

Stress Management Summit

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Does breathing really help you relax? Technical evidence

For thousands of years people have been using breathing techniques to relax for health, mental, and spiritual purposes. How many times someone tell someone else to take a deep breath and relax when they are getting stressed or upset? Respiration Biofeedback is a tool to help measure the mechanics of breathing. It detects movement of the abdomen and or chest to show the speed and depth, and location of breathing. HRV (Heart Rate Variability) Biofeedback uses computerized technology to measure the changes in Heart Rate which can greatly affected by changes in breathing. Capnograph Biofeedback measures the changes in expired CO₂ which also can be greatly affected by changes in breathing. This presentation will discuss these modalities and how they are used to show people how to use something that is under their control, their breath, to affect their nervous systems in a positive way to improve their physical and mental health, and performance. Some clinical symptoms this is applied to include anxiety, post-traumatic stress disorder, and panic.

Biography

Harry L Campbell have worked in the biofeedback field since 1984. His experience is in providing biofeedback equipment for measuring EMG - muscle tension, skin temperature, respiration, heart rate - HRV, EEG - Neurofeedback - brain wave activity, and blood pressure for stress management, rehabilitation, physical therapy, performance enhancement, educational, and substance abuse applications. He also has experience in training health care professionals in the use of biofeedback equipment as well as working with patients and clients. He is currently seeing clients in the Bronx, New York.

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