2022 Reconnecting Thriving Together Again!

AAPB 52ND ANNUAL SCIENTIFIC MEETING

MARCH 23-26, 2022
OMNI MANDALAY HOTEL AT LAS COLINAS
IRVING, TEXAS

Register Today! aapb.org
The Association for Applied Psychophysiology & Biofeedback (AAPB), the pioneering professional society devoted to education and research in this field, will be hosting its 52nd Annual Scientific Meeting in Irving, Texas on March 23-26, 2022 at the Omni Mandalay Hotel at Las Colinas. Please save the dates and make plans to attend the entire meeting. You won’t want to miss the opportunity to attend practical workshops, learn from leading clinicians and researchers and check out the latest equipment.

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

52nd ANNUAL SCIENTIFIC MEETING HIGHLIGHTS INCLUDE:

- **Three keynote/general sessions** featuring WORLD renowned scientists and practitioners:
  - Inna Khazan, PhD, BCB, BCB-HRV
  - Ronald Swatzyna, PhD, BCN
  - 2022 Distinguished Scientist Lecturer – Donald Moss PhD, BCB, BCN, BCB-HRV

- **Over a dozen Pre-Conference Workshops** on Wednesday, March 23 – Thursday, March 24

- **Over 30 Breakout Sessions** that include a variety of panels, symposia, and lectures

- **Exhibit Hall and Networking Receptions** to allow you to meet and collaborate with those who share an interest in biofeedback

- **MAXIMUM 24 total program APA CE credits and CME** allow you to get the lion’s share of required credits for licensures and certification

- **Virtual attendance registration is NOW open.** You can select FULL Virtual registration (you will receive access/recodings to ALL offerings) or select by session – to attend ONLY those sessions of interest. Ala Virtual Pre-Conference Workshops are an additional fee. Virtual Registration is available ONLINE ONLY!

CONTINUING EDUCATION

**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 52nd Annual Scientific Meeting offers a MAXIMUM of 24 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.

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

**Physicians (ACCME) Credit Designation:**

Amedco LLC designates this live activity for a maximum of 32.50 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
ABOUT OUR TRACKS

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

Basic Science (All Levels): Applied Psychophysiology and Biofeedback are objective and evidence-based fields. They are grounded in an understanding of several related disciplines, neurophysiology, neuroanatomy, cognitive psychology, neuropsychology, cardiovascular physiology, respiratory physiology, public health and others. These sessions focus on underlying mechanisms and may be experimental, descriptive or literature reviews.

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

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

ABOUT INSTRUCTIONAL LEVELS

All instructional LEVELS are categorized as Introductory, Intermediate, and Advanced. Complete information, including session descriptions, learning objectives, presenter bios, associated risks, practice GAP and correction analysis, clinical and/or research focus and subject matter classifications are available online, where possible, at www.aapb.org, in full compliance with APA and AMA continuing education requirements. There is no known commercial support for this program.

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 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 the efficacy, science and latest clinical applications. This conference presents research relevant to psychological practice, education and science; (2) it is our intention to host an 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 to increase competencies in order to improve services to patients. This conference is IN NO WAY a substitute for the basic academic education and training needed for entry to the field of psychology.
MEETING REGISTRATION FEES

Prices are shown below FOR IN-PERSON ATTENDANCE ONLY. Virtual Registration and pricing are accessible ONLINE ONLY at www.aapb.org

AAPB has special registration rates for **Veterans, *Long-Term Members, and International Attendees as follows:

**Full Meeting (Fri. & Sat. Sessions)**

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<th>Category</th>
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**ONE-DAY Rates (Fri. or Sat.)**

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**Full-day Workshops (Wed. & Thurs.)**

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**Half-day Workshops (Wed. & Thurs.)**

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** If you have been a member of AAPB for 20 years (consecutive or total) and are a current or renewing member at the time of registration - we will extend an additional 20% off in appreciation – Contact AAPB to register - reference “20 off for 20 on”

** AAPB is committed to support not only our military and veterans but also those who care for them in the VA. Discount applies to active military and VA employees only. Proof of employment or military status required with registration.
HOW TO REGISTER

- **Register online** with a credit card at aapb.org. Confirmations and receipts will be sent by e-mail.

- **Fax** the registration form (as included in this publication) to **720.881.6102** – payment will need to be mailed by check/money order, called in to AAPB headquarters, or paid online when your registration has been entered.

- **Mail** the registration form with payment to: AAPB, PO Box 723248, Atlanta, GA 31339

- **All confirmations will be sent by e-mail**

CANCELLATION, REFUND AND COMPLIANCE POLICY

Please address questions, concerns, and any complaints to AAPB, via Phone: **800-477-8892**, or via Email, info@aapb.org. AAPB is committed to accessibility and non-discrimination 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 act.

**Refund/Attendance Policy:** Cancellations received in the AAPB office by **March 5, 2022** will be refunded minus a $50 processing fee. Cancellations must be made in writing and faxed to 720.881.6102 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 appropriate evaluation form 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:** AAPB is fully committed to conducting all activities in strict conformance with the American Psychological Association’s Ethical Principles of Psychologists. They will comply with all legal and ethical responsibilities to be non-discriminatory in promotional activities, program content and in the treatment of program participants. If participants have special needs, we will attempt to accommodate them. Trainings are held in locations accessible to persons with disabilities. Accommodations will be made if requested. While AAPB works to assure fair treatment for all participants and attempts to anticipate problems, there will be occasional issues which will require intervention and/or action on the part of AAPB. This procedural description serves as a guideline for handling such grievances. When a participant, either orally or in written format, files a grievance and expects action on the issue, the following actions will be taken: 1. 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 Coordinator 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 CE Coordinator will mediate and will be the final arbitrator. If the participant requests action during a workshop or conference, the CE Coordinator or his/her representative will: a. attempt to move the participant to another presentation or; b. provide a credit for a subsequent presentation or; c. provide a partial or full refund of the registration 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 the business practices of AAPB, in a specific regard, the CE Coordinator will attempt to arbitrate. There is no commercial support for this program nor are there any relationships between the CE Sponsor, presenting organization, presenter, program content, research, grants, or other funding that could reasonably be construed as conflicts of interest.
**SCHEDULE BY DAY**

**PLEASE NOTE:**
- The schedule is subject to change. We will live stream and record keynote presentations and select breakout sessions for virtual ONLY attendee participation.
- Sessions available for virtual registration are indicated with a special icon.
- All times listed are indicated in US CENTRAL TIME.

