

FROM THE EDITOR

Donald Moss, PhD

AAPB Goes to Washington

The cover of this Fall 2005 issue of *Biofeedback* represents a breakthrough event in Washington, DC, in April of this year. Leading researchers and practitioners in the Association of Applied Psychophysiology and Biofeedback (AAPB), led by Drs. Paul Lehrer and Francine Butler, presented the current state of research and practice in biofeedback to congressional staff, federal health insurance administrators, and insurance regulators. This event was organized by the Federation of Behavioral, Psychological, and Cognitive Sciences and included a one-day forum of scientific presentations on the effectiveness of biofeedback and a second day of lobbying in congressional offices. Lehrer reports on this landmark event in his opening article for this issue, and Butler comments further in her executive director's column.

Ethics and Practice Standards

Seb Striefel describes the special challenges affecting decision-making in the treatment of children and adolescents.

Feature Articles

Christopher Gilbert provides a detailed discussion of the physiology of respiration, with practical guidance for breath training. The chemistry of carbon dioxide is especially important, and Gilbert clarifies how abnormal breathing contributes to many disorders, including anxiety. Erik Peper and Monika Fuhs provide the first in a two-part series on the use of biological monitoring in psychotherapy. They show that attending to the biological signal can assist the therapist in empathic understanding of the client. Finally, David Siever opens a new series on the application of audio-visual entrainment therapy to the problems of senior citizens. This first part discusses the changes in brain function, cognition, and mood with aging.

Surface Electromyography Features

Our surface electromyography (SEMG) section includes an exchange of viewpoints between Gabriel Sella and John Arena, two leading researchers within the field of SEMG and rehabilitation. Sella disputes the use of the baseline concept in SEMG assessment, and Arena defends the baseline concept and shows its background in psychophysiological research, behavior therapy, and the behavioral sciences.

Reviews

Lynda Thompson provides a review of *Parenting Children with ADHD: Ten Lessons that Medicine Cannot Teach* by Vincent Monastra. Monastra has received national recognition for his research solidly documenting the effectiveness of neurofeedback for children with attention deficit/hyperactivity disorder (ADHD), and this book formulates his guidance for parents.

Association News and Events

In the *News and Events* section, AAPB's leaders suggest strategies for more effectively promoting biofeedback. President Richard Sherman proposes that AAPB take a more active role in encouraging the wider use of continuing education in biofeedback by health professionals. President-elect Richard Gevirtz suggests strategies for utilizing current public interest in complementary and alternative medicine to expand the use of biofeedback. Executive director Francine Butler describes herself as "bursting with pride" during the recent AAPB presentations in Washington, DC, and invites AAPB members to support continuing such initiatives that advance biofeedback. This section includes a report from the Biofeedback Certification of America, as well as a report on an award-winning student science project in Florida devoted to a portable neurofeedback device. Lastly, it also includes a summary of awards and recognitions bestowed at the AAPB's annual meeting in Austin in April, and a collage of photo impressions from this meeting.



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Proposals and Abstracts

Proposals and Abstracts are now invited for future special issues of *Biofeedback*: Teaching Children and Youth to Self-Regulate for Winter 2005, Pelvic Floor Disorders for Spring 2006, Integrating Lifestyle Change into Applied Psychophysiological Therapies for Summer 2006, and EEG Signatures of Common Disorders for Fall 2006. The editor also welcomes proposals for future special issues of *Biofeedback*.