Biofeedback and Applied Psychophysiology:
ROOTED IN THE PAST, EMPOWERING THE FUTURE
MARCH 13-16, 2019  |  DENVER, COLORADO  |  DENVER MARRIOTT TECH CENTER
Your source for systems, cap, leadWire, conductive paste, skin prep gel, software, training and everything else you need for professional EEG and Neurofeedback.

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bio-medical.com
The Association for Applied Psychophysiology & Biofeedback (AAPB), the pioneering professional society devoted to education and research in this field, will be hosting its 50th Annual Scientific Meeting in Denver, Colorado on March 13 - 16, 2019 at the Denver Marriott Tech Center. 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.

### 50th ANNUAL SCIENTIFIC MEETING HIGHLIGHTS INCLUDE:

- **8 Keynote Sessions** featuring WORLD renowned scientists and practitioners:
  - Michael Larson, PhD
  - Mark Schwartz, PhD
  - Barry Sterman, BCN
  - Yury Kropotov, PhD
  - Raouf Gharbo, DO
  - Seth Conger, BCN-T
  - 2018 Distinguished Scientist Lecturer – Fredric Shaffer, PhD, BCB-HRV
  - Erik Peper, PhD

- **31 Pre-Conference Workshops** on Wednesday, March 13 - Thursday, March 14, 2019
- **39 Breakout Sessions** that include a variety of panels, symposia and lectures
- **Poster Abstract Viewing** featuring a wealth of research will be exhibited onsite Friday, March 15, 2019
- **50th Anniversary Festivities** bringing the past, present and future of biofeedback and psychophysiology together
- **Exhibit Hall and Networking Receptions** to allow you to meet and collaborate with those who share an interest in biofeedback
- **MAXIMUM 37.5 total program APA CE credits** allows you to get the lion's share of required credits for licensures and certifications.

### CONTINUING EDUCATION

**Psychologists:** AAPB 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 50th Annual Scientific Meeting offers a MAXIMUM of **37.5 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.

**Physicians Accreditation Statement:** In support of improving patient care, this activity has been planned and implemented by Amedco LLC and the 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.

Credit Designation Statement – Amedco LLC designates this live activity for a maximum of 38.00 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.

All instructional LEVELS are categorized as Introductory, Intermediate, Advanced and All. 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.

VOLUNTEER AS a PROCTOR
ATTEND A WORKSHOP FOR FREE!

Anyone interested in volunteering (students are encouraged to participate) as a proctor for our workshops may do so by contacting avanwassh@kellencompany.com or (800) 477-8892. Each proctor attends his/her assigned workshop free of charge in exchange for collecting attendee tickets, making announcements and distributing handouts. Help us as a proctor and it will help you offset your meeting expenses. To be eligible to proctor, you must register for the full meeting. If interested, please contact AAPB with the following information today:

- Three workshops, in order of preference, that you would like to proctor
- Preferred daytime contact information

PLEASE NOTE: Proctors will be assigned courses in the order requests are received.
# MEETING REGISTRATION FEES

Prices for workshops are shown per session.

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

### Full Meeting (Friday and Saturday Sessions)

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### ONE-DAY Rates (Friday or Saturday)

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### Full-day Workshops (Wednesday and Thursday)

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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 - “20 off for 20 on” promo to be developed

** 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.

Join Today and SAVE on Registration Costs!

www.aapb.org
HOW TO REGISTER

- **Register online** with a credit card at [here](#). 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 February 25, 2019 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

#### TUESDAY, MARCH 12, 2019

5:00pm - 7:00pm  Registration Open

#### WEDNESDAY, MARCH 13, 2019

7:00am - 7:00pm  Registration Open

7:00am - 8:00am  Workshop Attendee-only CONTINENTAL Breakfast

8:00am - 5:00pm  ***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-HRV; Inna Khazan, PhD, BCB  
CEs: 7.5*  
TRACK: Clinical Interventions and Optimal Performance  
LEVEL: Introductory  
*This workshop concludes at 5:30pm to ensure 7.5 hours toward completion of the BCIA HRV Certificate didactic requirement. |
| TICKETED EVENT | WS02 The Use of Neurostimulation and QEEG in Clinical Practice: Part 1  
Presented by: Nicholas Dogris, PhD, QEEG-D, BCN  
CEs: 7  
TRACK: Basic Science (All Levels)  
LEVEL: Intermediate |
| TICKETED EVENT | WS03 Optimal Performance: Single channel to QEEG, Beginners to Olympic, Office to Home Practice  
Presented by: Vietta Wilson, PhD, BCB, BCN  
CEs: 7  
TRACK: Clinical Interventions and Optimal Performance  
LEVEL: Intermediate |
| TICKETED EVENT | WS04 Foundations of Breathing - Teaching Functional Breathing Through Posture, Movement, Vocalization and More  
Presented by: Brad Lichtenstein, ND, BCB-HRV  
CEs: 7  
TRACK: Clinical Interventions and Optimal Performance  
LEVEL: Introductory |
| TICKETED EVENT | WS05 Concussions in Hockey: A 3-year Study of Patterns of Injury to Junior and Midget Players  
Presented by: Stuart Donaldson, PhD, BCB  
CEs: 7  
TRACK: Hot Topics  
LEVEL: Intermediate |
| TICKETED EVENT | WS06 Adding Neurotherapy to Your Practice BASIC NEUROTHERAPY, CLINICALQ and BRAINDRIVING  
Presented by: Paul Swingle, PhD, BCN  
CEs: 7  
TRACK: Basic Science  
LEVEL: Introductory |

12:00pm – 1:30pm  LUNCH BREAK (ON YOUR OWN)
### WEDNESDAY, MARCH 13, 2019

5:00pm - 9:30pm  **HALF-DAY EVENING** PRE-CONFERENCE WORKSHOPS (5:00pm to 9:30pm)**

| TICKETED EVENT | WS11 Healing Heartbreak: Can Neurofeedback Increase Romantic Resiliency?  
| Presented by: | Penijeans Gracefire, LMHC, BCN, qEEG-D  
| CEs: | 4  
| TRACK: | Hot Topics  
| LEVEL: | Intermediate |

| TICKETED EVENT | WS12 Integrating Biofeedback & Psychophysiology Training into Sport Psychology Consulting  
| Presented by: | Wes Sime, PhD, MPH  
| CEs: | 4  
| TRACK: | Hot Topics  
| LEVEL: | Intermediate |

| TICKETED EVENT | WS13 Establishing a Strong Foundation for Health  
| Presented by: | Cyndi Hope, ND, BCB  
| CEs: | 4  
| TRACK: | Clinical Interventions and Optimal Performance  
| LEVEL: | Intermediate |

| TICKETED EVENT | WS14 From case studies to hands-on: A practical approach to trauma and PTSD  
| Presented by: | Santiago Brand, BA, ESP, BCN, BCB; Linda Walker, MHR, LPC, BCN, BCB  
| CEs: | 4  
| TRACK: | Clinical Interventions and Optimal Performance  
| LEVEL: | Introductory |