**TUESDAY, MARCH 22, 2022**
5:00pm - 7:00pm  
**Registration Open**

**WEDNESDAY, MARCH 23, 2022**
8:00am - 6:00pm  
**Registration Open**

8:00am - 9:00am  
**Workshop Attendee-only CONTINENTAL Breakfast**

9:00am – 6 or 6:30pm  
**FULL-DAY PRE-CONFERENCE WORKSHOPS**

| **TICKETED EVENT** |  
| WS01 | BCIA Heart Rate Variability Biofeedback Certificate of Completion Workshop - Part 1  
**Presented by:** Fredric Shaffer, PhD, BCB-HRV; Donald Moss, PhD, BCB, BCN, BCB-VR; Inna Khazan, PhD, BCB, BCB-VR  
**CEs:** 7.5*  
**TRACK:** Basic Science  
**LEVEL:** Introductory  
*This workshop concludes at 6:30 pm to ensure 7.5 hours toward completion of the BCIA HRV Certificate didactic requirement.  

| **TICKETED EVENT** |  
| WS02 | Neurofield Advanced Course - Part 1  
**Presented by:** Nicholas Dogris, PhD, QEEG-D, BCN; Tiff Thompson, PhD, R.EEG.T, BCN, QEEG-D, MFT  
**CEs:** 7  
**TRACK:** Clinical Interventions and Optimal Performance  
**LEVEL:** Advanced  

| **TICKETED EVENT** |  
| WS03 | General Introduction to Biofeedback Peripherals  
**Presented by:** Frank DeGregorio, CEs: 7  
**TRACK:** Basic Science  
**LEVEL:** Introductory  

9:00am - 1:00pm  
**HALF-DAY MORNING PRE-CONFERENCE WORKSHOPS**

| **TICKETED EVENT** |  
| WS10 | Integrating Bio- and Neurofeedback in Psychedelic Assisted Therapies  
**Presented by:** Jeff Tarrant, PhD, BCN; Heather Hargraves, MA., C.Psych.Assoc. (SP), NMI-3  
**CEs:** 4  
**TRACK:** Basic Science  
**LEVEL:** Intermediate  

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WEDNESDAY, MARCH 23, 2022
1:00pm – 2:00pm  LUNCH BREAK (ON YOUR OWN)
2:00pm – 6:00pm  ***HALF-DAY AFTERNOON PRE-CONFERENCE WORKSHOPS***

**TICKETED EVENT**

**WS11 EEG: Linking Neurology, Psychiatry, and Neurotherapy**

*Presented by: Ron Swatzyna, PhD; Harry Kerasidis, MD; Robert “Rusty” Turner, MD*

*CEs: 4*

*TRACK: Hot Topics*

*LEVEL: Intermediate*

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THURSDAY, MARCH 24, 2022

8:00am - 6:00pm  Registration
8:00am - 9:00am  Workshop Attendee-only CONTINENTAL Breakfast
9:00am - 12:00pm  Exhibitor Move-In and Set-up
1:00pm – 6:00pm  AAPB SYNERGY LOUNGE

Open all day, featuring prominent experts and AAPB-endorsed authors for open discussion, experience sharing and informal networking - and opportunity to reconnect and engage for non-CE learning. The Lounge is designed with virtual capabilities to ensure connectivity between those present at the meeting and those who can join us virtually.
THURSDAY, MARCH 24, 2022

9:00am – 6 or 6:30pm  ***FULL-DAY PRE-CONFERENCE WORKSHOPS***

<table>
<thead>
<tr>
<th>TICKETED EVENT</th>
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<tr>
<td><strong>concludes at 6:30pm</strong></td>
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<tr>
<td>WS12 Heart Rate Variability Biofeedback (HRVB): How To Do It, Why It Works, and For What - Part 2</td>
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<tr>
<td><strong>Presented by:</strong></td>
<td>Paul Lehrer, PhD, BCB-HRV; Richard Gevirtz, PhD, BCB-HRV</td>
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<td><strong>CEs:</strong></td>
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<tr>
<td><strong>This workshop concludes at 6:30pm to ensure 7.5 hours toward completion of the BCIA HRV Certificate didactic requirement.</strong></td>
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<tr>
<td>WS13 Neurofield Advanced Course - Part 2</td>
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<td><strong>Presented by:</strong></td>
<td>Nicholas Dogris, PhD, QEEG-D, BCN; Tiff Thompson, PhD, R.EEG.T, BCN, QEEG-D, MFT</td>
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<td><strong>CEs:</strong></td>
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<tr>
<td><strong>TRACK:</strong></td>
<td>Clinical Interventions and Optimal Performance</td>
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<td><strong>LEVEL:</strong></td>
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8 or 9:00am - 1:00pm  ***HALF-DAY MORNING PRE-CONFERENCE WORKSHOPS***

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<td><em>starts at 8am</em></td>
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<tr>
<td>WS15 BCIA Biofeedback Certification Exam Review</td>
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<td><strong>Presented by:</strong></td>
<td>Fredric Shaffer, PhD, BCB; Donald Moss, PhD, BCB, BCB-HRV; Inna Khazan, PhD, BCB, BCB-HRV</td>
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<td><strong>TRACK:</strong></td>
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1:00pm - 2:00pm  LUNCH BREAK (ON YOUR OWN)

2:00pm - 6:00pm  ***HALF-DAY AFTERNOON PRE-CONFERENCE WORKSHOPS***

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<tr>
<th>TICKETED EVENT</th>
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<tr>
<td>WS19 Bringing Results Home: Using Portable Neurofeedback and Virtual Reality Devices to Improve Patient Treatment Adherence</td>
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<tr>
<td><strong>Presented by:</strong></td>
<td>Robert Reiner, PhD, BCB, BCN; Heather Davidson, PhD, BCN; Scott Lloyd, PhD, BCB, BCN</td>
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<td><strong>CEs:</strong></td>
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<tr>
<td><strong>TRACK:</strong></td>
<td>Hot Topics</td>
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<tr>
<td>WS21 Working with Screen Dependence, Obsession and Addiction: Effects on Health, Wellness and Development</td>
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<td><strong>Presented by:</strong></td>
<td>Mari Swingle, PhD</td>
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<td><strong>CEs:</strong></td>
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<td><strong>TRACK:</strong></td>
<td>Hot Topics</td>
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<td><strong>LEVEL:</strong></td>
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2:00pm - 6:00pm  ***HALF-DAY AFTERNOON PRE-CONFERENCE WORKSHOPS CONTINUED***

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<tr>
<td>WS23 BCIA Neurofeedback Certification Exam Review</td>
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<tr>
<td><strong>Presented by:</strong></td>
<td>John Demos, MA, LCMHC, BCN, QEEG-D</td>
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<td><strong>TRACK:</strong></td>
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<td><strong>LEVEL:</strong></td>
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THURSDAY, MARCH 24, 2022

2:00pm – 9:00pm  EXHIBITS VIEWING - During the Annual Meeting, be sure to visit the Exhibit Hall for the latest information on the equipment, products and services you need to practice biofeedback more effectively and efficiently. Don’t miss this opportunity to speak one-on-one with representatives from those organizations that support the field and AAPB.

