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- Demonstrated to reduce sympathetic nervous system activity
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"We found that RESPERATE was very helpful to many of our patients who experience shallow breathing. And patients, some of whom don’t have high blood pressure, say it simply helps them relax. We use it for patients to take home as a means of reinforcing our biofeedback work with them."

Leonard Schwarzbard, PhD
Clinical Psychologist & Director of the Clinical Institute of Behavioral Medicine, Berkeley, California

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*First time enrollees only

The Biofeedback Society of California is the largest and oldest State society in the US. It was founded in 1974 as an open forum for the exchange of ideas, methods, clinical experience, and outcomes of biofeedback, applied psychophysiology and related disciplines.

31st Annual Conference
Biofeedback and Neurofeedback:
Tools for Optimal Health
Crowne Plaza, Irvine California
November 3, 4, 5, 6

Rich Sherman, Carolyn Yucha,
Wes Sime, Peter Litchfield,
Eric Peper, Hershel Toomim,
Naras Bhat, Jay Gunkleman, Mark
Waller, Robert Grove, Rick Harvey
and more...

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OF CALIFORNIA
http://www.biofeedbackcalifornia.org

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36 Hour BCIA Approved EEG Biofeedback Workshop
3rd Offering By The Southeastern Biofeedback Institute
January 16 - 20, 2006

Registration deadline is December 16, 2005
(for content, see http://www.BCIA.org)

5 day workshop with optional 9 hours of mentored,
"hands on" experiences offered over three days in the evenings.

Presenters:
Joel L. Lubar, Ph.D., BCIA-EEG Senior Fellow
Judith O. Lubar, MA., MS., LCSW-BCD., BCIA-EEG Senior Fellow
Doil D. Montgomery, Ph.D., BCIA Senior Fellow

Workshop (only): $995
Workshop & "Hands On" Experience: $1590

Location:
Comfort Inn Oceanside
Deerfield Beach, Florida

For more information contact:
Dr. Lubar at jlubar@utk.edu or 865-384-3393
or contact
Dr. Montgomery at dmontgomery@roverusa.com or 772-871-0319
or visit http://www.eegfeedback.org/

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**Fall Workshops**

**WS1**
Heart Rate Variability Biofeedback in Clinical Practice  
Richard Gevirtz, PhD  
**October 20, 2005 • Chicago, IL**

**WS2**
Assessing and Treating the Anxiety Disorders: A Mind-Body Approach  
Donald Moss, PhD  
**October 21, 2005 • Chicago, IL**

**WS3**
Reversing Stress and Burnout  
Naras Bhat, MD  
**October 22, 2005 • Chicago, IL**

7 hours credit each, 8.4 hours of nursing credit each.

The workshops will be held at the Seneca Hotel & Suites, located just one block off Michigan Avenue and the Magnificent Mile. Hotel reservations can be made at (312) 787-8990 or (800) 809-6261. AAPB has negotiated a discounted rate of $125 single; $135 double. In order to receive this special rate, you must identify yourself as an AAPB attendee and make your reservation by October 6.

**TeleSeminars**

**TS4**
EEG Neurofeedback of ADHD Subtypes  
Lynda Kirk, MA, LPC, BCIA-EEG Fellow, QEEG-Diplomate  
**Thursday, October 20, 2005 • 1 pm ET**

**TS5**
Primary Headache Disorders: Diagnosis and Treatment  
Steven Baskin, PhD  
**Thursday, November 3, 2005 • 1 pm ET**

**TS6**
Anxiety Disorders: Psychophysiological Assessment and Treatment  
Donald Moss, PhD  
**Thursday, November 17, 2005 • 1 pm ET**

**TS7**
The Do's and Don'ts of Insurance Billing, Coding and Reimbursement for Biofeedback  
Robert Whitehouse, EdD  
**Friday, December 9, 2005 • 1 pm MT**

**TS8**
Diagnosis and Management of Chronic Pain  
Richard Gevirtz, PhD  
**Thursday, December 15, 2005 • 1 pm MT**

1.5 hours credit each, 1.8 hours of nursing credit each.

These seminars are a cost effective way for your whole staff to learn from AAPB's best. Only one person has to pay the $79 fee for AAPB members, or $99 fee for non-members, then anyone can listen in on the seminar. If others would like to receive CE credits, however, they can register for $25 for members, $40 for non-members.

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**SYNTHESIS & COHESION: Integrating the Whole**

AAPB's 37th Annual Meeting  
April 6–9, 2006

Pre-Meeting Workshops  
April 5–6, 2006

The Hilton Portland and Executive Tower  
Portland, Oregon

**For more information visit our website:** www.aapb.org
Only one biofeedback provider delivers such a breadth of professional training programs and equipment. Stens offers professionally run biofeedback and EEG certification programs, as well as application workshops in Chronic Pain/HRV/sEMG and Stress Management. You'll learn with the most experienced teachers and train with the most sophisticated equipment. Our courses meet all the didactic requirements for BCIA. It's easy to see why there's only one clear choice when it comes to biofeedback.

### 5-Day Professional Biofeedback Certificate Program

<table>
<thead>
<tr>
<th>Location</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>San Francisco, CA</td>
<td>Sept. 24-28, 2005</td>
</tr>
<tr>
<td>Austin, TX</td>
<td>Oct. 22-26, 2005</td>
</tr>
<tr>
<td>Ft. Lauderdale, FL</td>
<td>Nov. 12-16, 2005</td>
</tr>
<tr>
<td>San Francisco, CA</td>
<td>Dec. 3-7, 2005</td>
</tr>
</tbody>
</table>

### 4-Day Professional EEG Certificate Program

<table>
<thead>
<tr>
<th>Location</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Austin, TX</td>
<td>Oct. 27-30, 2005</td>
</tr>
<tr>
<td>Ft. Lauderdale, FL</td>
<td>Nov. 17-20, 2005</td>
</tr>
<tr>
<td>San Francisco, CA</td>
<td>Dec. 8-11, 2005</td>
</tr>
</tbody>
</table>

### Application Workshops

- 2-day Advanced Biofeedback (Pain, HRV, sEMG) (Dec)
- 2-day Stress Management (Sept.)
- 2-day QEEG (Dec.)
- 1-day Freeze Framer (Dec.)*
- 1-day CES/AVS (Dec.)*
- 1-day Audio-visual Entrainment (Dec.)*

* Free with purchase of NeXus/Biostrace

CEs for APA, CNA, BBS. Stens Corp. is approved by the APA to offer CE for psychologists and maintains responsibility for the program.
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