### THURSDAY, MARCH 14, 2019

7:00am - 7:00pm  **Registration**

7:00am - 8:00am  **Workshop Attendee-only CONTINENTAL Breakfast**

8:00am - 12:00pm  **Exhibitor Move-In and Set-up**

8:00am - 5:00pm  **FULL-DAY PRE-CONFERENCE WORKSHOPS**

| TICKETED EVENT | WS15 Heart Rate Variability Biofeedback (HRVB): How To Do It, Why it Works, and For What - Part 2  
| Presented by: | Paul Lehrer, PhD, BCB-HRV; Richard Gevirtz, PhD, BCB-HRV  
| CEs: | 7  
| TRACK: | Hot Topics  
| LEVEL: | Introductory  
*This workshop concludes at 5:30pm to ensure 7.5 hours toward completion of the BCIA HRV Certificate didactic requirement.*

| TICKETED EVENT | WS17 Using Biofeedback, Neurofeedback and Mindfulness to Treat Developmental Trauma  
| Presented by: | Ainat Rogel, PhD, MSW, BCN, LICSW; Diana Martinez, MD, PhD, BCN; Bessel van der Kolk, MD; Inna Khazan, PhD, BCB-HRV  
| CEs: | 7  
| TRACK: | Hot Topics  
| LEVEL: | Intermediate |

| TICKETED EVENT | WS21 QEEG Guided Assessment and Neurofeedback for Children, Adolescents & Adults with ADD and Autistic Spectrum Disorder  
| Presented by: | Michael Linden, PhD, BCN  
| CEs: | 4  
| TRACK: | Basic Science  
| LEVEL: | Introductory |

8:00am - 12:00pm  **HALF-DAY MORNING** PRE-CONFERENCE WORKSHOPS (8:00am to 12:00pm)**
### THURSDAY, MARCH 14, 2019

8:00am - 12:00pm **HALF-DAY MORNING PRE-CONFERENCE WORKSHOPS (8:00am to 12:00pm)**

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<tr>
<td>WS22 Using Electrophysiology to Enhance Treatment Outcomes</td>
<td>WS23 Practical Inventions to Improve Health and Well Being in Adult Learners</td>
<td>WS24 BCIA Biofeedback Certification Exam Review</td>
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<td>Presented by: Ronald Swatzyna, PhD, BCN; Emma Barr, BA</td>
<td>Presented by: Angele McGrady, PhD, BCB; Erik Peper, PhD, BCB</td>
<td>Presented by: Fredric Shaffer, PhD, BCB-HRV; Donald Moss, PhD, BCN, BCB-HRV; Inna Khazan, PhD, BCB-HRV; Judy Crawford</td>
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12:00pm - 1:00pm **LUNCH BREAK (ON YOUR OWN)**

1:00pm - 5:00pm **HALF-DAY AFTERNOON PRE-CONFERENCE WORKSHOPS (1:00pm to 5:00pm)**

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<td>WS25 BCIA Neurofeedback Certification Exam Review</td>
<td>WS26 Connectivity Assessment and Training in Developmental Trauma</td>
<td>WS27 The Ethics of Making a Successful Evidence Based Biofeedback Practice</td>
<td>WS28 Applying Continuous Wearable HRV Biofeedback In and Out of the Office for the Treatment and Management of Hypertension, Depression and Anxiety</td>
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<td>Presented by: Lynda Thompson, PhD, BCN; Michael Thompson, MD</td>
<td>Presented by: Robert Cohen, PhD, BCN; Anne Stevens, PhD, BCN</td>
<td>Presented by: Angelika Sadar, MA, BCN; Diana Martinez, MD, PhD, BCN</td>
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<tr>
<td>WS29 Development of LORETA Neurofeedback and Surface Neurofeedback Protocols for Clinical Interventions</td>
<td>WS30 Breathing is More Than HRV Training to the Rescue to Reduce Pain, IBS, Acid Reflux, Anxiety and Dysmenorrhea, Epilepsy</td>
<td>WS31 Advances in Linking Symptoms to Brain Networks and Neurofeedback Protocol Design</td>
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2:00pm – 6:30pm **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.

6:30pm – 6:45pm **Welcome & Opening Remarks**

- 9 -
THURSDAY, MARCH 14, 2019

6:45pm – 7:45pm **President’s Lecture: How Can We Improve the Rigor and Replicability of Applied Psychophysiology?**

*Presented by Michael Larson, PhD, Brigham Young University*

Scientific results, including those from psychology, neuroscience, and across areas of psychophysiology and biofeedback, are facing considerable scrutiny due to a high number of false positive findings and meager replication rates. There are a number of factors contributing to poor replication; yet, incentives for improved research remain behind the need for enhancement. Applied psychophysiology and biofeedback research are not immune to questions regarding rigor and replication. I provide evidence for the difficulties currently experienced in scientific research, including applied psychophysiology. I then provide a series of examples and opportunities for improvement, including increasing sample sizes through collaboration, decreasing researcher flexibility, increasing measurement precision, strengthening reporting standards, and shifting incentive structures. I end with a discussion of registered reports and pre-registration and how these can be used to strengthen applied psychophysiology research. The learning objectives for this talk are designed to help you: (1) identify the key features of the current replication difficulties and how these difficulties are seen in applied psychophysiology; (2) explain ways for improving the rigor and replication of psychophysiology research; (3) compare pre-registration and registered reports as ways to reduce researcher flexibility and “p-hacking” in order to improve applied psychophysiology research credibility.

