

# Introduction to HeartMath

## HeartRate Variability Training

Training is intended for PTs, PTAs, OTs, OTAs, and SLPs  
*Sponsored by Ensign Services, Inc and open to all therapists in the community free of charge*

**Registration Closes May 29<sup>th</sup>, 2023**

**Course Overview:** This Introduction to HeartMath Course is designed to teach clinicians tools and technology that blend increased self-awareness with emotional self-regulation skills, ultimately leading to measurable improvements in physiological and behavioral functioning. The clinicians will also be trained to teach their patients basic techniques for self-regulation and increase heart-rate variability for improved participation and outcomes in therapeutic interventions

**Course Objectives:** At the end of this introductory course, clinicians will have a better understanding of the following concepts:

- The heart is uniquely connected to the brain and body and plays a key role in emotional experience and perception.
- Emotions have a profound impact on and are reflected in heart-rate variability (HRV) patterns.
- Heart-rhythm monitoring and feedback training are powerful adjuncts to teaching emotional control and provide a fascinating window into observing and actually impacting the autonomic nervous system (ANS).
- Heartmath biofeedback devices can be used both personally and with our patient population for a wide range of physical, mental, and emotional challenges

### Time Schedule and Program Content: Registration begins at 1:45pm

2:00 – 2:15	INTRODUCTION and OVERVIEW
2:15 – 2:45	Stress Emotions and How We respond
2:45 – 3:00	Science of Neurochemicals and impact on during typical stress response
3:00 – 3:30	Tapping into the heart, The science of Heart Rate Variability How HRV is measured
3:30 – 3:45	Heart Rate Variability and Coherence Examples of Coherence
3:45 – 4:15	Measuring Coherence, Introduction to Biofeedback, Case Examples with patients
4:15 – 4:45	Biofeedback Demonstration, Volunteers
4:45 – 5:00	Small Group Practice and Questions

**This workshop is scheduled from 2:00pm-5:00pm Wednesday May 31, 2023 at Ensign Service Center**  
1600 W. Broadway Road, Suite 100 (Large Conference Room) Tempe AZ 85282 - Earn 3.0 CCUs/.3 CEUs  
Register now at [buildingtherapyleaders.com](http://buildingtherapyleaders.com)

**Material is basic or introductory level**

**Instructor: Mary Spaeder, PT** – Mary graduated from UCLA in May 1990 with her BA in English. She received her MS in Physical Therapy from the University of Pacific. Mary is currently the Therapy Director for Ensign Services, Inc. She is a HeartMath certified trainer since 2017.