6:00pm – 6:30 pm  Group Co-Regulation/Meditation Session

7:00pm – 9:00pm  Welcome Reception
In Exhibit Hall – Join us for heavy hors d’oeuvres, cash bar and networking!

FRIDAY, MARCH 25, 2022

8:00am - 7:00pm  Registration
8:00am – 8:30am  Morning Meditation
7:00am -9:00pm  EXHIBIT HALL OPEN
8:00am - 9:00am  General Attendee CONTINENTAL Breakfast
9:00am – 7:00pm  AAPB SYNERGY LOUNGE

Open all day, featuring prominent experts and AAPB-endorsed authors for open discussion, experience sharing and informal networking - and opportunity to reconnect and engage for non-CE learning. The Lounge is designed with virtual capabilities to ensure connectivity between those present at the meeting and those who can join us virtually.
KEY01: **Keynote Address: Strength in Numbers: HRV, Compassion, Connection**  
Presented by Inna Khazan, PhD, BCB, BCB-HRV

Human lives are always full of challenges. There is always need for better resilience and self-regulation. The last two years have been particularly challenging to human connection, typically one of the main contributors to our resilience. In this talk, we discuss some of the common denominators to resilience and self-regulation - HRV, compassion, and connection. We will discuss close physiological ties between these concepts and practical ways to integrate them into our lives in order to nurture resilience and self-regulation.

- Hot Topics
- Intermediate
- 60% Clinical/40% Research

**LEARNING OBJECTIVES:**

- Explain physiological ties between HRV, compassion, and human connection
- Discuss ways to integrate HRV and compassion practices into daily life
- Utilize HRV and compassion practices in improving self-regulation and resilience

**TARGET AUDIENCE:** Anyone interested in learning more about the physiological ties between HRV, compassion, and connection, as well as ways to integrate practices based on these concepts into our daily lives.

**DIVERSITY CONSIDERATIONS:** We will discuss ways in which concepts of HRV, compassion and connection apply to diverse groups.

Inna Khazan, PhD, BCB is a faculty member at Harvard Medical School and a clinical psychologist specializing in health psychology and performance excellence training using biofeedback and mindfulness-based approaches. Dr. Khazan is recognized as a pioneer in mindfulness-based biofeedback. She teaches nationally and internationally, including at institutions such as the US Navy Special Warfare, US Army Special Forces, and the Stuttgart Opera and Ballet Company. Dr. Khazan is a member of the board of directors for the Institute for Meditation and Psychotherapy (IMP), Association for Applied Psychophysiology and Biofeedback (AAPB), and Biofeedback Certification International Alliance (BCIA), where she is currently chair elect. Dr. Khazan is the author of numerous journal articles and 2 books: Clinical Handbook of Biofeedback: A Step-by-Step Guide to Training and Practice with Mindfulness and Biofeedback and Mindfulness in Everyday Life: practical solutions for improving your health and performance.
FRIDAY, MARCH 25, 2022

10:30am - 12:00pm

*** 90-MINUTE BREAKOUT SESSIONS - SYMPOSIA ***

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<tr>
<th>BOS01 Photobiomodulation as Adjunct Intervention for Neurofeedback</th>
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<td>Presented by: Lew Lim, PhD, DNM, MBA</td>
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<td>TRACK: Hot Topics</td>
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<td>TRACK: Clinical Interventions and Optimal Performance</td>
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<tr>
<th>ORAL01 Oral Presentations Session 1</th>
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<tr>
<td>The following 15-minute abstract presentations will be featured:</td>
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<td>- Using Paced Breathing to Monitor Covid-19 Symptoms: A Pilot Study</td>
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<td>- Multimodal Stress Assessment and Training Program to Enhance Performance</td>
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<td>- HRV Biofeedback in Healthcare Workers: A Pilot Feasibility Study</td>
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<td>- Heart Rate Variability Biofeedback among Veterans: Pilot Intervention for Sleep Disturbance</td>
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<td>- Investigating Chronic Symptoms Effects on Parasympathetic Activity via HRV Coherence During Sleep</td>
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<tr>
<td>- Psycho-Physiological Indicators of Biological Ageing: A Study on Invasive and Non-Invasive Biomarkers</td>
</tr>
</tbody>
</table>

12:00pm - 1:30pm

LUNCH ON YOUR OWN

12:15pm – 1:15 pm

Lunch and Learn: Biofeedback and Neuromodulation-modalities: A Personalized Approach, Applicable to a Culturally Diverse Population

Presented by Genomary Krigbaum-Pérez, PsyD, BCB, DAAETS, FAAPB, LP

Personalized approaches to healthcare delivery have been highlighted in the clinical and research literature. Starting in biomedicine, with personalized medicine, and evolving into a multi-factor framework that includes, genetics, brain structure/function, cognition, psychological and personal factors. Personalizing protocols in healthcare delivery take into account that psychophysiological, cultural variability exists among a diverse population of individuals, which plays a clinically significant factor in their care and recovery. In clinical work, a personalized approach, not only positively influences the prescriptive nature of the (health) intervention, but also its course and efficacy. Biofeedback and neuromodulation-modalities lend themselves to a personalized approach aligned with P4 medicine tenets; keying on customized protocols targeting individuals’ (markers) baseline functioning towards their optimal zone of functioning. To deliver personalized, customized protocols, is important to be informed on the science, modality, ethics and clinical best practices involved. Representative deidentified case samples and protocols will be presented.

12:30pm-1:00pm

Afternoon Meditation
### 60-MINUTE BREAKOUT SESSIONS - SYMPOSIA

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
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</table>
| **1:35pm – 2:35pm** | **BOS04 Threat, Recovery & Flow: Adjusting Your HRV Set-point for Adaptation**  
  Presented by: JP (Jack) Ginsberg, PhD; Raouf Gharbo, DO  
  CEs: 1  
  TRACK: Clinical |
|               | **BOS06 Alpha the Brain Barometer -The Role of Alpha in Determining Brain Health: Emergent Models & Markers of Brain Deregulation, Disorganization, Standard and Optimal Function**  
  Presented by: Mari Swingle, PhD  
  CEs: 1  
  TRACK: Hot Topics |
|               | **BOS07 Bringing Results Home: Using Portable Neurofeedback and Virtual Reality Devices to Improve Patient Treatment Adherence**  
  Presented by: Robert Reiner, PhD, BCB, BCN; Heather Davidson, PhD, BCN; Scott Lloyd, PhD, BCB, BCN  
  CEs: 1  
  TRACK: Hot Topics |

