and evidence based mechanisms

Content Focus: 30% Clinical/70% Research

Subject Matter Classification: Neurofeedback (EEG), Technology and Innovations, Evidence-based, Debates, Successful Clinical Outcomes

4:15 pm - 5:15 pm

BOS24: Adding Heart Rate Variability Biofeedback to Empirically-based Therapies for Anxiety Disorders

ROOM: Salon C - Ballroom Level

Presented by: Richard Gevirtz, PhD, BCB

CE Credits: 1

Track: Clinical Interventions and Optimal Performance

Level: Introductory

Target Audience: Clinicians who treat anxiety

Content Focus: 70% Clinical/30% Research

Subject Matter Classification: Peripheral Biofeedback (HRV/Resp), Peripheral Biofeedback (EMG/Temp/GSR), Heart Rate Variability (EKG, RESP), Mindfulness, Evidence-based

4:15 pm - 5:15 pm

BOS25: Training Autonomic Resilience in Athletes Using HRV Biofeedback

ROOM: Salon E - Ballroom Level

Presented by: Jay Wiles, BCB, BCB-HRV

CE Credits: 1

Track: Clinical Interventions and Optimal Performance

Level: Introductory

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

Content Focus: 90% Clinical/10% Research

Subject Matter Classification: Peripheral Biofeedback (HRV/Resp), Optimal Performance, Heart Rate Variability (EKG, RESP), Technology and Innovations

48 - Saturday

4:15 pm - 5:45 pm

BOS26: Autonomic Dysfunction and Sensitized Chronic Pain

ROOM: Salon E - Ballroom Level

Presented by: Peter Behel, MA, BCB; JP Ginsberg, PhD; Meghan Varner, BS, DPT

CE Credits: 1.5

Track: Basic Science

Level: Intermediate

Target Audience: Pain practitioners; anyone with interest in HRVB for pain management

Content Focus: 50% Clinical/50% Research

Subject Matter Classification: Peripheral Biofeedback (HRV/Resp), Heart Rate Variability (EKG, RESP), Stress Management, Evidence-based, Case Studies, Successful Clinical Outcomes

6 pm - 7:15 pm

KEY03: Distinguished Scientist Lecture: Building Stress Resilience through the Integration of Psychotherapy and Biofeedback

ROOM: Salon C - Ballroom Level

Presented by: Patrick R. Steffen, PhD, BCB

CE Credits: 1

Track: Hot Topics

Level: Introductory

Target Audience: Those interested in integrating psychotherapy and biofeedback

Content Focus: 50% Clinical/50% Research

Content Focus: 50% Clinical/50% Research

Subject Matter Classification: Peripheral Biofeedback (HRV/Resp), Stress Management, Evidence-based

7:30 pm

FERB FUNDRAISER/CLOSING RECEPTION – Dinner Event at Blackwall Hitch

Ticketed/Offsite Event. See registration desk for tickets.



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
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ADDITIONAL REGISTRATION REQUIRED

Closing Reception, Benefiting Students*



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

**Additional fee included. 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**

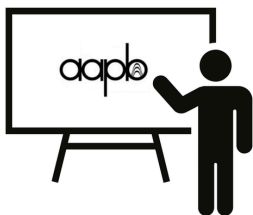
Appetizers to include:

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

Cash Bar available



Poster Presenters



**Poster Presentations will be held on
Friday, May 15 at the Poster and
President's Reception at 7:30 pm**

1: Cardiovascular Conundrum: Biopsychosocial Considerations and Correlates

Authors: Annica Balentine, PhD Student; James Burch, PhD, Professor; Jennifer Weegen, PhD, Research Scientist - Virginia Commonwealth University

2: Enhancing Mental Control Under Extreme Stress: Psychophysiological Insights from Big Wave Surfing

Authors: Andrea Carvalho Dias, Master's Sport and Performance Psychology; Richard Sherman, PhD, BCB - Saybrook University

3: The Heart as a Window to the Mind: Real-Time Detection of Attention and Emotion in Sport

Authors: Andrea Carvalho Dias, MA, Sport and Performance Psychology, Saybrook University

4: Exploring HRV Reactivity Patterns during a Discrimination Paradigm in African-American Caregiver-adolescent Dyads: A Preliminary investigation

Authors: Laura Boylan, MS, Graduate Student, Virginia Commonwealth University; DeWayne Williams, PhD, Assistant professor, University of California Irvine; Fantasy Lozada, PhD, Associate Professor, Virginia Commonwealth University

5: Sleep, Physical Activity, and Dietary Patterns as Predictors of Heart Rate Variability

Authors: Emma Bird, Undergraduate Researcher; Joseph Hill, Undergraduate Researcher; Ashley Rino, Undergraduate Researcher - Brigham Young University

Poster Presenters



6: From Monday Strain to Friday Gain: HRV and Stress in Teachers

Authors: Kathleen Ririe, Clinical Psychology Doctoral Student; Rachel Smith, Undergraduate; Emma Bird, Undergraduate; Annemarie Hilton, Undergraduate; Claire Martin, Undergraduate; Alan Marin, Undergraduate; Griffin Keller, Undergraduate; Bella Brooks, Undergraduate; Mikel Cressman, MS, Graduate Student; Patrick Steffen, PhD, Faculty Advisor - Brigham Young University

7: Enhancing Self-Regulation in Fire Service Personnel: Two Case Studies in Biofeedback and Stress Management Training

Authors: Nicole Levine, MA, San Jose State University; Erik Peper, PhD, San Francisco State University

8: Heart Rate Variability Skills Training for Rehabilitation (HRV STAR): A Feasibility Pilot Study

