CAST YOUR VOTE AND MAKE AN IMPORTANT INVESTMENT IN THE FUTURE OF YOUR PROFESSION

As a member of AAPB, you have the privilege of casting your vote in the 2020 Board of Directors election. Although this year we present an unopposed ballot, your participation in the election reflects your support of those that lead it. An effective, committed Board of Directors is essential to the success of any organization. AAPB’s volunteer leaders are the embodiment of the organization’s intellectual diversity and are dedicated to furthering the field of biofeedback.

Several Ways to Cast Your Vote!

- Online voting available on: https://www.surveymonkey.com/r/SVJVBDH
- Fax your ballot to: (720) 881-6102
- Mail your ballot to: AAPB, One Park View Plaza, Suite 800, Oakbrook Terrace, IL 60181

The AAPB Nominating Committee has verified all applicant qualifications. To learn more about 2020 candidates, please see the following pages of this document. If you wish to learn more about Board of Director duties and responsibilities, they are delineated in the AAPB bylaws, Article VII and Article VIII and may be accessed at http://www.aapb.org/i4a/pages/index.cfm?pageid=3303#board.

The election period begins on Tuesday, February 18, 2020 and will conclude on March 3, 2020; your vote must be received no later than 8:30 pm (or postmarked by March 3), Eastern Time, Tuesday, March 3, 2020.

You are receiving this ballot because we do not have your permission to email you. If you choose to vote through this paper ballot, please enter your first and last name in the space below, a REQUIRED control measure to verify your AAPB membership. Member names will be separated from their votes once verified.

FIRST NAME: ___________________________________ LAST NAME: __________________________
(PRINT CLEARLY) (PRINT CLEARLY)

SIGNATURE: ________________________________________________________________

EMAIL ADDRESS: ____________________________________________________________

Please review candidate statements online at www.aapb.org or on the corresponding page and complete this form.

Note: Candidates appear in alphabetical order.

Board Member-at-Large

Vote for two options

☐ Inna Khazan, PhD, BCB, BCB-HRV
☐ Saul Rosenthal, PhD, BCB, BCB-HRV, BCN
☐ Abstain
☐ Write-in: __________________________
Candidate Statements

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***All candidates are listed in alphabetical order***

Board Member-at-Large

Inna Khazan, PhD, BCB, BCB-HRV
Clinical Psychologist, Harvard Medical School; Boston Center for Health Psychology and Biofeedback
Boston, Massachusetts

Biography: Inna Khazan is a faculty member at Harvard Medical School, where she teaches and supervises trainees. A clinical psychologist specializing in health psychology and performance excellence training using biofeedback and mindfulness-based approaches, Dr. Khazan also maintains a private practice in Boston, working with clients on optimizing their health and performance. Recognized as a pioneer in mindfulness-based biofeedback, Dr. Khazan is a popular speaker at national and international conferences on the topics of biofeedback and mindfulness. She has conducted biofeedback and mindfulness trainings for notable institutions in the US and abroad, including the US Navy Special Warfare, US Army Special Forces, and the Stuttgart Opera and Ballet Company. Dr. Khazan serves as president of the board of directors for Institute for Meditation and Psychotherapy (IMP), board member for the 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, the highly-regarded *Clinical Handbook of Biofeedback: A Step-by-Step Guide to Training and Practice with Mindfulness*, and the newly released book, *Biofeedback and Mindfulness in Everyday Life: Practical Solutions for Improving Your Health and Performance*.

Philosophy/Candidate Statement: Having served on the board of directors for AAPB for the past 4 years, I have had the honor and privilege to work with the finest clinicians, researchers, and educators in our field and beyond. I am seeking another term as a member at large in order to continue serving the organization and our field. In my role on the AAPB board, I have co-chaired the conference planning committee for the 2016, 2017, 2018, and 2020 meetings. One of my goals for the conference has been to increase overall attendance as well as diversity among the presenters and the topics presented. I believe you will find this goal reflected in the program for the 2020 annual meeting in La Jolla, CA.