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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</table>
| **2:45pm – 4:15pm** | **BOS09 Autism: New Directions in QEEG Subtypes and Neurofeedback for Autistic Spectrum Disorder**  
  Presented by: Michael Linden, PhD; Estate (Tato) Sokhadze, PhD; David Cantor, PhD  
  CEs: 1.5  
  TRACK: Hot Topics |
|               | **BOS10 Integrating Bio- and Neurofeedback in Psychedelic Assisted Therapies**  
  Presented by: Jeff Tarrant, PhD, BCN; Heather Hargraves, MA., C.Psych.Assoc. (SP), NMI-3  
  CEs: 4  
  TRACK: Basic Science |
|               | **BOS30 Bridging Physiology, Science and Daily Life when Providing Stress Management Services**  
  Presented by: Harry van der Lei, PhD; Wesley Sime, PhD, MPH  
  CEs: 1.5  
  TRACK: Clinical Interventions and Optimal Performance |

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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</table>
| **4:30pm – 5:30pm** | **BOS12 What’s All the Noise About? Aperiodic Noise in the Brain and Its Colors of Pink, White and Brown**  
  Presented by: Tiff Thompson, PhD, R.EEG.T, BCB, QEEG-D, MFT  
  CEs: 1  
  TRACK: Hot Topics |
|               | **BOS13 What Our QEEG May be Missing in Children’s Brains: Ethical Considerations for Practice**  
  Presented by: Ronald Swatzy, PhD; Robert “Rusty” Turner, MD  
  CEs: 1  
  TRACK: Hot Topics |
|               | **ORAL04 Oral Presentations Session 4: Neurofeedback Focus**  
  The following 30-minute abstract presentations will be featured:  
  • Differentiating Neurofeedback Paradigms: The Time has Come  
  • Taking Neurofeedback Research to the Next Level: Lessons from Literature and Research |
The major challenge for human health in the 21st century is chronic diseases and chronic conditions. This is a global problem, burdening health care systems and economies worldwide. Factors contributing to the increase in chronic illness worldwide are aging populations, rapid urbanization, and the globalization of unhealthy lifestyles. Palliative medicine provides both medical and behavioral interventions offering relief from pain and suffering caused by chronic conditions that are not amenable to cure. Lifestyle medicine emphasizes reversing negative lifestyle elements that cause or exacerbate illness and introducing positive lifestyle elements that enhance wellness. The Pathways Model, developed by McGrady and Moss (2013, 2018), integrates features of both palliative and lifestyle medicine. The Pathways Model provides a step-wise framework for combining patient-directed lifestyle change and self-care, skills acquisition, and the use of community resources, with professionally administered treatment, to reduce suffering, manage illness, and optimize mindbodyspirit wellness. The presenter will close with case narratives to illustrate the Pathways Model and show the clinical benefit of coordinating lifestyle change and regular use of self-care strategies with professional treatment interventions, for chronic medical illness and chronic mental health disorders.

Donald Moss, PhD, BCB, is Dean, College of Integrative Medicine and Health Sciences, at Saybrook University, Oakland, CA. There he has built training programs in biofeedback, clinical hypnosis, integrative medical health, wellness coaching, and integrative/functional nutrition. Dr. Moss is currently President of the Society for Clinical and Experimental Hypnosis. He is also the ethics chair and international certification chair for the Biofeedback Certification International Alliance. He has served as president of Division 30 (hypnosis) of the American Psychological Association, and president of the Association for Applied Psychophysiology and Biofeedback (AAPB). He is also a member of the International, Interdisciplinary, and Interreligious Research Group on ‘Consciousness Studies,’ at the Pontifical Academy, “Athenaeum Regina Apostolorum,” Rome, Italy. He has a book to be released in July 2018 with co-author Angele McGrady on Integrative Pathways: Navigating Chronic Illness with a Mind-Body-Spirit Approach (Springer). He also has a book in preparation with co-editor Inna Khazan on Mindfulness, Compassion, and Biofeedback Practice (AAPB) and a book in preparation with co-editor Fredric Shaffer on Physiological Recording Technology and Applications in Biofeedback and Neurofeedback (AAPB). Moss is co-editor of Foundations of Heart Rate Variability Biofeedback (AAPB, 2016), co-author of Pathways to Illness, Pathways to Health (Springer, 2013), and chief editor of Handbook of Mind-Body Medicine for Primary Care (Sage, 2003) and Humanistic and Transpersonal Psychology (Greenwood, 1998).
AAPB SYNERGY LOUNGE
Featuring prominent experts and AAPB-endorsed authors for open discussion, experience sharing and informal networking - and opportunity to reconnect and engage for non-CE learning. The Lounge is designed with virtual capabilities to ensure connectivity between those present at the meeting and those who can join us virtually.

9:00am - 10:00am  

--- 60-MINUTE BREAKOUT SESSIONS - SYMPOSIA ---

**BOS11 Brief Biofeedback and Cognitive-Behavioral Therapy Protocol in Pediatric Headaches**
*Presented by:* Katie Fleischman, PhD; Justin Doo
*CEs:* 1
*TRACK:* Clinical Interventions and Optimal Performance
*LEVEL:* Intermediate

**BOS14 Teaching Breathing Biofeedback**
*Presented by:* Taylor Capozziello, PhD, BCB, BCN, CMT
*CEs:* 1
*TRACK:* Basic Science
*LEVEL:* Intermediate

**BOS16 Agonism and Antagonism Among the Shoulder Muscles: An SEMG Approach**
*Presented by:* Gabriel Sella, MD
*CEs:* 1
*TRACK:* Clinical Interventions and Optimal Performance
*LEVEL:* Intermediate

**BOS36 Homeostatic Plasticity Effects of Neurofeedback**
*Presented by:* Tomas Ros, PhD
*CEs:* 1
*TRACK:* Basic Science
*LEVEL:* Intermediate

10:30am - 12:00pm  

--- 90-MINUTE BREAKOUT SESSIONS - SYMPOSIA ---

**BOS18 The Use and Misuse of Montages in EEG Analysis**
*Presented by:* Tiff Thompson, PhD, R.EEG.T., BCN, QEEG-D, MFT
*CEs:* 1.5
*TRACK:* Basic Science
*LEVEL:* Introductory

**BOS19 Pain and Heart Rate Variability Biofeedback from Three Perspectives**
*Presented by:* Brad Lichtenstein, ND, BCB; David Hopper, DC, OMT; Inna Khazan, PhD, BCB, BCB-HRV
*CEs:* 1.5
*TRACK:* Clinical Interventions and Optimal Performance
*LEVEL:* Intermediate

**BOS20 Ethical Principles and Practice Standards in Biofeedback and Neurofeedback**
*Presented by:* Donald Moss, PhD, BCB, BCN, BCB-HRV
*CEs:* 1.5
*TRACK:* Clinical Interventions and Optimal Performance
*LEVEL:* Introductory

12:00pm - 1:30pm  

LUNCH ON YOUR OWN
SATURDAY, MARCH 26, 2022

12:15pm – 1:15 pm  Lunch and Learn: Neurofeedback: How Your Mind Can Change Your Brain OR Excitation and inhibition in the Mammalian Central Nervous System as it Relates to Neurofeedback

Presented by Maurice (Barry) Sterman, PhD

The primary voluntary functions of the brain can be summarized as attention, movement, and problem solving. Using a new approach to the functional tracking of these functions with the quantitative EEG we can now identify functional states and their interactions simply and efficiently. The basic evidential data supporting this conclusion will be reviewed.

