

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 September 19th, 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 September 27th, 2023
Pine Manor Health Care Center, 1625 E. Main Street, Clintonville, WI 54929**

****Earn 3.0 CCUs/.3 CEUs****

Register now at: [Buildingtherapyleaders.com](https://buildingtherapyleaders.com)

Material is basic or introductory level

Instructor: DEB BIELEK, MS, CCC-SLP – Deb graduated from Northern AZ University in 1986 with an MS in Speech-Language Pathology. She received a graduate degree from the University of Phoenix in Education in 1999. Deb is currently the Therapy Education and Programs Resource for Ensign Services, Inc. She is a HeartMath Certified Resilience Advantage Trainer since 2017.