*Michael Larson is a Professor of Psychology and the Neuroscience Center at Brigham Young University and Editor-in-Chief of the International Journal of Psychophysiology. His research focuses on cognitive control component processes and cognitive control dysfunction. A large focus of his research and editorial duties focuses on improving the rigor and replication of psychophysiology research, including guest editing a special issue of the International Journal of Psychophysiology on this topic and implementing registered reports as a method of publication in the International Journal of Psychophysiology. Dr. Larson has published over 100 peer-reviewed papers and book chapters and trained many PhD and thesis students. Clinically, Dr. Larson runs a neuropsychology service and training clinic that focuses on the after-effects of traumatic brain injury and neurologic and psychiatric illness.*

7:45pm – 9:30pm **Anniversary Opening Reception in Exhibit Hall – Join us for hors d'oeuvres, cash bar and networking!**

*Sponsored by Thought Technology*

FRIDAY, MARCH 15, 2019

7:00am - 7:00pm **Registration**

7:00am - 7:00pm **EXHIBIT HALL OPEN**

7:00am - 8:00am **General Attendee CONTINENTAL Breakfast**

7:00am – 8:00am **EXHIBITOR DEMONSTRATION: Presented by Cambridge Brain Sciences**
AAPB 50th Annual Scientific Meeting Preliminary Program

8:00am - 9:00am

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<tr>
<th>ORAL1</th>
<th>Presented by: Zachary Meehan, BS Psych; Hannah Urban, BS Psych; Nicholas Gravett, BS</th>
<th>BOS01 Using The qEEG To Help Coaches Enhance Player Performance</th>
<th>Presented by: Stuart Donaldson, PhD, BCB</th>
<th>BOS02 Heart Rate Variability Biofeedback for Pain, Stress, Fatigue, and Depression Among Veterans</th>
<th>Presented by: Jim Burch, PhD</th>
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</table>

9:15am – 10:30am


This presentation will discuss many, diverse, influential, and interactional components of the origins of the Biofeedback Research Society, the Biofeedback Society of America, and then the Association for Applied Psychophysiology and Biofeedback. I will include how the BSA created the BCIA (originally Biofeedback Certification Institute of America and now Biofeedback Certification International Alliance), its history and its importance. Included will be a discussion of many truly pioneering people, early events, and many of the people that followed in the early and middle years of the organization. We will observe recognitions and remembrances to those departed major contributors to our field and organization, and recognitions and thanks for those who are still with us.

The presentation will include the importance of learning about history, some of the controversies, challenges and problems faced by this organization, some of the frustrations and disappointments, some of the myths and facts, as well as some of the solutions and achievements.

Part of the presentation will reflect the presenter’s personal views and experiences. Remembering and learning about the history of this field, the professional organization, the issues and challenges, and perspectives, and notable people are needed for competent students, practitioners, educators, and historians to know and understand to be considered erudite.

Some history of the presence of diversity will be noted and the presentation will note the importance of formally recognizing and supporting continuing and expanding on multiple types of diversity.

Dr. Schwartz joined the Mayo Clinic in 1967 after receiving his doctorate at the University of Texas - Austin and a Post-doctoral internship at the UCLA Neuropsychiatric Institute. He was on the Mayo Clinic Rochester staff from 1967 to 1988 and then at Mayo Clinic Florida through 2004 when he retired. He introduced Behavior Therapies at Mayo Clinic in 1970 providing clinical services throughout 37 years at the Mayo Clinic. He introduced biofeedback at Mayo Clinic in 1974. Starting in 1981, Dr. Schwartz chaired the Biofeedback Certification Institute of America (BCIA) and was on the Board from 1981-1986. He also served as President of BSA in 1987-1988. Dr. Schwartz is a Senior Fellow Emeritus of the BCIA. He is a Licensed Clinical Psychologist in Florida and in private practice. He is a member of the Association of Applied Psychophysiology and Biofeedback and the Biofeedback Society of Florida.

10:30am - 11:00am

Networking Break with REFRESHMENTS & Posters Available for Viewing in the Exhibit Hall

11:00am – 12:30pm

EXHIBITOR DEMONSTRATION: Presented by Thought Technology
FRIDAY, MARCH 15, 2019
11:00 am - 12:30 pm 90-MINUTE BREAKOUT SESSIONS - SYMPOSIA

<table>
<thead>
<tr>
<th>Session</th>
<th>Title</th>
<th>Presenters</th>
<th>CEs</th>
<th>Track</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>BOS04</td>
<td>The Future of Biofeedback Education and Research in Academia</td>
<td>Carmen Russoniello, PhD, BCB, BCN; Matthew Fish, PhD, BCB; ChristinA Brown-Bochicchio; T. Fragedaikis, BCB; J. Crawford; A. Maxwell; A. Craven; J. Locke</td>
<td>1.5</td>
<td>Clinical Interventions and Optimal Performance</td>
<td>Intermediate</td>
</tr>
<tr>
<td>BOS05</td>
<td>Using ISF to Maximize Rehabilitation Success in Soldiers Presenting with PTSD</td>
<td>Mark L. Smith, MSW, BCN, QEEGD; Sharie Woelke, BMR, BCN</td>
<td>1.5</td>
<td>Hot Topics</td>
<td>Introductory</td>
</tr>
<tr>
<td>BOS06</td>
<td>Optimizing Health and Performance with Mindfulness, Compassion and Biofeedback</td>
<td>Inna Khazan, PhD, BCB-HRV</td>
<td>1.5</td>
<td>Hot Topics</td>
<td>Introductory</td>
</tr>
<tr>
<td>BOS07</td>
<td>Effectiveness and Longitudinal Study of Light/Electromagnetic Neuro-stimulation</td>
<td>Victoria L. Ibric, MD, PhD, BCN; Michelle Owens, BS, BCN</td>
<td>1.5</td>
<td>Hot Topics</td>
<td>Intermediate</td>
</tr>
</tbody>
</table>

12:30 pm – 2:00 pm  LUNCH BREAK (ON YOUR OWN)

12:30 pm – 1:30 pm  EXHIBITOR DEMONSTRATION: Presented by Applied Neuroscience – Session Information TBD

12:45 pm – 1:45 pm  ISMA Lunch Meeting: Current Research and Future Directions

- Meditation has been practiced in numerous cultures for thousands of years. Recently meditation has become popular as a stress reduction technique. There are numerous meditation techniques which have been employed. This session will discuss various meditation techniques and their goals as well as the ultimate goal of meditation which has been called enlightenment or kaivalya the culmination of wisdom and compassion.

- It will also discuss the potential for adverse reactions that meditators may encounter and ways to deal with those events.

