HRV Clinical Update Webinar Recordings

Each webinar, live or recorded session, will provide 1.5 hours of CE to be used for recertification upon completion of the online evaluation and exam. Price: $40 for live or recordings.

2012-02	**HRV Biofeedback Basics, Part 1** This Two-Part Clinical Update examines the anatomy and physiology, and instrumentation used to measure heart rate variability. Attendees will gain an understanding of the value of Heart Rate Variability and what it can mean to their clients.	**Fred Shaffer, PhD, BCB**
2012-03	**HRV Biofeedback Basics, Part 2** This Two-Part Clinical Update examines the anatomy and physiology, and instrumentation used to measure heart rate variability. Attendees will gain an understanding of the value of Heart Rate Variability and what it can mean to their clients.	**Fred Shaffer, PhD, BCB**
2013-02	**Patient Assessment for HRV Training** This clinical update will provide a step by step guide for assessment of patient breathing and heart rate variability. Participants will learn how to identify dysfunctional breathing behaviors and how to assess patient breathing. Participants will learn how to find a patient's resonance frequency, evaluate their heart rate and describe contraindications for HRV biofeedback training. How to explain time and frequency domain measures of heart rate variability will also be covered.	**Fred Shaffer, PhD, BCB**
2013-03	**HRV Training Protocols** This clinical update will provide a step by step guide for assessment of patient breathing and heart rate variability. Participants will learn how to teach effortless breathing and how to structure HRV biofeedback training sessions. Practice assignments, computer based HRV training systems, and Smartphone apps will be introduced to help transfer HRV biofeedback training to everyday life.	**Fred Shaffer, PhD, BCB**
2013-10	**HRV Part 3, Strategies to Achieve a Clean HRV** This clinical update will provide a step-by-step guide for minimizing and eliminating artifacts in heart rate variability recordings. Participants will learn to identify and avoid major artifacts when using the BVP and ECG method of recording HRV. How to identify artifactual interbeat intervals will be covered along with explanations on how to replace the intervals.	**Fred Shaffer, PhD, BCB**

2015-04	**What's New in HRV?** This webinar provides practical techniques for increasing the impact of HRV biofeedback. First, we will focus on how to recognize dysfunctional breathing and how these behaviors can threaten training success. Second, we will describe a streamlined technique for measuring your clients resonance frequency and how to choose between competing breathing rates. Third, we will explain how to select the best inhalation-to-exhalation ratio for your clients. Fourth, we will describe how to structure effective HRV biofeedback training sessions. Finally, we will survey effective home practice assignments to help your clients gain maximum benefit from HRV biofeedback training in your clinic.	**Fred Shaffer, PhD, BCB**
2016-03	**HRV Coherence and PTSD** There has been much scientific literature published in recent years on 'HRV Coherence', (e.g. the 0.1 Hz peak or vagal tone). We now understand that the central mechanisms of Coherence include baroreflex resonance and vagal afference. It is now known that HRV is diminished in PTSD, disrupting normal autonomic cardiac adjustments and impairing cognitive appraisal of environmental information. This webinar presents research data showing that HRV Biofeedback produces HRV Coherence and leads to improvement in emotional self-regulation and PTSD symptom reduction.	**Jay Ginsberg, PhD**
2016-08	**How To Increase the Effectiveness of HRV** This clinical update presents the latest evidence for increasing the impact of HRV biofeedback. First, we will review a streamlined procedure for measuring your clients resonance frequency and discuss how to choose between competing breathing rates and inhalation-to-exhalation ratios. Second, we will describe how to structure effective HRV biofeedback training sessions, assess client progress, and assign effective home practice. Finally, we will review current evidence supporting the efficacy of HRVB applications.	**Fred Shaffer, PhD, BCB**