

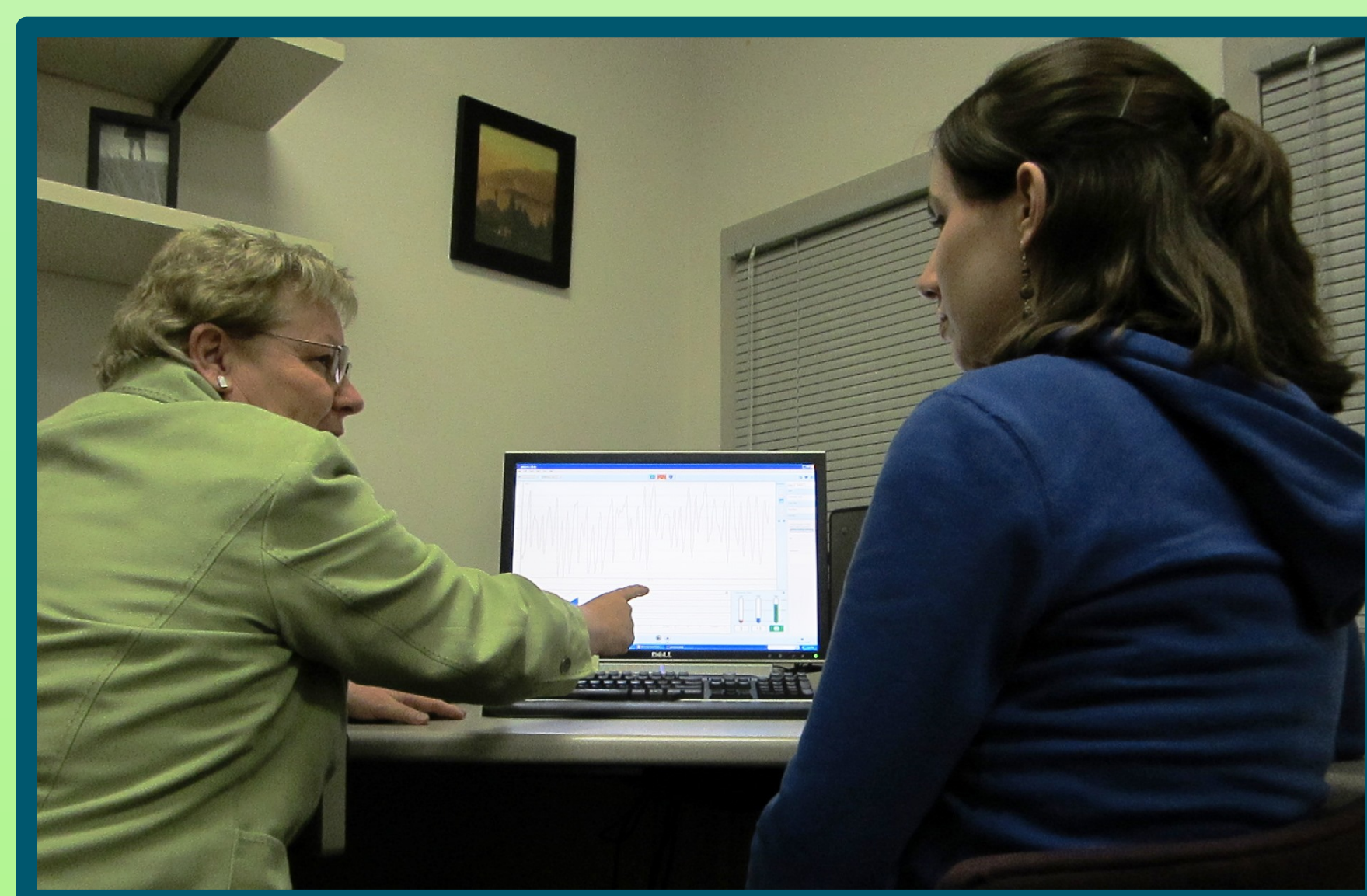
Integrating Heart Rate Variability Biofeedback with Psychotherapy for Clinicians and Clients New to Biofeedback



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Rationale

- BYU Counseling (CAPS) clients with two or more sessions of biofeedback have better therapy outcomes (Morrell, et. al., 2013)
- HRV biofeedback is effective in the treatment of stress, anxiety, and depression in university students (Ratanasiripong, et al 2012; Tsui-Caldwell, et al, 2016)
- Clinicians can learn to use emWave HRV biofeedback with little training
- Brief HRV biofeedback as part of TAU can be effective in teaching autonomic balance to better manage stress, anxiety, and depression.