12:45 pm – 1:45 pm  SPECIAL LUNCH AND LEARN SESSION: Turning Down the Noise: The SMR Story

- Presented by Barry Sterman, PhD, BCB Emeritus

- I started a sequence of scientific studies in 1962 which will be reviewed here. Each new step was informed by the questions raised from the previous step. Fortunately, my search for answers was significantly aided by the application of operant conditioning, first conceived of as a tool for identifying any EEG patterns associated with trained behavioral inhibition. We labeled the pattern found as the Sensorimotor Rhythm, or SMR, which has become part of the alphabet soup of EEG jargon. By bringing neurofeedback trained behavior under laboratory control it was also possible to study the behavioral and neurophysiological significance of this EEG pattern, which turned out to be primarily related to the status of the motor system, presumably tracing the balance between relevant excitatory and inhibitory cortical inputs, and facilitating sensory, motor, and cognitive processing. We have currently developed a new software program with Thought Technology Inc. to exploit this knowledge. This new program has allowed us to conceive of a new
perspective for the future of neurofeedback. When we helped to start the “Biofeedback Research Society” in 1996 the work that Joe Kamia, Tom Mulholland, Barbara Brown, and I were doing was called EEG Biofeedback and was based on operant conditioning. Others were also taking the same approach with muscle control, temperature regulation, blood pressure control, and a few other biological variables. In reality we were all pioneers at the time and had to learn as we went. Our current model of “the forest” has provided a digestible method for obtaining difficult to conceive details concerning system status and interactions in general and during the application of neurofeedback in particular. While the “trees” will ultimately be clarified, this approach finally makes clear to me what I am actually trying to do! Accordingly, I have decided to stick with operant conditioning. This is the tool that allowed me to blend my interest in both behavioral science and neurophysiology. And I am delighted to still be at it!

FRIDAY, MARCH 15, 2019

2:00 pm - 2:30 pm
BCIACERT: BIA Certification 101 with Judy Crawford
If you have ever wondered about becoming a BCIA certified practitioner in Biofeedback, Neurofeedback, HRV Biofeedback, or Pelvic Muscle Dysfunction Biofeedback, this informal discussion will lead you through the process and requirements and answer any questions you may have.

2:00 pm - 3:30 pm

BOS09 Improving Lives with Applied Psychophysiology: From Epilepsy to Post-concussion Syndrome
Presented by: Lynda Thompson, PhD, BCN; Michael Thompson, MD
CEs: 1.5
TRACK: Clinical Interventions and Optimal Performance
LEVEL: Intermediate

BOS10 Presidential Symposium on the Clinical Efficacy of Biofeedback and Neurofeedback
Presented by: Fredric Shaffer, PhD, BCB-HRV
CEs: 1.5
TRACK: Clinical Interventions and Optimal Performance
LEVEL: Intermediate

BOS11 Does Neurofeedback Work in ADHD? Results of the Double-Blind Placebo-Controlled ICAN Trial and the Role of Sleep and the Circadian Clock in ADHD as a Mediator of Treatments
Presented by: Martijn Arns, PhD, BCB, QEEG; Roger deBeus, PhD
CEs: 1.5
TRACK: Hot Topics
LEVEL: Intermediate

BOS12 Addressing Opioid Addiction Using Advanced Neuromodulation Techniques
Presented by: Nicholas Dogris, PhD, QEEG-D, BCB
CEs: 1.5
TRACK: Hot Topics
LEVEL: Intermediate

2:35 pm – 3:05 pm
BCIA101: BCIA Recertification 101 with Judy Crawford
Whether newly certified or you have gone through the process many times, this is the place to get your questions answered and find out that recertification is easier than you may think.

3:30 pm – 4:00 pm
Networking Break with REFRESHMENTS & Posters Available for Viewing in the Exhibit Hall

4:00 pm – 5:00 pm

ORAL3
Presented by: Brodick Brown, MA; Wei Liu, PhD; Frank Perry, EdD; Joshua Mercadel, BS
CEs: 1
TRACK: Basic Science
LEVEL: Intermediate

BOS13 Sex Differences and EEG Norms
Presented by: Seung Wan Kang
CEs: 1
TRACK: Basic Science
LEVEL: Introductory

BOS14 Neal Miller’s Biofeedback Odyssey: Can Autonomic Response Systems Be Trained by Operant Conditioning?
Presented by: Edward Taub, PhD
CEs: 1
TRACK: Basic Science
LEVEL: Introductory

BOS15 Sleep, Circadian Rhythms and Fatigue in Cancer
Presented by: Sonia Ancoli-Israel, PhD, BCB
CEs: 1
TRACK: Hot Topics
LEVEL: Introductory

BOS16 Hypermirroring—a novel empathy spectrum disorder or giftedness?
Presented by: Theresia Stöckl-Drax, MD, BCB
CEs: 1
TRACK: Hot Topics
LEVEL: Introductory

EXHIBITOR DEMONSTRATION: Presented by BrainMaster
4:00pm – 7:00pm
BCIAEX: BCIA Certification Exam
This 3-hour time slot is reserved for all pre-approved candidates wishing to sit for their certification exams in biofeedback, neurofeedback, HRV Biofeedback or pelvic muscle dysfunction. Please be sure that you have filed your application, had it approved, and have submitted your exam registration form at least 2 weeks prior to the exam. Please contact info@bcia.org for more information or to check on your status.

5:05pm – 6:05pm
Keynote Address: Extracting Functional Neuromarkers from Spontaneous and Evoked EEG for Constructing Protocols of Neuromodulation presented by Prof. Yury Kropotov
The session presents HBI (Human Brain Index) neurotechnology which include advanced methods of analysis of quantitative spontaneous EEG and event-related potentials. The diagnostic/monitoring part of the neurotechnology describes: 1) methods of extracting functional neuromarkers from spontaneous multi-channel EEG, event-related de/synchronization, and event-related potentials (ERP) by means of blind source separation approaches, 2) methods for constructing normative and patient databases, 3) methods for comparing the extracted individual parameters with the normative data, and 4) methods of pre-post treatment comparison. The neuroscience data demonstrating high test-retest reliability of the functional neuromarkers, high level of specificity and sensitivity for defining dysfunctions in ADHD, schizophrenia, OCD, autism, depression, and dementia are presented. The neuromodulation part of the paper describes methods of neuromodulation used to activate or inhibit the cortical areas associated with the extracted hidden components. The neuromodulation methods include: 1) different types of neurofeedback (discrete and continuous infra-low frequency neurofeedback, conventional EEG frequency biofeedback), 2) conventional and high definition tDCS, 3) conventional and deep TMS, 4) deep brain stimulation. A special focus of the paper is on applications of the diagnostic neurotechnology for prescribing protocols of neuromodulation.

