

Invitation to HRV-biofeedback workshop with June 2-3 2015



Stress Medicine AB
199162015



Swedish Center for Stress Medicine
200062015

Heart Rate Variability (HRV) Biofeedback for Stress Related Diseases and problems

Presenter

Paul Lehrer,
Professor of Psychiatry
Robert Wood Johnson Medical School
Environmental and Occupational Health Sciences Institute
Clinical Research and Occupational Medicine Division



Paul Lehrer is one of the leading scientist and clinician in the HRV and Biofeedback fields. The program will cover from basics (first day) to more advance (second day) levels - and if translation is needed it will be provided. There is an increasing consensus for the efficacy of biofeedback, especially heart rate variability biofeedback for treatment of different stress and lifestyle related disorders. HRV-certification program will also be presented

Program - Language: English

June 2

- 12.30** **Registration**
13.00-13.20 **Welcome and opening remarks.** Professor Bo von Scheele, organizer
13.20-17.00 **HRV Biofeedback basic level** Professor Paul Lehrer

June 3

- 08.30-11.30** **HRV Biofeedback advanced level** Professor Paul Lehrer
11.30-13.00 **Hands-on and panel discussions**

Background to the meeting: The technical development makes it possible now to analyse psychophysiological reasons for medical and psychological problems/diseases. We can also better follow the effects of rehabilitation in individuals (individualizing strategies). This

means we can go from symptoms as basic base for diagnosis to analysis of psychophysiological reasons for symptoms/problems/diseases and better understand how health is developed and maintained, as well as how interventions can be conducted, in terms of prevention or treatment. At present we can do this most effectively in the domains of stress related and lifestyle related diseases/problems such as cardiovascular, including hypertension, autoimmune, and psychological ones.

Conference Price: Prize each day 50 EUR. Payment before May 15th = 30% reduced prize. Accommodation, travelling and food expenses are not included in the fee

Method of payment: by bank transfer with all bank charges pre-paid to:

Bank details: BG - 774-7769 - Bank: Swedbank

Account owner: SCS-Swedish Center for Stress Medicine, C D Ekmans väg 41, 820 23 Bergvik, Sweden. Corporate identity number (Swedish Organization number) 886501-3323

More information about the conference: info@stressmedicin.se

For hotels in Söderhamn see <http://www.hotels.com> or other similar websites

Registration by mail to: info@stressmedicin.se

Registration information should content: Name, gender, address, e-mail address, phone as well as special interests within the fields of neurofeedback, biofeedback and in general in psychophysiology.

Your registration will be confirmed by mail and is then valid when you have paid/transferred the conference fee. No refunds unless a medical certificate is presented

The organizers can modify and change the meeting/program according to circumstances not at present known but this will be directly notified at the web sites where this information is given.

Organized in cooperation with:

Institute for Psychophysiological Behavioral Medicine, Sweden, Swedish Center for Stress Medicine, CARSIM AB and Stress Medicine AB Sweden

Welcome

Bo von Scheele, Swedish Center for Stress Medicine