12:30pm-1:00pm  Afternoon Meditation

1:35pm – 2:35 pm  *** 60-MINUTE BREAKOUT SESSIONS - SYMPOSIA***

BOS24 Multi-interdisciplinary Approach and Treatment for Youth with Persistent Postural-perceptual Dizziness (PPPD): A Pilot Brief Protocol Using HRV Biofeedback and Cognitive-behavioral Therapy
Presented by: Katie Fleishman, PhD; Justin Doo
CEs: 1
TRACK: Clinical Interventions and Optimal Performance
LEVEL: Introductory

BOS25 Successfully Integrating Applied Psychophysiology Procedures into a Medical Care Environment
Presented by: David Arroyo, Psic.Npf, BCB
CEs: 1
TRACK: Clinical Interventions and Optimal Performance
LEVEL: Intermediate

ORAL05 Oral Presentations Session 5
The following 30-minute abstract presentations will be featured
- Effect of Nature-based Physical Activity on Post-traumatic Growth among Healthcare Providers with Post-traumatic Stress
- Heart Rate Variability Biofeedback with Mindfulness for Military Posttraumatic Stress Disorder: A Pilot Study

2:45pm – 4:15 *** 90-MINUTE BREAKOUT SESSIONS - SYMPOSIA***

BOS27 Using Heart Rate Variability to Structure Client Interactions
Presented by: Matthew Bennett, MBA; Inna Khazan, PhD, BCB, BCB-HRV
CEs: 1.5
TRACK: Clinical Interventions and Optimal Performance
LEVEL: Introductory

BOS29 Applications in Chronic Pain Management
Presented by: Peter Behel, MA; JP (Jack) Ginsberg, PhD; Christopher Gilbert, PhD
CEs: 1.5
TRACK: Clinical Interventions and Optimal Performance
LEVEL: Intermediate

4:30pm – 5:30pm  *** 60-MINUTE BREAKOUT SESSIONS - SYMPOSIA***

BOS33 An Integrative Psychophysiological Approach to Balance the Gut-Brain Axis
Presented by: Ashlie Bell, PhD, LCSW, BCN
CEs: 1
TRACK: Hot Topics
LEVEL: Introductory
The current state of mental health treatment may have come full circle. “Big Pharma” has used the Diagnostic and Statistical Manual (DSM) for over 50 years as a diagnostic reference. However, the use of neurochemistry to reregulate brain function has had limited success, at best. When it does work, ongoing positive results require an individual to maintain a consistent regime of the prescribed medication. Permanent change does not occur. Biofeedback is based on returning the cortex (neurofeedback) and subcortex (biofeedback) to homeostasis. This concept has long struggled to achieve recognition from the medical field. Now that the National Institute of Mental Health has stated that the DSM is not a valid instrument and will no longer fund research based on its categorization, we have an opportunity to meld science with psychiatry and psychology. The advancement of new technologies has enabled us to develop working relationships with psychiatrists and neurologists. Effective and sustainable improvement over the next 20 years depends on our disciplined attention to the scientific method and how we accurately and professionally represent our field. We must claim ONLY what the current research can show, work within a framework that traditional medicine can relate to, and mentor and teach the next generation of providers.

Ronald J. Swatzyna, PhD received his Masters and PhD in Social Work from the University of Texas Arlington. He is currently the Director/Chief Scientist of Neurophysiology Research at the Houston Neuroscience Brain Center and the Founder of Clinical NeuroAnalytics, LLC. He is licensed as a clinical social worker and BCIA board certified in neurofeedback and biofeedback. Dr. Swatzyna is the first in the US to integrate Pharmaco-EEG into private practice using EEG and qEEG data to guide psychiatric medication and has presented and/or published 90 peer-reviewed papers on brain injury, neurological dysfunction, psychotropic medication and other related topics at national and international conferences. Dr. Swatzyna is the Chair of the Sigma Xi Scientific Research Honor Society Institutional Review Board (IRB) and is a board member of the Rice University/Texas Medical Center Chapter. Dr. Swatzyna is a retired Firefighter/EMT and a veteran of Vietnam and the first Gulf War.

About Las Colinas
The planned community of Las Colinas mixes high-rise office buildings with family homes set around golf courses and lakes. Visitors tour Mandalay Canals on gondolas, view the realistic sculpture Mustangs of Las Colinas, and check the time on the huge flower clock. The Toyota Music Factory complex offers global dining and concerts at the Pavilion. The Campion Trails greenbelt passes through one of the area parks.
Hotel Information/Reservations: Omni Mandalay Hotel at Las Colinas

Special rates of $189 single/double (plus tax) per night have been arranged for the conference. In room wifi is included in the room rate. The special room rate will be available until February 25, 2022 or until the group block is sold-out, whichever comes first. Please call the hotel directly at 1-800-THE-OMNI (800-843-6664) OR (972) 556-0800 and reference “AAPB” to make your reservation. Be sure to request the discounted rate for the AAPB Annual Meeting. Reservation requests received after the deadline date will be based on availability at the Hotel’s prevailing rates.

PLEASE NOTE: Beware of 3rd Party Hotel Scams Offering to Book Your Room! Only book your hotel reservations through the AAPB website reservation link or by calling the hotel directly, listed above. AAPB and/or Hyatt staff will never contact attendees and/or exhibitors, via phone or e-mail, offering to book your room, offering a reduced rate or to inform you the block is selling out. Do not give your CC or payment information to anyone who calls/emails offering assistance with your reservation.

Airport Information

The closest major airport is Dallas Forth Worth (DFW) which is about 15 minutes from the hotel. The second closest airport is Dallas Love Field (DAL) which is only 20 minutes from the hotel. Visit aapb.org for driving directions, Hotel parking and Ground transportation information.

GENERAL INFORMATION

Overall Conference Objectives:
- Discuss new psychophysiology and biofeedback methods to evoke 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 for over a year, without adverse effect. 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 CDC, WHO and hotel property Covid-19 safety protocols and guidelines in effect during the conference, AAPB will enforce a mask mandate, proof of vaccination/booster, distancing protocols for those attending onsite --- to mitigate risk for those most vulnerable among us. Masks and tests will also be on hand to accommodate our in-person guests.