Prof. Kropotov Juri (Yury) D. is the world leader in neurophysiology and healthy and diseased human brain, the author of 244 papers including 13 books published in Russian, German, Polish and English. In 1985 he was awarded the USSR State Prize for his studies on impulse activity of neurons in patients with implanted electrodes. On the basis of his research he developed the theory of action programming and models of realistic neuronal networks. On the basis of the theory he developed methodology of assessing functional neuromarkers of the human brain and built up an international database of event-related potentials. The methodology is described in Kropotov J.D. “Quantitative EEG, event-related potentials and neurotherapy” published by Academic Press, Elsevier, 2009 (Award of Association of Applied physiology and biofeedback). During the last 15 years he discovered functional neuromarkers of ADHD, OCD schizophrenia and depression (Copernicus Prize, 2010, title of honorary degree of Gdansk academy of Sports, book “Functional neuromarkers for psychiatry” by Academic Press, 2016). He worked as invited professor in Saint-Petersburg State University, University of Zurich, Krakow Academy, Norwegian University of science and technology). He served as editor of journals: Human Physiology, Neurotherapy, Acta Neuropsychologica, Frontiers in Aging Neuroscience. He is currently the head of laboratory of N.P. Becherteva Institute of the Human Brain of Russian Academy of Sciences.

6:15pm – 7:30pm
Keynote Address: The Unifying Shift Towards Parasympathetic Health
Presented by Dr. Raouf (Ron) Gharbo
Heart rate variability (HRV) is the established, best all-cause mortality biomarker of physical health and the best measure of the parasympathetic nervous system (PNS). HRV parameters are rapidly emerging as a strong reliable predictive measure of emotional resilience. The purpose of the presentation is to embrace the unifying themes of HRV and propose moving beyond population health behavioral modification programs to avoid unhealthy behaviors and shift towards PNS health and healthy decision making with reasonable caution. By clarifying PNS health, the audience will be better prepared to apply emerging consumer-based and medical wearable platforms. The 1908 Yerkes-Dodson human performance curve can be applied to chronic pain management and ANS health (Gharbo 2013). Proposed concepts including,
Left Foot Braking the ANS (Gharbo & Ginsberg 2016), Reproducible Placebo Analgesia with Empowerment (Gharbo 2017), and Intentional Recovery (Gharbo 2018) will be presented. More specifically, several elements how to measure and rehabilitate the ANS, including exercise, sleep and HRV-biofeedback will be presented. Unifying themes may lead to a cohesive healthcare model fostering more hope and free-will healthy decision-making in society.

Since completing PM&R specialty training at The Ohio State University Medical Center, Dr. Gharbo maintains an active neurorehabilitation, chronic pain and electrophysiology practice, while also acting as a Clinical Associate Faculty at Eastern Virginia Medical School. He is currently a clinical investigator on multiple HRV biofeedback trials for the treatment of chronic pain in veterans, nursing burnout and fatigue in cancer patients.

Dr. Gharbo seeks to define ANS Rehabilitation for polytrauma, athletics and sustainable high performance and to develop pragmatic evidence-based solutions for the Opioid Crisis and healthcare burnout using research-grade HRV wearable devices. Dr. Gharbo has helped guide culture shift two collegiate athletic programs and a college wind ensemble with the later published in August 2017, in the prestigious VRME publication. In June 2017, his Novel Method for Reproducible Placebo Analgesia with Empowerment highlighted at the International Conference on Opioids.

7:30pm – 9:00pm
Presidential and Poster Reception in Exhibit Hall

9:00pm
AAPB Student Party – Invite Only

SATURDAY, MARCH 16, 2019

7:00am – 6:30pm
Registration

7:00am - 8:00am
General Attendee CONTINENTAL Breakfast

7:00am - 8:00am
AAPB Past Presidents’ Breakfast

7:00am - 2:00pm
EXHIBITS OPEN

7:00am – 8:00am
EXHIBITOR DEMONSTRATION: Presented by Neurofield, Inc – Session Information TBD

8:00am - 9:00am
••• 60-MINUTE BREAKOUT SESSIONS- SYMPOSIA•••

**ORAL04**
Presented by: Paul Lehrer, PhD, BCB-HRV, Angele McGrady, PhD, BCB; Margaret Dupee, PhD, BCB, CPO; James Winstead, MPAS, APA-C, RN
CEs: 1
TRACK: Clinical Interventions and Optimal Performance
LEVEL: Introductory

**BOS17 Building Resilience and Happiness through Self-Regulation: A Compassionate Approach to Mind Mood and Pain**
Presented by: Urszula Klich, PhD, BCB; Ronald Alexander, PhD, MFT
CEs: 1
TRACK: Clinical Interventions and Optimal Performance
LEVEL: Intermediate

Presented by: Wes Sime, PhD, MPH
CEs: 1
TRACK: Hot Topics
LEVEL: Intermediate

**BOS19 Performance Anxiety Interventions for Classical Musicians**
Presented by: Tara Austin, MS, BCB; Patrick Steffen, PhD, BCB
CEs: 1
TRACK: Clinical Interventions and Optimal Performance
LEVEL: Introductory

**BOS20 Agonism and antagonism among the shoulder muscles: an SEMG approach**
Presented by: Gabriel E. Sella, MD, BSC, MSc, MPH, PhD(c)
CEs: 1
TRACK: Clinical Interventions and Optimal Performance
LEVEL: Intermediate

**BOS21 Practical Protocols**
Presented by: Jinny Jay LaRock, RN, BCB, Sr. Fellow
CEs: 1
TRACK: Clinical Interventions and Optimal Performance
LEVEL: Introductory

**BOS22 Wearables and the Quantified Self**
Presented by: Richard Harvey, PhD
CEs: 1
TRACK: Clinical Interventions and Optimal Performance
LEVEL: Introductory
9:15am - 9:30am  AAPB Awards Presentation and BCIA Francine Butler Scholarship Presentation

9:30am-10:30am  **DISTINGUISHED SCIENTIST LECTURE: TITLE COMING**

Fredric Shaffer, PhD, BCB-HRV

Description coming.

Fredric Shaffer, PhD, BCB-HRV is a biological psychologist and professor of Psychology and former Department Chair at Truman State University, where he has taught since 1975 and has served as Director of Truman's Center for Applied Psychophysiology since 1977. Dr. Shaffer was the principal co-editor of Evidence-Based Practice in Biofeedback and Neurofeedback (3rd ed.) and authored 12 of its chapters. Dr. Shaffer is the Past-Chair of the Biofeedback Certification International Alliance (BCIA), director of its Biofeedback and HRV Biofeedback Task Forces, and member of its Neurofeedback Task Force, and Treasurer for the Association for Applied Psychophysiology and Biofeedback (AAPB).

10:30am - 11:00am  Networking Break with REFRESHMENTS in the Exhibit Hall – AND EXHIBITOR DRAWING!!

