

# FROM THE EDITOR

Donald Moss, PhD

The cover of this summer 2006 issue of *Biofeedback* portrays the musculature of the human back, illustrating the lead feature article on muscle physiology by Richard Gevirtz.

## Professional Issues

Sebastian Striefel opens this issue by examining how individuals are socialized in childhood and in families for ethical responsibility and how professional ethics and practice standards are absorbed largely through a further socialization process in graduate schools, practice settings, and in professional associations.

Next, Fred Shaffer introduces the University Initiative undertaken by the Biofeedback Certification Institute of America, intended to recognize and promote university-level biofeedback and neurofeedback education. The University Initiative includes a BCIA University Seminar first held at the Association for Applied Psychophysiology and Biofeedback's (AAPB's) annual meeting in Austin and scheduled to take place again at the AAPB Portland meeting. The initiative also includes an inventory of current university biofeedback and neurofeedback programs, some of which are described in Dr. Shaffer's article.

Robert Carter, a biofeedback therapist, contributes a moving story about his personal encounter with a disabling stroke and paralysis. He relates his story to convey a deeper understanding of the impact of serious illness and to illustrate the power of biofeedback and self-regulation for rehabilitation.

## Feature Articles

AAPB's current president, Richard Gevirtz, provides an invited feature article on a promising stream of research studies on the physiology of chronic muscular pain, highlighting the sympathetic innervation of the muscle spindle, which serves as a pathway for emotions and life stress to activate trigger-point activity and pain. This research, conducted by Richard Gevirtz, David Hubbard, and colleagues, has stimulated breakthroughs in the treatment of myofascial pain.

Erik Peper presents a multimodal psychophysiological stress protocol for assessing computer-related disor-

ders. The stress protocol is conducted at the keyboard and mouse, which are utilized in the dynamic psychophysiological assessment. Peper provides guidelines for detecting patterns of physiological reactivity under stress, interpreting these patterns, and developing a treatment plan.

Monika Fuhs and Erik Peper discuss using physiological monitoring to aid the process of exploring and understanding the client's subjective experience. This is the second article in a two-part series, applying Ericksonian psychotherapeutic concepts and interventions to a psychophysiological therapy model. The authors highlight, for example, that therapeutic transformations in the client's perceptions can result in dramatic reductions in muscle tension.

David Siever provides the second article in a series examining the use of audiovisual entrainment for the problems of aging. He describes the use of sound and light devices to entrain changes in cortical activation, improving cognitive function, reducing depression, and reducing the risk of falling in elderly persons.

## AAPB News and Events Section

The News and Events section includes columns from AAPB's president Richard Gevirtz, past president Richard Sherman, and executive director Francine Butler.



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## Proposals and Abstracts

Proposals and Abstracts are now invited for future special issues of *Biofeedback*: "EEG Signatures of Common Disorders" for fall 2006 and "Integrative Approaches for Primary Care" for winter 2006. The editor also welcomes proposals for future special issues of *Biofeedback*.