



## FROM TECHSTRESS TO TECHHEALTH: Conversations with Erik Peper and Rick Harvey October 22, 2020, 7:00-8:00 p.m. EDT

### DESCRIPTION

Join this webinar with Erik Peper, PhD and Richard Harvey, PhD, co-authors of the just published book, *TechStress-How Technology is Hijacking our Lives, Strategies for Coping and Pragmatic Ergonomics*. They will share the findings how we can reduce and prevent discomfort while working, socializing, communicating online with computers, tablets and cell-phone. The presentation includes an evolutionary approach to re-envisioning our relationship with technology—and reclaiming health, happiness, and sanity in a plugged-in world. It includes guided exercises to experience the concept. With little or no awareness we have become captured by screens. Unfortunately, by the end of the day many people experience Zoom/screen fatigue, eyestrain, back pain, neck and shoulder discomfort, exhaustion, stress, negative mood, depression, and/or work-related insomnia. The Webinar through a Q & A approach explores the impacts personal technology on our physical and emotional well-being and offers pragmatic suggestions what we can do to optimize health and productivity. “Tech Stress” provides all of the basic tools to be able not only to survive in this new world but also thrive in it.

**Erik Peper** is an international authority on biofeedback and self-regulation and professor of Holistic Health Studies at San Francisco State University. He is President of the Biofeedback Foundation of Europe and past President of the Association for Applied Psychophysiology and Biofeedback (AAPB). He has a biofeedback practice at Biofeedback Health ([www.biofeedbackhealth.org](http://www.biofeedbackhealth.org)). In 2013, he received the AAPB’s Biofeedback Distinguished Scientist Award in recognition of outstanding career and scientific contributions. He is an author of numerous articles and books, such as *Make Health Happen*, *Fighting Cancer-A Nontoxic Approach to Treatment*, *Healthy Computing with Muscle Biofeedback* and *Biofeedback Mastery*. He is co-author of the newly published book, *TechStress: How Technology is Hijacking Our Lives, Strategies for Coping, and Pragmatic Ergonomics*. He publishes the blog, *the peper perspective-ideas on illness, health and well-being* ([www.peperperspective.com](http://www.peperperspective.com)). His research interests focus on self-healing strategies to optimize health, the effects of posture and respiration and learning self-mastery with biofeedback.



### PRESENTERS

**Richard Harvey** is professor at the Institute of Holistic Health Studies at San Francisco State University, with a degree in Health Psychology from the University of California, Irvine. Over the past two decades, he has participated extensively in research on computer-related injuries and stress psychophysiology. He has served as an epidemiologist for Maternal, Child, and Adolescent Health (MCAH) in Orange County, California and supervised the Biofeedback and Stress Management Program at UC Irvine. He has been president of the AAPB. For his ongoing contributions and teaching in the field of psychophysiology, he was the recipient of the 2019 Educator Award from the Biofeedback Federation of Europe (BFE). He has taught internationally in Europe, Asia and across the United States. He is co-author of the newly published book, *TechStress: How Technology is Hijacking Our Lives, Strategies for Coping, and Pragmatic Ergonomics*. His current research focuses on stress-reduction interventions, teaching psychological courage and hardiness, tobacco cessation and health promotion interventions for high-risk youth.



# FROM TECHSTRESS TO TECHHEALTH

## More Information & How to Register

### Target Audience

Anyone working with digital devices (computers, laptops, tablets and cell-phones) and concerned about short- and long-term health consequences, including psychologists and other mental health professionals.

### Instructional Level

Appropriate for intermediate and above, including post-PhD psychologists.

### Learning Objectives

Participants will be able to...

1. Identify the factors that contribute to discomfort at the computer and in front of the screen.
2. Describe specific interventions that can reduce discomfort caused by digital devices.
3. Explain the role of evolutionary traps as a risk factor for health.

### Continuing Education

This program, when attended in its entirety, is available for one (1) continuing education credit. Sadar Psychological is approved by the American Psychological Association to sponsor continuing education for psychologists. Sadar Psychological maintains responsibility for this program and its contents.

This program meets BCIA credits for recertification.

#### Attention LPCs, Social Workers and Other Mental Health Professionals:

Many other professions accept APA-approved CEs. Please check with your licensing organization to confirm this for your profession.

(Direct any questions about the program, fees or how to register to [execdirector@mabs.us](mailto:execdirector@mabs.us) or call 717-637-6518.)

### Disclaimers & Disclosures

#### Mid-Atlantic Biofeedback Society

The views of the presenters are theirs and do not necessarily represent a position by the Mid-Atlantic Biofeedback Society (MABS). MABS is committed to accessibility and non-discrimination in our continuing education activities. MABS is also committed to conducting all activities in conformity with the American Psychological Association's Ethical Principles for Psychologists. Participants are asked to be aware of the need for privacy and confidentiality throughout the program. If program content becomes stressful, participants are encouraged to process these feelings during discussion periods.

If participants have special needs, reasonable accommodations will be made for persons who request them, consistent with APA requirements.

There is no commercial support for this program nor are there any relationships between the CE sponsor, presenting organization, presenters, program content, research grants or other funding that could reasonably be construed as conflicts of interest.

Please address questions, concerns and any complaints to Bea Haskins, [execdirector@mabs.us](mailto:execdirector@mabs.us); 717-637-6518.

#### Erik Peper and Richard Harvey

*Financial Interests:* The presenters indicate they have financial interests to disclose, stating that they are the authors of the book that will be discussed.

*Utility/Validity Statement:* When applied and used according to psychological ethics and practice guidelines, within the scope of experience of the practicing psychologist, the methods taught do not pose any risks.

### Fees & Registration

#### Fees

**MABS Member:** Free to attend!

**Non-members:** \$10 fee to register.

**Students:** Free with student ID.

**CE Certificate:** \$15 for anyone who wants one, whether a member or non-member.

#### How to Register

Everyone needs to register\*. Go to <https://www.mabs.us/donate>. Enter your payment amount:

- \$15 for MABS members who want a CE certificate
- \$10 for non-members who do not want a CE certificate
- \$25 for non-members who do want a CE certificate

On the next screen, click "Add Special Instructions to the seller" and indicate what your payment includes.

**Important Note for Psychologists:** On this same screen, add your psychologist's license number.

\*Members who do not want a CE certificate: email [execdirector@mabs.us](mailto:execdirector@mabs.us) to register. Psychologists: indicate your license number.

**Refund Policy:** Refunds will be issued for cancellations made prior to October 15th. After that, only the fee for the CE certificate will be refunded for cancellations.

**Evaluation Questionnaire:** Everyone will be asked to complete an online evaluation form. This is a requirement for a CE certificate.

**Attestation:** It is the responsibility of every attendee to abide by the standards set forth in the APA Code of Ethics for maintaining security and confidentiality of test materials and proprietary information presented as part of this continuing education program. Any materials used as part of this program may not be copied or otherwise distributed, and no proprietary information will be disclosed by attendees to any person not registered for this program.