



# 13th Annual BFE Meeting in Eindhoven, Netherlands

## University of Technology

February 24 - 28, 2009

For more information: [www.bfe.org](http://www.bfe.org)

This meeting is sponsored and supported by the University of Technology,  
especially by Pierre Cluitmans, Ph.D.



**Last call for paper and poster submissions:**

**Deadline: October 20, 2008**

**Invited Speaker**

**Paul Lehrer, Ph.D. (USA)**

### *Heart Rate Variability*

This workshop will cover the history of research on heart rate variability, from early work in Russia to more recent investigations in Europe and the United States. Participants will be taught the principles of resonance that underlie the effects of the method, and will learn the protocol we have developed for determining resonance frequency and most efficiently teaching people how to maximize heart rate variability while stimulating baroreflex activity. Various applications of this work will be discussed, including applications to asthma and other chronic respiratory diseases, cardiovascular disease, fibromyalgia, multiple unexplained medical symptoms, and emotional disorders, including depression and various anxiety disorders.

*Participants will be encouraged to bring their own biofeedback devices, and will receive further training in using them to detect resonance frequency and perform heart rate variability biofeedback.*



### **Biofeedback Foundation of Europe**

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