



Mid-Atlantic

BIOFEEDBACK

learn~connect~inspire Society

Fall Conference

November 2, 2019

**Loyola
University
Graduate
Center**

**8890 McGaw Road
Columbia, MD
21045**

**8:30AM –
5:00PM**

***Psychophysiology and Mindfulness:
Elements of Improved Therapy,
Counseling and Consulting***
with
Tim Herzog, EdD

Conference Overview: Exploration of theoretical and applied elements of optimal performance, with an emphasis on modern-day sports psychology.

Overall Course Learning Objectives:

- Increase your knowledge of the confluence of cognition, emotions, physiology and behavior
- Gain a more complete understanding of the principles of mindfulness and psychophysiology

Target Audience: Both early career biofeedback practitioners and those who are seasoned clinicians who wish to enhance their practice will benefit from this conference. It is of special interest to biofeedback practitioners, therapists and performance consultants who want to build upon their existing skill sets with evidence-based theory and interventions.

Instructional Level: All levels.

Continuing Education Credits:

- This program, when attended in its entirety, is available for 6.25 continuing education credits.
- Two-Point, LLC, is approved by the American Psychological Association to sponsor continuing education for psychologists. Two-Point, LLC, maintains responsibility for this program and its content.
- BCIA approved CE credits to meet requirements for BCIA recertification.
- *Attention LPCs, Social Workers and Other Mental Health Professionals:* Many state licensing boards accept APA-approved CE credits for mental health professionals. Check with your board to see if they will accept the APA-approved credits for this conference.



For Information: Contact Bea Haskins, 717-637-6518, execdirector@mabs.us

Program: November 2, 2019

- 8:00 a.m. Registration and "Light Breakfast"
- 8:30 a.m. Welcome: Jessica Eure, LPC, BCN, MABS President
- 8:45 a.m. Keynote: *Psychophysiology and Mindfulness: Elements of Improved Therapy, Counseling and Consulting*, presented by Dr. Tim Herzog (1.5 CE hours)
- 10:15 a.m. Break
- 10:30 a.m. Dr. Herzog continues (1.75 CE hours)
- 12:15 p.m. Lunch: "On Your Own"
- 1:45 p.m. Dr. Herzog continues (1.5 CE hours)
- 3:15 p.m. Break
- 3:30 p.m. Dr. Herzog continues (1.5 CE hours)
- 5:00 p.m. Adjourn

Speaker:

Dr. Tim Herzog is a Licensed Clinical Professional Counselor, a Certified Mental Performance Coach, a member of the USOC Sport Psychology Registry and Board Certified in Biofeedback. Tim works with a wide range of clients in person, and does distance consulting, particularly with competitive sailors. He conducts evidence-based practice, pulling from Cognitive-Behavioral Therapy, Acceptance and Mindfulness based approaches, Psychodynamic Psychotherapy and Interpersonal Process.



Session Description:

This workshop will take participants through theoretical and applied elements of how modern-day sport psychology is evolving. The Reaching Ahead Mental Performance (RAMP) model will be dissected into its component parts, such that older cognitive-behavioral notions of "control" can be adapted to allow for the incorporation of "acceptance" and the middle ground of "influence." The confluence of cognitions, emotions, physiology and behavior will be examined, and the following mental performance skills will be presented, weaving in principles of mindfulness and psychophysiology: 1) Knowing your Values; 2) SMART Goal-Setting; 3) Understanding your Motivation; 4) Self-Talk Habits; 5) Mindful Attention; 6) Mental Imagery; 7) Self-Attunement; 8) Anxiety Tolerance; 9) Effective Communication; 10) Energy Management, 11) Anxiety Reduction; and 12) Channeling Emotions. With each skill, participants will be consider the science and the art of implementing good training, incorporating self-regulation skills (especially HRV training and detection/training of "resonant frequency").

Learning Objectives: Participants will be able to:

1. Describe why delineating what can be controlled, influenced or accepted is an important bridge between traditional CBT and "Third Waves CBTs."
2. Modify language to optimize interventions with lay people.
3. Describe a cohesive model of optimal functioning / performance, and explain how mental performance skills can be honed through intentional training.
4. Explain why emphasis on anxiety tolerance improves subsequent teaching of anxiety reduction skills.
5. Demonstrate how heart rate variability, respiration and other peripheral biofeedback modalities can be integrated with performance enhancement interventions.
6. Describe what "resonant frequency" breathing is, how it can be assessed and why it is important for optimal functioning/performance.

Student Scholarships Available!

The Mid-Atlantic Biofeedback Society has a limited number of scholarships to cover the registration fees. We encourage students to attend for the educational opportunities as well as the chance to network with established professionals. Contact Bea Haskins at execdirector@mabs.us for information on the scholarship application process.

Registration

Two ways to register – online or by mail!

- **ONLINE:** Go to <https://www.mabs.us/Conference/>
- **MAIL:** Print this form and send with your check payable to Mid-Atlantic Biofeedback Society by October 26th to: MABS, c/o Bea Haskins, 217 E. Middle Street, Hanover, PA 17331.
- **Please print clearly** and use a separate form for each registrant.
- Be sure to check the box if you need a CE certificate and include that fee in your remittance.

Registration Fees – Early-bird registration ends October 26th. Check all appropriate boxes:

- | | |
|---|-------|
| <input type="checkbox"/> Member | \$180 |
| <input type="checkbox"/> Non-member | \$255 |
| <input type="checkbox"/> Student (current college/university ID required) | \$60 |
| <input type="checkbox"/> Fully Retired Practitioner | \$60 |
| <input type="checkbox"/> Continuing Education Certificate | \$35 |
| <input type="checkbox"/> Late fee (after October 26 th) | \$25 |

Total Enclosed

\$ _____

If you are not sure of your membership status, or would like to become a member, please contact Bea Haskins at 717-637-6518 or execdirector@mabs.us.

PLEASE PRINT

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____
Email _____

Office Use Only

Date Received _____
Amount \$ _____
Payment Method:
 Credit Card
 Check # _____
 Cash

The registration fee covers the cost of attending the conference, provided refreshments and handouts.

Refund Policy: Prior to October 26th, refunds will be issued less \$25.00 for administrative costs. October 26th or after: no refunds will be provided *except for a valid medical reason* and there will be \$25.00 administrative costs deducted from the refund.

The Mid-Atlantic Biofeedback Society is a 501(c)(3) nonprofit, tax exempt organization as recognized by the IRS and is incorporated in the State of Maryland. "Mid-Atlantic Biofeedback Society" is the legal trade name of the Mid-Atlantic Society for Biofeedback and Behavioral Medicine.

Disclaimers and Disclosures:

Accessibility, Participation Guidelines and Disclaimers

The views of the presenters are theirs and do not necessarily represent a position by the Mid-Atlantic Biofeedback Society. The Mid-Atlantic Biofeedback Society is committed to accessibility and non-discrimination in its continuing education activities. The Society 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 those feelings during discussion periods. If participants have special needs, we will attempt to accommodate them. Please address questions, concerns and any complaints to Bea Haskins, 717-637-6518, execdirector@mabs.us. Facilities are accessible to persons with disabilities and reasonable accommodations will be made for persons requesting them. 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.

Presenter's Statements on Utility/Validity, Limitations, Risks and Financial Disclosure

Dr. Herzog indicates that there are no risks to this presentation and that he has no financial interests to disclose.