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Methods

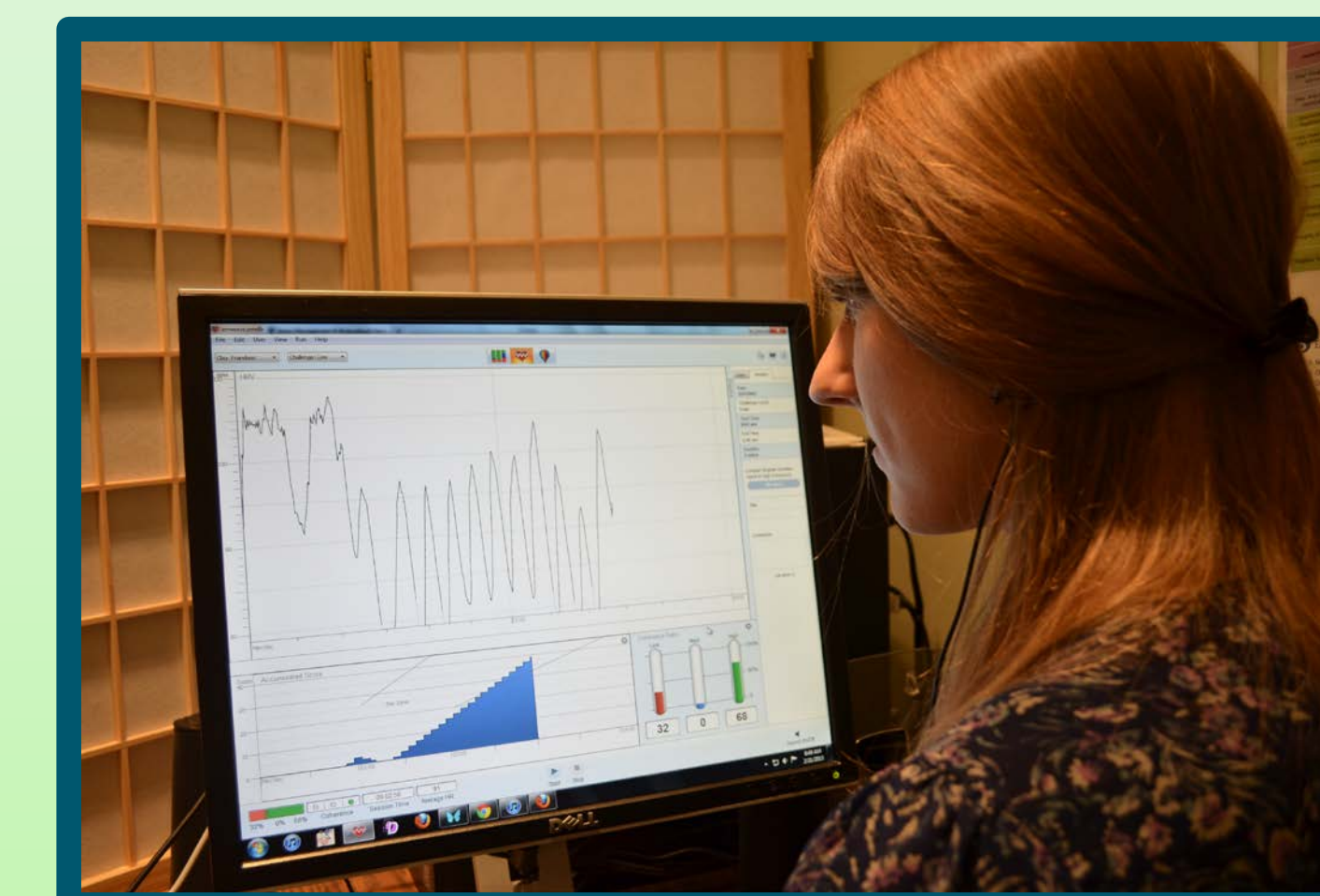
- 23 clients were recruited by fliers and posters at the CAPS reception desk
- None had prior biofeedback training
- Their therapists had no prior training in using biofeedback
- The therapists received brief training in using the emWave program
- Their therapist included emWave biofeedback in one or more sessions of TAU
- Participants were interviewed about their experience using Kvale's method.

Qualitative Analysis

- Interviews were recorded and transcribed
- A three step process was used to analyze the transcriptions for common themes

Themes

- Participants found emWave biofeedback useful and/or enjoyable as part of counseling
- It helped them feel calmer
- It was relevant to the issues that brought them to counseling
- They have continued using the breathing techniques to effectively manage stress, anxiety, and improve concentration



References

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