



Association for Applied Psychophysiology and Biofeedback (AAPB)

AAPB 56th Annual Scientific Meeting:

“The Science of Self-regulation and Resilience through Biofeedback”

May 13-16, 2026 – The Lord Baltimore Hotel, Baltimore, Maryland

CERTIFICATE OF CONTINUING EDUCATION

IMPORTANT: To receive CE credits, complete this form by circling the session and number of CE credits for each session attended. Before leaving the conference, leave the yellow copy of this form at the registration desk, as additional support should you be audited. You may also email this form to info@aapb.org following the conference. **THIS FORM IS ALSO YOUR CERTIFICATE.** Retain the **white copy** as your certificate of attendance. **Please print clearly.**

Name: _____

Address: _____ City State Zip: _____

Phone: _____ Email: _____

PLEASE NOTE: Sign in REQUIRED! Those arriving more than 15 minutes after the start or leaving before a given conference activity is completed will not receive CE credit. Before leaving the conference, leave the yellow copy of this form at the registration desk, as additional support should you be audited. You may also email this form to info@aapb.org following the conference.

THIS FORM IS ALSO YOUR CERTIFICATE. Retain the white copy as your certificate of attendance.

You will submit this documentation to your licensure and/or credentialing bodies, as they direct. This is your verification of course completion, file it in a safe place.

Materials that are included in this conference may include interventions and modalities that are beyond the authorized practice of mental health professionals. Licensed professionals are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

WEDNESDAY, May 13, 2026

Code	Session Title	CE credits
WS01	9am-6:30pm: BCIA Heart Rate Variability Biofeedback Didactic Course - Part 1	7.5
WS02	9am-6pm: Biofeedback for Chronic Pain Management	7
WS03	8:30am-1pm: Network Pathways to Brain Health: What the Brain is Telling Us and How to Listen	4
WS04	8:30am-1pm: HRV and Sound Therapy as Potentiators of EEG Training - DEEP DIVE	4
WS05	8:30am-1pm: Clinical Interoception in Biofeedback: Assessment and Intervention	4
WS06	2pm-6:30pm: Individualized Protocols for Trauma Treatment: Integrating Assessment, Biofeedback & Neurofeedback	4
WS07	2pm-6:30pm: Integrating Hypnosis into Your Clinical/Biofeedback Practice	4
TOTAL:	Sum of number of CE credits circled for Wednesday (max. CE credits: 8.0)	

THURSDAY, May 14, 2026

Code	Session Title	CE credits
WS08	9am-6:30pm: BCIA Heart Rate Variability Biofeedback Didactic Course - Part 2	7.5
WS09	9am-6pm: Getting Connected: A Hands-On Primer in Biofeedback and Neurofeedback	7
WS10	8:30am-1pm: Boosting your Practice: Neurofeedback Skills for the Intermediate Practitioner	4
WS11	8:30am-1pm: Practical Approaches to Management of Major Chronic Illnesses: Incorporating Biofeedback into a Lifestyle Medicine Perspective	4
WS12	2pm-6:30pm: Neurodiversity Affirming QEEG-Guided Neurofeedback: A Brain-Based, Individualized Approach to Autism	4
WS13	2pm-6:30pm Skills Not Pills: Integrative Biofeedback for Pain, Anxiety, Dysmenorrhea, Dry Eyes and Well-Being	4
TOTAL:	Sum of number of CE credits circled for Thursday (maximum CE credits: 8.0)	