Presenters will not be required to wear masks while delivering their presentations – will ensure their distancing from the audience. We continue to monitor the situation daily and will enforce ALL risk mitigation. In person group meditations and exhibits will be appropriate distanced.

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 accommodations, please indicate what your needs are at the time of registration. We cannot ensure the availability of appropriate accommodations without prior notification.

Product Guidelines: 1) Some of the products exhibited here many 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 pre-conference 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.

Revised Program of Events: The revised offerings are now available. Please note those sessions that will be available to the virtual audience, as marked. Virtual attendance will allow you to procure the maximum CE credits available to the onsite audience, with fewer selections. Attending onsite allows you the freedom to choose which concurrent session you will attend in any given time frame.

Virtual-Only Registration: Only select sessions will be offered virtually. Pricing and online registration will open on February 11. You will be able to register by session or pay one price to attend all virtually-offered sessions. You must be present for the entirety of the live delivery of any session to qualify for CE credits. Recordings will be available following the conference at no additional charge to all attendees but are not valid for CE credits.

Preconference Workshops: No full day workshops will be offered virtually, but several will still take place onsite. Select ½ day workshops will be offered virtually – two per day on March 23 and March 24, inclusive of the BCIA Biofeedback Exam Prep course and the BCIA Neurofeedback Exam Prep course. See Program of Events for our workshops and virtual options.
Expo Hall: We will feature the products, services and the science of our exhibiting partners and sponsors in the Expo Hall. While the exhibitor presence will be less than in prior years – the following vendors have committed to joining us onsite. We thank them in advance for their support:

- Blue Lake Minds
- Bio-Medical
- Brain Master
- ISNR
- NeuroField
- Optimal HRV
- PLUX Wireless BioSignals SA

Virtually attendees will be given opportunities to network with Exhibitors in our “Synergy Lab/Lounge” throughout the show.

We will offer additional virtual Technology Review and Equipment Coaching sessions throughout the year at no charge.

Scientific Poster Presentations: Accepted poster abstracts will be available online only in 2022 and will be accessible via AAPB’s website to all, during and after the show.

Keynotes And Invited Presentations: All keynotes and invited sessions will be available virtually – streamed and recorded.

Group Biofeedback and Meditations: Throughout the event we will gather to “practice what we preach” together. Group meditations and compassion sessions are available to ANYONE – regardless of AAPB member, or conference registration status. Sessions will be hosted on Zoom and streamed for in-person-distanced and virtual participation. Stay tuned for your invitations! All are welcome.

Synergy Lab/Lounge: Is it a Lab? It is a Lounge? We envision it to be both! This new feature is designed with virtual capabilities to ensure connectivity between those present at the meeting and those joining us virtually. Located in the Expo Hall, this dedicated space will include a BIG screen monitor with RUNNING Zoom capabilities. The Lab/Lounge will be open throughout the conference, featuring group meditations, prominent experts, student advocates and AAPB-endorsed authors for open discussions, Exhibitor demonstrations, experience-sharing and informal networking. Access to the Synergy Lab/Lounge is complimentary to anyone who wants to connect. Special events will be featured, and opportunities to schedule time reconnect with friends. [CLICK HERE TO ACCESS THE FULL SCHEDULE].

EXHIBIT HALL AND REGISTRATION HOURS

Exhibit Hours

**Thursday, March 24**
- Exhibitor Set-up
  - 9:00am – 12:00pm
- Exhibit Hall Open
  - 2:00pm – 6:30pm
- Opening Reception in Exhibit Hall
  - 7:00pm – 9:00pm

**Friday, March 25**
- Opening Reception in Exhibit Hall
  - 7:00pm – 9:00pm
- President Reception
  - 7:00pm – 9:00pm

**Saturday, March 26**
- Exhibits Viewing
  - 7:00am to 1:00pm
- Exhibitor Teardown
  - 1:00pm to 4:00pm
- Closing Reception
  - 7:15pm to 10:30pm

Registration Hours

**Tuesday, March 22**
- 8:00am to 6:00pm

**Wednesday, March 23**
- 8:00am to 6:00pm

**Thursday, March 24**
- 8:00am to 6:00pm

**Friday, March 25**
- 8:00am to 7:00pm

**Saturday, March 26**
- 8:00am to 6:00pm
ABOUT AAPB

The Association for Applied Psychophysiology and Biofeedback (AAPB) was founded in 1969 as the Biofeedback Research Society. The goals of the association are to promote a new understanding of biofeedback and advance the methods used in this practice. AAPB is a non-profit organization as defined in Section 501(c)(6) of the Internal Revenue Service Code.

It is the mission of AAPB to promote and represent the science and practice of self-regulation to enhance health and performance. It is the association’s vision to integrate self-regulation into everyday life. *The Association is hard at work meeting these objectives:*

- Encouragement of scientific research and expansion of clinical and educational applications of biofeedback and applied psychophysiology.
- Integration of 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.
WE’RE ALWAYS READY WITH YOUR PRACTICE’S

ESSENTIAL SUPPLIES

We stock all the electrodes, leads, conductive pastes, skin prep gels and other supplies that your practice runs on. Call us at 800-521-4640, or sign up and shop online to get instant discounts on every order at bio-medical.com
REGISTRATION INFORMATION

Name: ____________________________ Credentials: __________________________________________________________

Organization: ____________________________ License #: ____________________________

Mailing Address: _____________________________________________

City: ____________________________ State: ____________ Zip: ____________ Phone: ____________________________

Email: ____________________________ Fax: ____________________________

Emergency Contact Name and Phone: __________________________________________________________

Vegetarian Meals? ☐ Yes ☐ No Special Assistance Required? _____________________________________________

First-time attendee? ☐ Yes ☐ No Are you BCIA Certified? ☐ Yes ☐ No --- If yes, please indicate for which: ☐ BF ☐ NF ☐ PMDB ☐ HRV

New Member Since March 2021? ☐ Yes ☐ No For continuing education purposes, please check all that apply: ☐ Psychologist ☐ Physician

PLEASE NOTE: The schedule is preliminary, tentative, and subject to change. We will stream and record keynote presentations and select breakout sessions for virtual ONLINE attendee participation. Preconference Workshops will be held onsite, for “in-person” only participation. Virtual Registration will be offered separately.

