FROM THE EDITOR

Beyond the Self in Self-Regulation

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Guest Editor: Richard Harvey, PhD

The cover of this issue of Biofeedback shows a photograph of the Seattle, Washington skyline, a reminder that the Association for Applied Psychophysiology and Biofeedback (AAPB) will hold its annual meeting March 9–12, 2016 in Seattle.

Introduction to the Special Issue

The Guest Editor for this special issue is Richard Harvey of San Francisco State University, who is also the current president of AAPB. Dr. Harvey has chosen to focus this special issue on previewing the theme of the AAPB 2016 annual meeting: Beyond the Self in Self-Regulation.

The articles in this special issue reflect applications of biofeedback that facilitate a two-way relationship between practitioners and trainees, or in other ways highlight interpersonal dimensions of the biofeedback process. The conference theme of Beyond the Self in Self-Regulation suggests training processes that are not only client- or patient-centered, but also interpersonal in nature, where attention is paid to the influence of one person on another. For example, learning self-regulation skills can also be used when interacting with professionals as well as with close relations, such as spouses, children, coworkers, or partners in many life domains.

Professional Issues

Paul Lehrer is a past president of AAPB and the current chair of the Foundation for Education and Research in Biofeedback (FERB). Dr. Lehrer summarizes the accomplishments that FERB has made this year, including both student travel scholarships that allow students to attend AAPB’s annual meeting, and research grants currently supporting three student research projects. Lehrer issues an appeal to AAPB members to support FERB financially, so that FERB can continue the current level of support for scholarships and grants.

Christine Moravec and Angele McGrady provide a special tribute to Michael McKee, who died on October 26, 2015. Dr. McKee was a past president of AAPB, and served for many years at the Cleveland Clinic as the vice chairman of the Department of Psychiatry and Psychology and chair of the Section of Health Psychology and General Psychology, directing a program that focused on diagnosis and treatment of stress-related disorders and enhancement of health and performance.

Special Issue Authors and Articles

For this special issue, Dr. Harvey has recruited a number of authors, who have in a variety of ways approached the theme of Beyond the Self in Self-Regulation. This issue presents a variety of articles that hint at the types of topics that will be available in the AAPB annual meeting in Seattle, March 9–12, 2016.

A conference theme of Interpersonal Biofeedback is addressed by family therapists Steve Kassel and John LeMay, who have crafted an overview of an approach integrating psychophysiological techniques into couples and family therapy. They call their approach Interpersonal Biofeedback Therapy. The article details aspects of therapy such as how to assess psychophysiological reactivity and recovery within and between partners in a dyad or group.

The next article, by Mari K. Swingle, examines the importance of face-to-face interpersonal relationships in personality development and well-being, and highlights the impact of human beings spending increasing amounts of time in lifestyles of social isolation, often in the context of heavy use of social media. Because of the measurable physiological effects of isolation, Swingle provides a map for selecting biofeedback training techniques that are appropriate for fostering connection with others.

An article by Dave Siever examines technologies that modulate nervous system activity through the use of...
devices that use electrical or magnetic signals to stimulate the brain, or audiovisual stimulation to entrain brain activity. The article presents updated descriptions of technologies used for audiovisual entrainment (AVE), cranio-electro stimulation (CES), and transcranial magnetic stimulation (TMS). These neuromodulatory tools can be beneficial for many biofeedback practitioners seeking to augment traditional operant conditioning models of feedback.

The Swingle and Siever articles are used to introduce neuroscience and neurofeedback topics that are presented during the March AAPB conference. For example, the conference planners have invited a presentation on brain-computer interfaces by Yann Renard of Mensia Technologies in France, as well as a presentation on EEG interpretations and misconceptions by Martijn Arns of Utrecht University in the Netherlands.

Another topical thread of the conference highlights diverse multicultural viewpoints about biofeedback. For this special issue, Richard Harvey, I-Mei Lin, and Annette Booiman have drafted an article about the importance of incorporating awareness of diverse cultural viewpoints into the training curricula of biofeedback practitioners. There will be a presentation about multicultural perspectives and diversity awareness during the Seattle event.

An article by Erik Peper, Sakiko Nemoto, I-Mei Lin, and Richard Harvey explores strategies for enhancing cognitive and behavioral therapy (CBT) using biofeedback techniques. For example, the authors describe ways that mental rehearsal informs deeper insights of how cognitive reactivity patterns can be regulated by the patient to enhance physiological recovery from negative thoughts. For example, when a patient makes a self-judging statement like “I should not have communicated that way,” the patient has an opportunity to rehearse a new response before the next communication.

In addition, an article by Erik Peper, Chris Gilbert, Richard Harvey, and I-Mei Lin advocates for breath training for post-abdominal surgery patients. They explore the benefits of incorporating biofeedback techniques that reduce guarding behavior following surgery. For example, some patients after abdominal surgery procedures reduce movement around the site of incision to avoid pain, with the unintended consequence of reducing breathing activity that uses abdominal muscles. The article describes specific strategies for using all muscles needed for full, effortless breathing.

The two articles by Peper and colleagues preview themes of conference presentations such as a symposium on the topic of breathing and respiratory biofeedback, as well as a program by psychologists incorporating biofeedback tools into CBT training sessions. If you meet these authors during the Seattle conference, please feel free to contact them directly with any questions as they are all helpful practitioners and expert educators.

**Feature Article**

Jadene A. Zauszniewski, Carol M. Musil, and Mary Variath provide another in a series of articles on their continuing research on grandmothers serving as primary caregivers for grandchildren. Here they report the impact of HRV training and achieved coherence scores on self-report measures of stress, negative emotions, and depressive cognitions in 20 grandmothers raising grandchildren.

**Proposals and Abstracts**

The Spring 2016 issue of *Biofeedback* will focus on Medical Factors That Affect and Influence Successful Biofeedback Treatment, with guest editor Stuart Donaldson. The Summer 2016 issue will feature Advances in Biofeedback Technology and Biofeedback Applications. The Fall 2016 issue will feature Further Advances in Mindfulness and Compassion-Based Approaches to Clinical Biofeedback, with guest editor Inna Khazhan. The Winter 2016 issue will focus on Clinical Practice in Neurofeedback: Advances and Applications.

Contributions are invited for each of these special issues. General articles on topics in biofeedback, neurofeedback, and applied psychophysiology are welcome, as are proposals for an additional special issue. Feature articles should not exceed 2,500 words; department articles, 700 words; and letters to the editor, 250 words. Articles should be submitted in American Psychological Association (6th Edition) format.