FRIDAY, May 15, 2026

Name: _____

Code	Session Title	CE credits
BOS01	9am-10am: HRV and Sound Therapy as Potentiators of EEG Training	1
BOS02	9am-10am: Divergent QEEG Profiles Associated with Depression and Modified with Neurostimulation	1
BOS03	9am-10am: Getting Started w/ HRVB for Trauma-Exposed Law Enforcement: Research-Practitioner Dialogue	1
ORAL01	9am-10am: Oral Presentations - Session 1 / Stress Management	1
KEY01	10:30am-12pm: KEYNOTE: From Stress Management to Resilience: Development of a Comprehensive Model and Approach to Psychological Transformation and Optimal Functioning (Sideroff)	1
LL01	12:30pm-1:30pm: LUNCH & LEARN: Restoring Function and Resilience in Functional Neurological Disorder	1
BOS04	2pm-3:30pm: Maximizing the Impact of Alpha-theta Therapy: Tools and Resources	1.5
BOS05	2pm-3:30pm: Pharmacological Impact in Pediatric Psychophysiology	1.5
BOS06	2pm-3:30pm: Motivational Interviewing in Biofeedback Practice: Getting Clients to Want to Change	1.5
BOS07	2pm-3pm: Autonomic Dysregulation, Interoception, and Self-Regulation: Biofeedback Applications for Dysautonomia	1
BOS08	4pm-5:30pm: Beyond Resonance Frequency: Capnography-Informed Restoration of Reflexive Breathing in Biofeedback Practice	1.5
BOS09	4pm-5:30pm: Ethics I: Professional Ethics and Practice Standards in Biofeedback	1.5
BOS10	4pm-5pm: Mind blowing Science of Piezo2: Mechanosensory Interoception Meets HRV Biofeedback	1
BOS11	4pm-5pm: Progress in Applied Psychophysiology: Status of Applied Psychophysiology and Biofeedback and Results of an Updated Meta Analysis of Research on HRV Biofeedback	1
KEY02	6:15pm-7:30pm: KEYNOTE: Why Trying Harder Doesn't Work and What Motivational Interviewing Does Instead (Drapkin)	1
TOTAL:	Sum of number of CE credits circled for Friday (maximum CE credits: 7.0)	

SATURDAY, May 16, 2026

Code	Session Title	CE credits
BOS12	9am-10:30am: Integrating QEEG and Precision Medicine in Complex Mental Health Care	1.5
BOS13	9am-10:30am: Optimizing Cognitive Performance Under Extreme Stress Using Respiratory Biofeedback	1.5
BOS14	9am-10:30am: At Risk and Under Stress: Evaluating a Heart Rate Variability-Based Preventive Intervention in Young Adults	1.5
ORAL02	9am-10:30am: Oral Presentations - Session 2/ HRV	1.5
BOS15	11am-12:30pm: Seeing Emotional Suppression: Biofeedback for Cognitive and Emotional Processes	1.5
BOS16	11am-12:30pm: One With Breathing: Personal Empowerment from Within	1.5
BOS17	11am-12pm: The Circular Firing Squad: Neurofeedback's History of Rivalry and Infighting	1
BOS18	11am-12:30pm: When Psychophysiology Meets Psychotherapy: Applications and Technical Fine Points	1.5
BOS19	2:30pm-4pm: Ethics II: Professional Ethics and Practice Standards in Neurofeedback and Telehealth	1.5
BOS20	2:30pm-4pm: From Athlete to Performing Artist or Executive: Psychophysiological Self-Regulation as a Transferable Foundation for Performance	1.5
BOS21	2:30pm-4pm: Emotional Expectations as Medicine: How Beliefs About Pain Change the Brain	1.5
BOS22	2:30pm-3:30pm: The Nerve of those Disorders: Vagal Withdrawal and a Unifying Theme in Health and Illness	1
BOS23	4:15pm-5:15pm: One Molecule, Many Stories: How Dopamine Became Psychiatry's Most Successful Semantic Artifact	1
BOS24	4:15pm-5:15pm: Adding Heart Rate Variability Biofeedback to Empirically Based Therapies for Anxiety Disorders	1
BOS25	4:15pm-5:15pm: Training Autonomic Resilience in Athletes Using HRV Biofeedback	1
BOS26	4:15pm-5:45pm: Autonomic Dysfunction and Sensitized Chronic Pain	1.5
KEY03	6pm-7:15pm: Distinguished Scientist Lecture: Building Stress Resilience through the Integration of Psychotherapy and Biofeedback (Steffen)	1
TOTAL:	Sum the number of CE credits circled for Saturday (maximum CE credits: 7.0)	

TOTAL CONTINUING EDUCATION CREDITS EARNED
(maximum number of credits = 30.0) _____



Association for Applied Psychophysiology and Biofeedback
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(800) 477-8892 info@aapb.org www.aapb.org

CERTIFICATE OF ATTENDANCE

THIS IS TO VERIFY THAT

(Insert Full Name)

HAS ATTENDED THE

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The Science of Self-regulation and Resilience through Biofeedback

May 13-16, 2026

The Lord Baltimore Hotel

Baltimore, Maryland

_____ **CE Credits**

Leslie Shivers, Executive Director
Authorized Signature

Attendee Signature



Psychologists: The Association for Applied Psychophysiology and Biofeedback is approved by the American Psychological Association (APA) to offer continuing education for psychologists. AAPB maintains responsibility for this program and its content.

The AAPB 56th Annual Scientific Meeting offers a MAXIMUM of 30.0 CE credits.

BCIA Recertification: Hour-for-hour attendance in breakout sessions and workshops may be used to fulfill the continuing education requirement for recertification with the certificate of attendance.