FULL REGISTRATION BY 3/10/22 After 3/10/22 FULL REGISTRATION BY 3/10/22 After 3/10/22

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ONE-DAY REGISTRATION BY 3/10/22 After 3/10/22 ONE-DAY REGISTRATION By 3/10/22 After 3/10/22

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Registration Fee: $ ____________
REGISTRATION FEE TOTAL: $ ____________

WORKSHOPS... PLEASE NOTE: Additional fees required. Workshops indicated on pages 6-8

<table>
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<tr>
<th>WORKSHOP</th>
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<tr>
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<td>Wednesday, March 23, 2022</td>
<td>MEMBER Early/After 2/15/2022</td>
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<td>9 am – 6:30 pm</td>
<td>BCIA Heart Rate Variability Biofeedback Certificate of Completion Workshop - Part 1</td>
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<td>9 am – 6 pm</td>
<td>Neurofield Advanced Course - Part 1</td>
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<td></td>
<td>9 am – 6 pm</td>
<td>General Introduction to Biofeedback Peripherals</td>
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## Preconference Workshops – Thursday, March 24, 2022

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<td>Integrating Bio- and Neurofeedback in Psychedelic Assisted Therapies</td>
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<td>Neurofield Advanced Course - Part 2</td>
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<td>WS015</td>
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<td>BCIA Biofeedback Certification Exam Review</td>
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<tr>
<td>WS019</td>
<td>2 pm – 6 pm</td>
<td>Bringing Results Home: Using Portable Neurofeedback and Virtual Reality Devices to Improve Patient Treatment Adherence</td>
<td>$145/$165</td>
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<td>$145/$165</td>
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<td>REC01 Opening Reception</td>
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<th>Friday, March 25, 2022</th>
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<tbody>
<tr>
<td>KEY01 Strength in Numbers: HRV, Compassion, Connection By Inna Khazan: Keynote Address</td>
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<td>BOS01 Photobiomodulation as Adjunct Intervention for Neurofeedback</td>
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<td>BOS03 Effects of Heart Rate Variability Biofeedback on the Brain</td>
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<td>ORAL01 Oral Presentations Session 1</td>
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<td>LL01 LUNCH AND LEARN SESSION: Biofeedback and Neuromodulation-modalities: A Personalized Approach. Applicable to a Culturally Diverse Population</td>
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<td>BOS04 Threat, Recovery &amp; Flow: Adjusting Your HRV Set-point for Adaptation</td>
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<td>BOS06 Alpha the Brain Barometer - The Role of Alpha in Determining Brain Health: Emergent Models &amp; Markers of Brain Deregulation, Disorganization, Standard and Optimal Function</td>
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<td>BOS07 Bringing Results Home: Using Portable Neurofeedback and Virtual Reality Devices to Improve Patient Treatment Adherence</td>
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<td>BOS09 Autism: New Directions in QEEG Subtypes and Neurofeedback for Autistic Spectrum Disorder</td>
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<td>BOS10 Integrating Bio- and Neurofeedback in Psychedelic Assisted Therapies</td>
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<td>BOS11 Brief Biofeedback and Cognitive-Behavioral Therapy Protocol in Pediatric Headaches</td>
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<td>BOS30 Bridging Physiology, Science and Daily Life when Providing Stress Management Services</td>
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<td>BOS12: What's All the Noise About? Aperiodic Noise in the Brain and Its Colors of Pink, White and Brown</td>
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<td>BOS13 What Our QEEG May be Missing in Children’s Brains: Ethical Considerations for Practice</td>
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<td>ORAL04 Oral Presentations Session 4: Neurofeedback Focus</td>
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<tr>
<td>KEY02 Distinguished Scientist Lecture: The Integration of Lifestyle Change, Self-Care, and Professional Treatment Interventions for Chronic Conditions: The Pathways Model By Donal Moss</td>
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<td>REC02 President and Poster Reception</td>
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**TOTAL DUE: $_______**  **AMOUNT TO BE CHARGED: $_______**

- [ ] Check/Money Order

If paying by credit card, please login to your member profile and pay online. All credit cards are accepted. Should you have issues, please contact info@aapb.org or call (800) 477-8892.

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**METHOD OF PAYMENT**

**CANCELLATION POLICY:** Cancellations received in the AAPB office by March 5, 2022 will be refunded minus a $50 processing fee. NO REFUNDS WILL BE GRANTED AFTER MARCH 5, 2022. Cancellations must be made in writing and emailed to info@aapb.org. Fees cannot be refunded for registrations cancelled after the conference begins.

**PLEASE NOTE:**
- Join AAPB now and use the member-rate registration fees!
- Full-time students see www.aapb.org for workshop discount information.
- Special Services: If you have a disability which may require special accommodations to fully participate in the AAPB Annual Meeting, please contact AAPB headquarters at info@aapb.org

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**Questions?**
- info@aapb.org
- www.aapb.org
Dear Friends,

We are delighted to have your participation in AAPB’s first official Annual Scientific Meeting Synergy Lab! We look forward to “reconnecting” together with our in-person and virtual audiences.

All are welcome at the following events, we wanted to send a few reminders and the access links to join the live sessions. Please be sure to keep this email in a safe place!

- See below for a full schedule of sessions and their accompanying Zoom links. These links will take you to a Zoom registration form. Once you complete the brief form, you’ll receive a confirmation email that includes your unique access link and gives you the ability to download a calendar invite/reminders. You may complete the Zoom form for the sessions you wish to attend at any time. We recommend you do so in advance of the meeting. If you choose to not register with Zoom in advance, these links will still give you access to the session.

- Once you complete the Zoom registration form, you will also receive reminders each day before sessions begin with the below Zoom links in case you misplace this email.

- Please note that the times outlined below are in CENTRAL US time.

- Should you need assistance at ANY point – contact us at info@aapb.org. Staff will be standing by or you.

Simply click the following links for the sessions you wish to attend, add your name and email to the Zoom form, and you will receive reminders and access link. You may do so at any time.

**Thursday, March 24, 2022**

8 am – 8:40 am  **MS01: Group Meditation Session**  
*Synergy Lab/Free Event/No CE credits granted*  
https://kellen.zoom.us/meeting/register/tJApdOutpjgrHNQOdZV_pf6PJv8oFJ2v6Y6Y

11 am – 12 pm **Sharing Brain Dance: On Power of Writing, Human Stories, and Publishing Our Work** with Diane Grimard Wilson  
*Synergy Lab/Free Event/No CE credits granted*  
https://kellen.zoom.us/meeting/register/tJcodOmuqTkpE9CgsGpXeS809u0xn-QwLLYj

- *Do you have a book idea but don’t know where to begin?*
- *Have you started a book over and over and feel hopelessly stuck?*
- *Do your clients or prospective clients need a better understanding of biofeedback and neurofeedback? Or, stories to help them stay on the course of treatment?*

“Our work is crucially important; it’s needed in the world right now.”
Featured AAPB author Diane Wilson’s book "Brain Dance," has become an award-winning one. That includes "Nonfiction Book of the Year" and "Best True Story" from the Independent Authors Network, a Gold Medal in the Science category from Readers View Literary Awards, and more. How did this happen?