11:00am - 12:30pm  ***90-MINUTE BREAKOUT SESSIONS - SYMPOSIA***

<table>
<thead>
<tr>
<th>BOS23</th>
<th>Brain-Computer Interface Technology for Rehabilitation and Brain Assessment</th>
</tr>
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<tbody>
<tr>
<td>Presented by:</td>
<td>Christoph Guger</td>
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<tr>
<td>CEs:</td>
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<tr>
<td>TRACK:</td>
<td>Hot Topics</td>
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<tr>
<td>LEVEL:</td>
<td>Advanced</td>
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<thead>
<tr>
<th>BOS24</th>
<th>Heart Rate Variability and Parasympathetic Health: The Importance of Sleep</th>
</tr>
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<tbody>
<tr>
<td>Presented by:</td>
<td>James Burch, PhD; Phyllis Stein, PhD; Ron Gharbo, DO</td>
</tr>
<tr>
<td>CEs:</td>
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</tr>
<tr>
<td>TRACK:</td>
<td>Clinical Interventions and Optimal Performance</td>
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<tr>
<td>LEVEL:</td>
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<thead>
<tr>
<th>BOS25</th>
<th>History of Coherence-based Neurofeedback</th>
</tr>
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<tbody>
<tr>
<td>Presented by:</td>
<td>Robert Coben, PhD, BCN; Anne Stevens, PhD, BCN</td>
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<td>CEs:</td>
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<tr>
<td>TRACK:</td>
<td>Basic Science</td>
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<tr>
<th>BOS26</th>
<th>New Advances in Electrical Neuroimaging to Evaluate EEG Sources, Brain Networks and Neurofeedback Protocols</th>
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<tbody>
<tr>
<td>Presented by:</td>
<td>Robert Thatcher, PhD</td>
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<tr>
<td>CEs:</td>
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<td>TRACK:</td>
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<tr>
<th>BOS27</th>
<th>Somatic Changes after Mobile HRV Training in Combat Exposed Marines with Traumatic Brain Injury and Comorbid Post Traumatic Stress</th>
</tr>
</thead>
<tbody>
<tr>
<td>Presented by:</td>
<td>C. Russoniello PhD, LRT/CTRS, LPC, BCB, BCN; Brown-Bochicchio, MS; A. Maxwell, BS; A. Sutherland, MPH; T. Johnson, MD, USN; B. Biel, BA; A. Craven, BS, LRT/CTRS; J. Locke, BS, LRT/CTRS; S. Martin, PsyD, MPH, ABPP; A. Norris, BS</td>
</tr>
<tr>
<td>CEs:</td>
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<tr>
<td>TRACK:</td>
<td>Clinical Interventions and Optimal Performance</td>
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<td>LEVEL:</td>
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<table>
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<tr>
<th>BOS28</th>
<th>Update on CPT coding and Insurance reimbursement for the suppression of Anxiety</th>
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<tbody>
<tr>
<td>Presented by:</td>
<td>Mark Trullinger, Msc, BCN</td>
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<tr>
<td>CEs:</td>
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<tr>
<td>TRACK:</td>
<td>Hot Topics</td>
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<td>LEVEL:</td>
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<table>
<thead>
<tr>
<th>BOS29</th>
<th>Biofeedback, Virtual Reality and other techniques used to facilitate the suppression of Anxiety</th>
</tr>
</thead>
<tbody>
<tr>
<td>Presented by:</td>
<td>Robert H. Reiner, PhD, BCN, BCB (BCIA)</td>
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<tr>
<td>CEs:</td>
<td>1.5</td>
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<tr>
<td>TRACK:</td>
<td>Clinical Interventions and Optimal Performance</td>
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<tr>
<td>LEVEL:</td>
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11:30pm – 12:30 pm  **EXHIBITOR DEMONSTRATION:** Presented by BioMedical – Session Information TBD

12:30pm – 2:00pm  **LUNCH BREAK (ON YOUR OWN)**

**SATURDAY, MARCH 16, 2019**

12:45pm – 1:45pm  **SPECIAL LUNCH AND LEARN SESSION:**
Build Your Dream Business - Strategies & Systems to Ensure Sustainable Growth, Employee Excellence and Clinical Results
Presented by Seth Conger, BCN-t

The safety card on any airplane instructs that in the case of disaster, you are to put your oxygen mask on first before assisting others. The same should be true for your business, however we commonly prioritize our patient’s concerns and needs over the strength and sustainability of our own businesses. We rarely take time to work ON the business because we are so busy working IN the business, and week after week, month after month we find ourselves too BUSY to plan for the future, as if we would know what to do even if the time was available… Would life be better if you could work less hours, reward your employees better, drive the value of your business up by 2-3x, have a sustainable growth (or exit) plan and end up with better patient outcomes? Even one of those could be life changing, but all are reachable within a fairly short period of time, if you set up the right system. There are specific business principles and strategies which apply to any field and any size business, including Neurofeedback Clinics. These principles, along with specific Neurofeedback marketing and financial strategies can help transform your business into a sustainable machine that allows you to fulfill your dreams, while providing an excellent experience and the highest level of care to your patients. In 2014 I embarked on a journey to understand the theory and practice of Neurofeedback and I’ve spent thousands of hours, becoming BCIA technician certified, integrating Neurofeedback and Biofeedback into a successful Functional Medicine practice, and developing the business models needed to expand any clinic. You do not need an MBA to run a successful business, but you do need a strategy and you need to understand how to apply it. To provide the best experience and achieve the greatest results with your patients, you first must build and maintain a sustainable business. Most of us do the opposite, relying on our clinical care experience, resources and technology to help patients while leaving the business as an afterthought. If you build it, they will come…right? Unfortunately, not. Luckily, it is never too late to develop the business strategies and systems to grow a successful, sustainable practice. A new amplifier, software update or protocol will not be the catalyst to sustainable growth of your business and greater personal and professional fulfillment… this course may be.

Seth Conger is the Chief Operating Officer at Carolina HealthSpan Institute, a Functional Medicine and Brain Enhancement medical practice focused on guiding individuals toward root cause resolution and achievement of sustainable, optimal health. For the past five years, he has been responsible for team growth, operational sustainability and rapid expansion of services and programs to help more individuals attain their health needs and reach their health goals. Seth trained to become a BCIA certified Neurofeedback Technician after Neurofeedback & Biofeedback drastically improved his brain function & capacity. Through his time at Carolina HealthSpan Institute he has helped grow the company by over 300%, established collaborations with the Cleveland Clinic and other top medical organizations and secured a place among the top revenue and clinical results producing Functional Medicine and/or Brain Enhancement Clinics in the country.

