The Foundation for Education and Research in Biofeedback and Related Sciences (FERB), more commonly known as the Association for Applied Psychophysiology and Biofeedback (AAPB) Foundation, was chartered in 1985 to support biofeedback-related research and disseminate information about the field to professionals and the public. In 2010, FERB awarded three graduate student research grants and additional travel and tuition scholarships in support of student attendance at the AAPB Annual Conference, totaling over $8,000. FERB continues in its mission to fund biofeedback research and promote its clinical efficacy and use as a health care alternative.

The Association for Applied Psychophysiology and Biofeedback (AAPB) Foundation for Education and Research in Biofeedback and Related Sciences (FERB) awarded three graduate student research grants this year in the amount of $1,000 each. The scholarships were funded by donations made to the Foundation specifically in support of student research by Francine Butler and Jerry Bowman, former Executive Directors of AAPB, Thought Technology, Ltd., and from funds raised at the 2009 Albuquerque, New Mexico, Annual Conference banquet event. The FERB Board reviewed applications for the scholarship based on originality, research design, relevance to the field, heuristic value, scientific rigor, and significance of results.

This year’s scholarship winners were Timothy Horrell of the University of Louisville for his study “Development of EEG gamma indices of cue reactivity to assess functional outcomes of neurofeedback training in substance use disorder and PTSD”; Sonya Kim of New York University for her study “Using heart rate variability biofeedback methods to improve executive functioning in individuals with chronic TBI”; and Erik Nelson of Illinois State University for his study “Impulsivity as a predictor of differences in theta and beta ratios and percent obtained reinforcers during neurofeedback.” In addition to the $1,000 research grant, these students also received travel scholarships and a waiver of tuition for attendance at the 2010 AAPB Annual Conference in San Diego. Their research was also featured in poster presentations at the Conference.

The FERB Board also awarded travel scholarships and tuition waivers for the 2010 Annual Conference to four other applicants whose submissions it felt were deserving of recognition. The recipients were Ben Allen of Virginia Polytechnic Institute for his study “What resonates with you? Heart rate variability biofeedback and paced breathing inductions of cardiovascular resonance”; Pietro Cipresso of IULM University, Milan, Italy, for his study “Physiological correlates for an agent-based computational model, and synchronization of a biofeedback system with an eye tracker through an audiovisual stimulus marker”; Margaret Dupee of Ottawa, Canada, for her study “Managing competitive anxiety with heart rate variability biofeedback”; and Amanda Wheat of the University of West Virginia for her study “Effectiveness of biofeedback in improving heart rate variability.”

Annual Conference travel scholarships and tuition waivers were also awarded to four students from Truman State University, and one student from the University of Louisville.

The FERB student research grant and scholarship program awarded a total of $8,140 this year in support of its mission “to promote professional education and training, and research and public education of biofeedback techniques and procedures applied to the treatment and prevention of disease and disability, the maintenance of health behaviors, and the improvement of quality of life.” FERB was chartered in 1985, promoted by then AAPB President Neal Miller. His rationale, as the author of the research that essentially laid the scientific foundation for biofeedback, was that AAPB had a mission and responsibility to support research that further established its scientific basis and clinical efficacy. FERB has traditionally fulfilled this mission by encouraging student research.
through scholarships and grants, and providing an international scientific venue for the presentation of their work at the AAPB annual conferences.

The Foundation also supports professional and public education, the dissemination of information about the state of the science and practice of biofeedback, awards programs that recognize individuals who make significant contributions to the field, and research for the development of effective biofeedback methods and clinical applications. FERB is committed to promoting and funding studies that identify the common and serious health care problems for which biofeedback has the potential to be of benefit. It also supports research that elucidates the contributions of biofeedback to health care, its cost effectiveness, and the public impact of biofeedback as a health care alternative.

FERB is a 501(3)(c) not-for-profit organization that welcomes tax-deductible contributions in support of its mission.

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