Over the past 18 years, I have served the field of biofeedback in ways consistent with a personal mission to advance both the science and practice of biofeedback: 1. as a clinical psychologist working with clients struggling with various psychophysiological disorders; 2. as an educator, teaching the 42 hour didactic course on biofeedback, mentoring new biofeedback clinicians on their way to certification, and supervising trainees as faculty at Harvard Medical School; 3. as a researcher, working on research projects investigating effectiveness of biofeedback at Boston Children’s Hospital (currently) and ARCIM Institute (Academic Research in Complementary and Integrative Medicine) at the Filderklinik, Germany; 4. as an author, having written numerous articles, and co-edited with Dr. Donald Moss several issues of Biofeedback magazine and an upcoming book on Mindfulness and Compassion in Biofeedback, and having written two highly regarded books, “The Clinical Handbook of Biofeedback: A step-by-step guide to training and practice with mindfulness” and “Biofeedback and Mindfulness in Everyday Life: Practical solutions to improve your health and wellbeing; 5. As a leader, having served on the board of AAPB since 2016 and BCIA since 2017.

Together, these experiences demonstrate my dedication to the field and ability to contribute to its development in significant and diverse ways. My mission is to continue serving the field of biofeedback in ways that help increase its utilization and appreciation.
**Saul Rosenthal, PhD, BCB, BCB-HRV, BCN,**
Private Clinical Health Psychology and Consulting Practice; Health Psychologist, Bedford Veterans Administration Medical Center
Newton, Massachusetts

**Biography:** Saul Rosenthal, PhD, is a developmental and clinical psychologist in the Boston area. Over the past twenty years he has built expertise in integrating approaches to health, primarily drawing from Cognitive Behavioral Therapy, Mindfulness, Motivational Interviewing, Biofeedback and Neurofeedback. He works with patients across the lifespan to help them manage persistent health issues, anxiety and technology overuse. He is particularly interested in the complex biopsychosocial factors involved in conditions like chronic pain.

In addition to a private practice, Dr. Rosenthal has worked in a variety of medical and community health settings, including serving as Training Director and Biofeedback Coordinator of Behavioral Medicine at the Cambridge Health Alliance. He also oversaw the biofeedback program at the Edith Nourse Rogers Veterans Medical Center as part of the Primary Care Behavioral Health service. In addition to his clinical work, Dr. Rosenthal presents to a wide variety of audiences on topics related to biofeedback and applied psychophysiology. He is also involved in training, supervision and biofeedback mentoring.

**Philosophy/Candidate Statement:** I took my first biofeedback course as a postdoctoral fellow. What struck me then (and continues to strike me now) is how clearly biofeedback can help us bridge the gap between the so-called “biological” and “psychological.” At the time, harnessing learning theory to change physiology and improve health was a revolutionary idea. The implication that biology is not hard-wired, but can be shaped with purposeful thought and action greatly enhances our understanding of the human experience.

Applied psychophysiology serves as the basis for my professional development as a developmental and clinical psychologist. Over the past twenty years I dove into training, practice, and the professional community. I am now BCIA board certified in biofeedback, HRV-biofeedback, and neurofeedback. I am in the midst of coursework for QEEG certification. I also am a credentialed mentor for biofeedback and HRV-biofeedback.

Training and supervision have always been important components of my professional identity. I was fortunate to serve as Training Director and Biofeedback Coordinator for the Behavioral Medicine Program at the Cambridge Health Alliance. While there, I taught the first, and to this date, only BCIA-credentialed biofeedback training within a hospital setting. More recently, I served as a training psychologist in a Primary Care Behavioral Health program at the Edith Nourse Rogers Memorial Veterans Medical Center (a center for early neurofeedback research and development). There I developed an integrative health training curricula for clinicians across disciplines, including social workers, nurse practitioners, pre- and postdoctoral psychology trainees, and medical residents. I also built up and oversaw a biofeedback service within the primary care and chronic pain programs. In my private practice, I continue to mentor BCIA applicants and present on aspects of applied psychophysiology to varied audiences.

While I am endlessly interested in the study and application of psychophysiology, I am also committed to the further development of a stable professional infrastructure. In addition to taking part in conferences, workshops, and seminars, I served on AAPB’s Educational Committee and am currently Chair of the Membership Committee.

We are a broadly diverse group, crossing disciplines, interests, cultures, and backgrounds. I believe that speaks to the draw of psychophysiology and reflects the strength of our community. However, AAPB continues to face challenges. We need to grow our membership. We need to continue working to have more influence on health care policy. We need more basic research. I bring experience in academia, health care, and management. Perhaps as important, I really care about this organization and the people who make it up. I am proud of AAPB and I want to do what I can to support our growth. The study and practice of psychophysiology has provided me with great professional satisfaction. It will be my privilege to serve the field, and you, as a member of the Board.