12:45pm – 1:45pm  
Student Roundtable and Lunch – FREE LUNCH FOR ALL STUDENTS

12:45pm – 1:45pm  
Elmer and Alyce Green Homage Luncheon

In this luncheon presentation, we will describe the lives and work of Elmer and Alyce Green, founding members of AAPB, (then Biofeedback Research Society). Emphasis will be on their early work with clinical biofeedback and the importance they placed on voluntary control of physiological processes as a learned behavior. Lunch will be provided.

SATURDAY, MARCH 16, 2019

2:00pm - 3:30pm  
*** 90-MINUTE BREAKOUT SESSIONS - SYMPOSIA ***
<table>
<thead>
<tr>
<th>Session</th>
<th>Title</th>
<th>Presented by</th>
<th>Description</th>
<th>CEs</th>
<th>Track</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>BOS29</td>
<td>Panel Discussion: Efficacy and Current status of Neurofeedback</td>
<td>Jay Gunkelman, QEEGD; Cynthia Kerson, PhD, BCB-HRV, BCN; Donald Moss, PhD, BCB-HRV, BCN; Mark Smith, LCSW, BCN, QEEGD; Jack Ginsberg, PhD</td>
<td></td>
<td>1.5</td>
<td>Basic Science</td>
<td>Intermediate</td>
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<tr>
<td>BOS30</td>
<td>Stress and the Brain</td>
<td>Jan Newman, BS, MD, MA, FACS, ABIHM</td>
<td></td>
<td>1.5</td>
<td>Basic Science</td>
<td>Introductory</td>
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<tr>
<td>BOS31</td>
<td>BCIA Professional Ethics and Practice Standards</td>
<td>Donald Moss, PhD, BCB-HRV, BCN</td>
<td></td>
<td>1.5</td>
<td>Clinical Interventions and Optimal Performance</td>
<td>Advanced</td>
</tr>
<tr>
<td>BOS32</td>
<td>Practical Strategies for Teaching Your Clients to Breathe</td>
<td>Inna Khazan, PhD, BCB; Frederic Shaffer, PhD, BCB; Lynda Thompson, PhD, BCN; Michael Thompson, MD</td>
<td></td>
<td>1.5</td>
<td>Clinical Interventions and Optimal Performance</td>
<td>Introductory</td>
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<tr>
<td>BOS33</td>
<td>BRAIN HEALTH: Principles and Practices for Biofeedback and Neurofeedback Practitioners</td>
<td>Peter James Seberger, MD; Barbara S. Peavey, PhD, BCB</td>
<td></td>
<td>1.5</td>
<td>Basic Science</td>
<td>Introductory</td>
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<tr>
<td>ORAL5</td>
<td>Presented by: Sommer Christie, PhD; Nicole McGuffin, BCN; Paul Filmore; Christoph Guger</td>
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<td>All</td>
<td>Intermediate</td>
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<tr>
<td>BOS34</td>
<td>ReConnect - A Wellness Program Worth Remembering</td>
<td>Ron Brown, MD, BCN</td>
<td></td>
<td>1</td>
<td>Clinical Interventions and Optimal Performance</td>
<td>Intermediate</td>
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<tr>
<td>BOS35</td>
<td>Biofeedback – Treatment for Constipation</td>
<td>Satish Rao, MD, PhD, FRCP</td>
<td></td>
<td>1</td>
<td>Hot Topics</td>
<td>Intermediate</td>
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<td>Excessive or Uncomplimentary Screen Use, the EEG, and Successful Therapeutic Interventions</td>
<td>Mari Swingle, PhD, BCN</td>
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<td>BOS38</td>
<td>Social, Spiritual, Psychological, and Physiological Predictors of Well-being of Members of USSOCOM: A Pilot Study of a Viable, Holistic, and Predictive Model of Well-being</td>
<td>Manuel Halter, PhD, JD, BCN</td>
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<td>BOS39</td>
<td>Tuning the Traumatized Brain, Mind, and Heart: LORETA Z-Score Neurofeedback and HRV Biofeedback for Chronic PTSD</td>
<td>Ashlie Bell, PhD, LCSW, BCN</td>
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<td>Clinical Interventions and Optimal Performance</td>
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**Networking Break with REFRESHMENTS**

**3:30pm – 4:00pm**

**4:05pm – 5:05pm**  
***60-MINUTE BREAKOUT SESSIONS - SYMPOSIA***

<table>
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<tr>
<th>Session</th>
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<td>BOS34</td>
<td>ReConnect - A Wellness Program Worth Remembering</td>
<td>Ron Brown, MD, BCN</td>
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<td>BOS35</td>
<td>Biofeedback – Treatment for Constipation</td>
<td>Satish Rao, MD, PhD, FRCP</td>
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**5:15pm – 6:30pm**

**KEYNOTE ADDRESS:** Past, Present, and Future: The Hope and Possibilities for Feedback–Lessons Learned  
*Presented by Erik Peper, PhD, BCB*

Feedback is essential for learning and provides hope that change is possible. Reflecting on my biofeedback and self-regulation experience since 1967, initially as a student and researcher under the guidance of my mentor Dr. Thomas Mulholland, the presentation offers some of the lessons I have learned and extracted that may provide useful concepts—albeit sometimes forgotten and overlooked—concepts that may enhance health and provide new opportunities. Some of these factors include the recognition that 1) old wisdoms are recycled and rediscovered and given new names, 2) how we use ourselves (our function) affects our structure and structure limits function, 3) bio/neurofeedback provide hope a process that enhances
successful outcome, 4) group data may mask important individual successes, 5) failure provides more learning opportunities than success, 6) self-experience is essential, 7) many approaches can complement and need to be integrated to optimize success, 8) study outliers (remarkable people) to suggest new option for success, 9) respect your own experience, 10) awareness and training with bio/neurofeedback needs to be part of our education system, 11) breathing is the mind body bridge, and 12) the limits our possibilities (experience) are the limits of our beliefs.

Discussed and illustrated is how some of these lessons were learned and provide expanded opportunities health and well-being and future growth of this exciting field.

Erik Peper, PhD, BCB, is an international authority on biofeedback and Professor of Holistic Health Studies / Department of Health Education at San Francisco State University. He is President of the Biofeedback Federation of Europe and past President of the Association for Applied Psychophysiology and Biofeedback (AAPB). He has received numerous awards such as 2013 Biofeedback Distinguished Scientist Award in recognition of outstanding career & scientific contributions from the Association for Applied Psychophysiology. He has a biofeedback practice in Berkeley, CA at BiofeedbackHealth (www.biofeedbackhealth.org). He is an author of numerous scientific articles and books such as Make Health Happen, Fighting Cancer-A Nontoxic Approach to Treatment, and Biofeedback Mastery. He publishes the blog, the peper perspective-ideas on illness, health and well-being (www.peperperspective.com). He is a recognized expert on holistic health, stress management and workplace health. His research interests focus on self-healing strategies to optimize health, illness prevention, the effects of respiration and posture, and self-mastery with biofeedback.

