

# The Federation of Behavioral, Psychological, and Cognitive Sciences

and

## the Association for Applied Psychophysiology and Biofeedback

invite you to attend a Science Forum on

### Mind-Body Medicine

Thursday, April 21, 9:30am – 5:00pm  
750 First St. NE, Washington DC, 6<sup>th</sup> Floor Boardroom  
Closest Metro Station: Union Station, Red Line

We invite you to attend our April 21 Science Forum on biofeedback and mind-body medicine. Biofeedback, a technique in which people are taught to improve their health and performance using signals (or “feedback”) from their own bodies, offers a non-invasive method to improve our health and daily performance. The mind-body connection makes it possible for us to learn to control conditions such as migraine headaches, incontinence, asthma, chronic pain, and ADHD without the use of medications. Join us as researchers and representatives from federal agencies discuss applications of their work, the need to increase availability of biofeedback treatments as low-cost, non-invasive methods of care, concerns about insurance reimbursement of biofeedback practitioners, and future trends for federal funding of biofeedback research.

**RSVP to [federation@fbpcs.org](mailto:federation@fbpcs.org), or call 202.336.5922**

#### Morning Session (9:30am – 12:00pm)

##### Panel One

##### ***Biofeedback and the Healthcare System***

Paul Lehrer, PhD (UMDNJ Robert Wood Johnson Medical School)  
*Introductions, Demonstrations, and Overview of Biofeedback*

Frank Andrasik, PhD (University of West Florida)  
*How Can Biofeedback Improve US Healthcare?*

Bob Whitehouse, EdD (Colorado Center for Behavioral Health)  
*Biofeedback Issues: Access, Insurance, Cost, and Legislation*

#### Afternoon Session (12:45pm – 5:00pm)

##### Panel Two

##### ***Mind-Body Medicine: Improving Our Health and Performance***

Olafur Palsson, PhD (University of North Carolina, Chapel Hill)  
*Biofeedback for Pelvic Floor Disorders and Incontinence*

Paul Lehrer, PhD (UMDNJ Robert Wood Johnson Medical School)  
*Heart Rate Variability Biofeedback: A New Approach to Fostering Cardiorespiratory and Emotional Control and Improving Human Performance*

Vincent Monastra, PhD (FPI Attention Disorders Clinic)  
*EEG Biofeedback Treatments for ADHD: Rationale & Empirical Foundation*

Frank Andrasik, PhD (University of West Florida)  
*New Horizons in Pain Management: Headache as a Case in Point*

##### Panel Three

##### ***Perspectives from a Research Funding Agency***

Margaret Chesney, PhD (National Center for Complementary and Alternative Medicine, NIH)  
*NCCAM: New Directions in Brain, Body and Behavioral Medicine Research*

Peter Kaufmann, PhD (National Heart, Lung, and Blood Institute, NIH)  
*Trends in Clinical Research on Biofeedback*