Authors: Jennifer Weggen, PhD, Research Scientist, Dept. of Epidemiology; Raouf Gharbo, DO, Associate Professor, Director of Autonomic Rehabilitation, Dept. of Physical Medicine & Rehabilitation; Benjamin Ginsberg, MS, Clinical Research Assistant, Dept. of Epidemiology; Meghan Varner, PT, DPT, HRVB Interventionist, Integrative Nutrition Health Coach/Guide2Resilience; Sahil Nash, CCRP, MD, MBA, Clinical Research Coordinator, Dept. of Neurology; Laura Boylan, MS; Graduate Research Assistant, Dept. of Psychology; Annica Ballentine, MPH, Graduate Research Assistant, Dept. of Epidemiology; Madison Maxwell, BS, Senior Clinical Research Coordinator, Dept. of Neurology; Thomas Chelimsky, MD, Professor, Dept. of Neurology; Patricia Kinser, PhD, WHNP-BC, RN, FAAN; Interim Dean, Judith B. Collins and Joseph M. Teefey Distinguished Professor, School of Nursing; Bryce D. McLeod, PhD; Professor, Department of Psychology; Gisela Chelimsky, MD, Professor, Pediatric Gastroenterology Chief/Department of Pediatrics; James B. Burch, MS, PhD, Professor/Department of Epidemiology - Virginia Commonwealth University

9: The Learning Curve of Heart Rate Variability Biofeedback in Patients with Depressive Disorder

Authors: Yi-Yu, Chiang, Master, student/Department of Psychology; I-Mei Lin, PhD, Professor - Kaohsiung Medical University

10: High-Frequency Activity in the Cingulate Cortex in Patients with Major Depressive Disorder: A Current Source Density Analysis

Authors: Yi-Ting Lyu, Master's Student, Department of Psychology; I-Mei Lin, PhD, Professor - Kaohsiung Medical University

11: Heart Wise: HRV Biofeedback Intervention for Teens with Congenital Heart Disease

Authors: Nicholas P. Seivert, PhD, Psychologist/Assistant Professor; Kathryn M. Dodds, DNP, CRNP, Nurse Practitioner; Jack Rychik, MD, Cardiologist - Children's Hospital of Philadelphia

12: Autonomic Stress Reactivity and Workplace Relationships Shape Work Gratification: Toward Interpersonal Biofeedback

Authors: Alice Fiduccia, MSc, Clinical Psychologist, PhD Candidate in Molecular Medicine, University of Parma; Steven Kassel, BFC, MFT, BFC, MFT, Biofeedback and Family Therapy Center; Rosanna, Sanseverino, MSc, PhD candidate; Sara Guidotti, PhD, University of Parma; Roberto Bardini, MSc, Trancerie Emiliane; Carlo Pruneti, PhD - University of Parma

13: Interoception, Anxiety, and Cognitive Biotypes Shape Performance Evaluation

Authors: Jenny Tu, MPH, University of Maryland Institute for Health Computing; Golshan Kargosha, MS, D-Prime LLC; Murat Kucukosmanoglu, PhD, D-Prime LLC; Quang Dang, MS, University of Maryland, Baltimore County; Justin Brooks, MD, PhD, University of Maryland, Baltimore County



14: Slow-Paced Contraction Increases HRV But Not Peripheral Blood Flow



Author: Emma Suchland, Bachelor's candidate, Truman State University

****POSTER CITATION WINNER - BIOFEEDBACK****

Poster Presenters

15: Can Muscle Compression Influence Heart Rate Variability (HRV)?

Authors: Jennette Kilgrow, MS, RDN; Patrick Steffen, PhD; TJ Bass, MS; Brett Mortensen, PhD; Michael J Larson, PhD; Thomas Baldwin, Undergraduate/graduate research assistant; Bethany Hartwell, Undergraduate/graduate research assistant; Anna Wheeler, Undergraduate/graduate research assistant; Eliza Young, Undergraduate/graduate research assistant - Brigham Young University

16: Neurocognitive Training to Enhance Attention and Focus for Athletic Performance of Collegiate Athletes

Authors: Emily Seaman, MEd, CMPC, Mental Performance Coach, Temple University; Stephany Coakley, PhD, LPC, CMPC, Senior Associate Athletic Director for Mental Health, Wellness, and Performance, Temple University; Elizabeth Taylor, PhD, Associate Professor, Temple University; Terilyn C. Shigeno, PhD, CMPC, Associate Professor, Adler University

17: Interoceptive Breathing Enhances Respiratory Sinus Arrhythmia and Baroreflex Sensitivity

Authors: Masahito Sakakibara, PhD, BCB, Aichi Gakuin University

18: QEEG Ratios in Professional Ballet Dancers

Authors: Aharon Shulimson, PhD, MSCP, Psychologist; Brenda Welch, Biomedical Engineering Student, University of Utah; Julie Terry Shulimson, QEEG technician



19: Won't Back Down: Integrating Biofeedback and Acceptance and Commitment Therapy to Foster Resilience, Psychophysiological Flexibility, and Growth-Mindset in College Students

Author: Collier Shepard, MA, MS, LMHC, University of Florida Counseling and Wellness Center



****POSTER CITATION WINNER - NEUROFEEDBACK****

20: The Impact of Breathing-Blinking Patterns on Dry Eye Experience

Authors: Erik Peper, PhD; Aiko Yoshino, PhD; Richard Harvey, PhD - San Francisco State University

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 & 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, special events and various luncheons are 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 2026 and on display on Friday, May 15, 2026 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.

General

Info continued

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
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Continuing Ed 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

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AAPB 57th Annual Scientific Meeting

May 12-15, 2027

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2027 AAPB Annual Meeting - 59

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