Diane's goal is to share her experiences on writing, publishing, and marketing a book from idea to release, including mistakes, frustration, and elation. In "Brain Dance," Diane chronicles how she went from a concussion to recovery and a path to becoming an applied neuroscientist. She will share the reactions received from readers learning about our field, the tools, and networks she tapped into for writing, publishing, and sharing "Brain Dance." Plus tips to help you get your stories and work in the hands of people who need them most.

1 pm – 2 pm

**How to Discuss 2nd and 3rd qEEG Maps with Clients Without Having a Panic Attack** with Penijean Gracefire

(Synergy Lab/Free Event/No CE credits granted)

[https://kellen.zoom.us/meeting/register/tJItceGsrz0oHNRWbr6VLWMcOQsiqvUQ8BD](https://kellen.zoom.us/meeting/register/tJItceGsrz0oHNRWbr6VLWMcOQsiqvUQ8BD)

This year Penijean Gracefire will host a virtual Q&A session in the AAPB Synergy Lab every afternoon at 1 pm CDT. Each day will feature a live, interactive discussion on a selected topic open to both in-person and online attendees. These Q&A sessions will not be part of the CE program so that the content can be offered at no cost to attendees, and so that Penijean can flexibly adapt the agenda to accommodate participant interests and priorities each session. If you’re on the ground in Texas, swing through the Synergy Lab to check out and participate in the virtual conversation. Online attendees can join using the provided link. If you’ve wanted to ask Penijean a question, now’s your chance!

6 pm – 6:30 pm

**MS02: Group Meditation Session**

(Synergy Lab/Free Event/No CE credits granted)

[https://kellen.zoom.us/meeting/register/tJYrd-mqTgoHdxbzTKxuN9SVScUaj18VP2Z](https://kellen.zoom.us/meeting/register/tJYrd-mqTgoHdxbzTKxuN9SVScUaj18VP2Z)

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**Friday, March 25, 2022**

8 am – 8:45 am

**MS03: Group Meditation Session**

(Synergy Lab/Free Event/No CE credits granted)

[https://kellen.zoom.us/meeting/register/tUJldO-rqjguGdeGb3bzhs7wZRYGybe0ObIp](https://kellen.zoom.us/meeting/register/tUJldO-rqjguGdeGb3bzhs7wZRYGybe0ObIp)

10:30 am – 11:30 am

**NEW PRODUCT UPDATE: Blue Lake Featuring Dr. Nicholas Dogris**

(Synergy Lab/Free Event/No CE credits granted)

[https://kellen.zoom.us/meeting/register/tU0pfumhrTMjGdKWcSeYnahIxBMDgIgTrRlRe_](https://kellen.zoom.us/meeting/register/tU0pfumhrTMjGdKWcSeYnahIxBMDgIgTrRlRe_)

12:30 pm – 1 pm

**MS04: Group Meditation Session**

(Synergy Lab/Free Event/No CE credits granted)

[https://kellen.zoom.us/meeting/register/tUwqc-yrqzI1pH9bBMEzi4O5BCmQ1CS3EHRE1](https://kellen.zoom.us/meeting/register/tUwqc-yrqzI1pH9bBMEzi4O5BCmQ1CS3EHRE1)

1 pm – 2 pm

**Why EEG and Photobiomodulation Go Together Like Tea and Croissants with Penijean Gracefire**

(Synergy Lab/Free Event/No CE credits granted)

[https://kellen.zoom.us/meeting/register/tU0td-2trT4iH9NhVlcF0QWMHJCibQBNRlIv2](https://kellen.zoom.us/meeting/register/tU0td-2trT4iH9NhVlcF0QWMHJCibQBNRlIv2)

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12:10 pm – 1:10 pm  LL01: LUNCH AND LEARN SESSION: Biofeedback and Neuromodulation-modalities: A Personalized Approach, Applicable to a Culturally Diverse Population
https://kellen.zoom.us/meeting/register/tJcod-mhDwpGtZ40g-Vkw01k-FTHBchHw6I

Starting at 7:15 pm  MS05: COMPASSION Meditation Session
(Synergy Lab/Free Event/No CE credits granted)
https://kellen.zoom.us/meeting/register/tJwvce2grT8jG9xNKg2SVvXb7jstxdix2y9C

Starting at 7:30 pm  SPECIAL DOCUMENTARY SCREENING: “Signal In The Noise” Documentary Screening featuring Jay Gunkelman for a post screening discussion/Q&A
(Synergy Lab/Free Event/No CE credits granted)
https://kellen.zoom.us/meeting/register/tUcuCeCvqjkjHNW9M6zvu3uMyHuEqNAkwDNe

Saturday, March 26, 2022

8 am – 8:45 am  MS06: Group Meditation Session
(Synergy Lab/Free Event/No CE credits granted)
https://kellen.zoom.us/meeting/register/tUcqufugpzoH9NM_02WLkPoDGGS2LEau87P

11:30 am – 12:10 pm  Introduction to Becoming a Successful Provider of Biofeedback, Neurofeedback &/or QEEG with Kelly Feely
(Synergy Lab/Free Event/No CE credits granted)
https://kellen.zoom.us/meeting/register/tUwrd6sqjgrHNFG7dl9enENN3J2stq54sK3
This lecture is designed to help new providers and those interested in becoming board certified in biofeedback, neurofeedback, and/or QEEG. You will learn about the following topics and also be provided solutions and next steps to take for your success.

- How to become board certified and who is qualified
- Difference between bio and neuro and why both are important to learn about
- Steps to accomplish certification and general costs:
  - Certificate Courses
  - Equipment
  - Mentorship
  - Business Implementation
  - Marketing

12:15 pm – 1:15 pm  LL02: LUNCH AND LEARN SESSION: Neurofeedback: How Your Mind Can Change Your Brain OR Excitation and inhibition in the Mammalian...
https://kellen.zoom.us/meeting/register/tUApdOmgrjguH9FPOMv7mTS18ULDkbZipAm

12:30 pm – 1:30 pm  MS07: Group Meditation Session
(Synergy Lab/Free Event/No CE credits granted)
https://kellen.zoom.us/meeting/register/tUYKfu6pqqzlpHNwF6OedyjG9k6z8WpOcevJ

1 pm – 2 pm  What is the Deal With sLORETA Neurofeedback Anyway, Especially All This Connectivity Stuff? with Penijean Gracefire
(Synergy Lab/Free Event/No CE credits granted)
https://kellen.zoom.us/meeting/register/tUMrufqsjgjH9af-vVAFOPVYATm6ZGurdw

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participant interests and priorities each session. If you’re on the ground in Texas, swing through the Synergy Lab to check out and participate in the virtual conversation. Online attendees can join using the provided link. If you’ve wanted to ask Penije an a question, now’s your chance!

Starting at 7:30 pm  

**MS08: Closing Group Meditation Session**  
https://kellen.zoom.us/meeting/register/tJ0pdOCqz0oEtD1wddfRawg_mskS4Qoj1mk