6:30pm

SATURDAY NIGHT CLOSING ANNIVERSARY RECEPTION

MEETING LOCATION
Denver Marriott Tech Center
4900 S. Syracuse St.
Denver, Colorado 80237
Phone: (303) 770-1100

RESERVATIONS: 1-303-770-1100

Beautifully redesigned and brimming with amenities, Denver Marriott Tech Center is just a short distance from popular attractions including the Fiddler's Green Amphitheatre, Denver Botanic Gardens and more. Feel welcomed the moment you walk into our modern lobby with the warm, friendly service that has earned us a coveted TripAdvisor Certificate of Excellence. Stunningly appointed hotel rooms and suites await you, showcasing luxurious bedding, gorgeous marble bathrooms and ergonomic work areas. When hunger strikes, visit Pint Brothers Alehouse for delicious American fare and a great selection of craft beers and cocktails. Enjoy a workout in our fitness center or take a refreshing dip in the indoor or outdoor pool. If you’re hosting an event, you'll appreciate our 50,000-square-feet of newly transformed venue space and our comprehensive planning and catering services. Discover four-star sophistication at Denver Marriott Tech Center, where we promise to exceed your travel expectations.

Reservations
Make your reservations early! AAPB has secured a $169 room rate (plus tax, single/double occupancy). The special room rate will be available until February 15, 2019 or until the group block is sold-out, whichever comes first - so be sure to make your reservation before February 15, 2019 to receive the special rate. For individual reservations, call 1-303-779-1100, and reference "AAPB." Be sure to request the discounted rate for the AAPB Annual Meeting.

**Make your reservations online today.**

Reservation requests received after the deadline date will be based on availability at the hotel's prevailing rates.

*Room rates are quoted exclusive of applicable state and local taxes. Check-in: 4:00 pm. Check-out: 12:00 pm.*

**Airport Information**

Denver International Airport (DEN) is the major public airport located 25 miles from the Marriott. Taxi fare is estimated to be $65 each way. Super Shuttle is also offered from DEN and may be scheduled online. Super Shuttle cost is estimated to be $22 each way.

**TRAVEL ADVISORY - TSA REAL ID PROGRAM:**

Passed by Congress in 2005, the REAL ID Act established minimum security standards for state-issued driver's licenses and identification cards and prohibits federal agencies, like TSA, from accepting licenses and identification cards for official purposes from states that do not meet these standards. Starting January 22, 2018, TSA will NOT accept driver's licenses and identification cards issued by all states

**Delta Flight Discount:**

Get Discounted Flights on Delta in 2019. Use code **NMSE9** to receive flight discounts for AAPB’s 50th Annual Scientific Meeting.

**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.

**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.

**Special AAPB Section Meetings:** AAPB currently has seven Special Interest Sections. Members elect to join these groups when they pay their annual dues. At the Annual Meeting, each group has an opportunity to meet and collaborate. These meetings can include a special lecture or presentation, panel discussions or a social hour. All AAPB members are invited and encouraged to attend section/division meetings. To join a section or division, contact AAPB at info@aapb.org.

**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.

**Exhibit Hall and Registration Hours:**
Exhibit Hours

**Thursday, March 14**
- Exhibitor Set-up: 8:00am to 12:00pm
- Exhibits Viewing: 2:00pm to 6:30pm
- Opening Reception in Exhibit Hall: 7:45pm to 9:30pm

**Friday, March 15**
- Exhibits Viewing: 7:00am to 6:00pm
- Presidential and Poster Reception: 7:30pm to 9:30pm

**Saturday, March 16**
- Exhibits Viewing: 7:00am to 2:00pm
- Exhibitor Teardown: 2:00pm to 5:30pm

Registration Hours

**Tuesday, March 12**
- 5:00pm to 7:00pm

**Wednesday, March 13**
- 7:00am to 7:00pm

**Thursday, March 14**
- 7:00am to 7:00pm

**Friday, March 15**
- 7:00am to 7:00pm

**Saturday, March 16**
- 7:00am to 6:30pm

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**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. AAPB's mission is to advance the development, dissemination and utilization of knowledge about applied psychophysiology and biofeedback to improve health and the quality of life through research, education, and practice. *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.
**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: □ General BF □ EEG □ PMDB

New Member Since March 2018?  □ Yes  □ No

For continuing education purposes, please check all that apply: □ Psychologist  □ Physician

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**FEE SCHEDULE**

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<th>After 3/1/19</th>
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**ONE-DAY REGISTRATION**

By 3/1/19   After 3/1/19  By 3/1/19   After 3/1/19

Member: Friday, March 15, 2019  $235  $255  Member: Saturday, March 16, 2019  $235  $255

Non Member: Friday, March 15, 2019  $255  $275  Non Member: Saturday, March 16, 2019  $255  $275

REGISTRATION FEE TOTAL: $__________

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

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**INDICATE THOSE SESSIONS YOU WISH TO ATTEND**

Visit [www.aapb.org](http://www.aapb.org) for more details and event times.
AAPB can assist interested members in identifying shared hotel lodging opportunities at the Denver Marriott Tech Center for the Annual Meeting. If you plan to attend and are looking for a roommate, please complete this section and AAPB will send you a list with the names of other members who are interested in sharing a room. **NOTE:** We will contact you by email. Please make sure to include your email address on this form.

- Male
- Female
- Smoker
- Non-smoker
- Check-in Date:__________
- Check-out Date:__________
- Email:__________________

**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.

You may also register and pay online by clicking here.

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**CANCELLATION POLICY:** Cancellations received in the AAPB office by February 27, 2019 will be refunded minus a $50 processing fee. NO REFUNDS WILL BE GRANTED AFTER FEBRUARY 27, 2019. Cancellations must be made in writing and faxed to 720.881.6102 or 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 in order to fully participate in the AAPB Annual Meeting, please contact AAPB headquarters at info@aapb.org.

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**EMAIL, MAIL or FAX this form with payment to:**

AAPB
PO Box 723248
Atlanta, GA 31139

**Phone:** 800.477.8892
**Fax:** 720.881.6102
**Email:** info@aapb.org

**Questions?**
info@aapb.org
www.aapb.org