



# President's Message

*Patrick R. Steffen, Ph.D.*



I am excited to begin as the new president of ISMA-USA. The past president, Jan Newman, MD, and I decided that a newsletter would be an excellent way to keep ISMA members informed about current happenings in ISMA, as well keeping you up-to-date about current research findings and clinical applications.

In our first newsletter we are focusing on the recent AAPB meeting. We have "Getting to Know You" sections introducing Dr. Jan Newman and Dr. Chet Moritz who both gave excellent presentation at AAPB this year. We have a section on cutting edge research focusing on Dr. Paul Lehrer and his work on HRV. Finally, we also include announcements and helpful links. Please let me know what you think by emailing me at [steffen@byu.edu](mailto:steffen@byu.edu).

## SUMMER 2013

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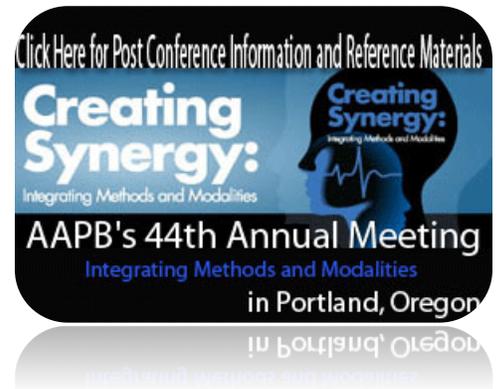
*ISMA-USA is a division of the Association for Applied Psychophysiology and Biofeedback*

## From the Editor's Desk: Marie Ricks, ISMA Newsletter Editor

The large conference room was silent with speculation and incredulity. Was it really possible to bypass spinal damage and restore limited use to limbs through neural devices? This wasn't the only interesting or inovative message at the Applied Psychophysiology and Biofeedback Scientific Meeting held in March 2013, but it set the tone of the conference. This keynote speech was also the prelude to the message of the various specialists that shared their expertise and research with attendees. In much the same way, breakout sessions that focused on stress

management at the AAPB Conference had messages of hope for optimal functioning of the human body and soul.

The ISMA newsletter has the same purpose. We intend it to be a gathering place of information and a clarion voice for stress management researchers, practioners, and other interested parties. We welcome questions, comments, and suggestions for future topics to explore. Contact me at [houseoforder@gmail.com](mailto:houseoforder@gmail.com) to leave your feedback for the next ISMA newsletter.



## Getting to Know You: Dr. Jan Newman

by Katie Steck



*Dr. Jan Newman*

**Dr. Jan B. Newman** received her medical degree from SUNY Downstate Medical Center, surgical training at UTMB Galveston and the University of Vermont. She is a fellow of the American College of Surgeons and board certified in Integrative and Holistic Medicine. She has studied and practiced meditation, Yoga, Buddhism and biofeedback in the U.S and in India for over 30 years. She returned to the University of Montana where she, received her Master's degree in Integrative Arts and Education.

She is researching the relationship of psychophysiological status, stress and outcome in patients with heart disease. She has presented on the Hormonal-Heart Mind Connections: Clinical and Research Implications. She is

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*Dr. Chet Moritz*

## Getting to Know You: Dr. Chet Moritz

by Devon Orrock

Chet T. Moritz is an assistant professor in the departments of Rehabilitation Medicine and Physiology & Biophysics at the University of Washington. Dr. Moritz's research focuses on developing new methods in restoring voluntary control to those suffering from paralysis and other movement related disorders.

Some of these new methods include the incorporation of neuroprosthetic devices constructed to bypass damaged areas, as well as newly developed techniques designed to promote the regeneration of damaged neural tissue. Dr. Moritz has recently helped develop a portable visual feedback device used to restore motor movements to children with cerebral palsy. The device helps children produce functional motor movements by connecting their impaired muscles to movements of

popular video games (Rios et al., 2013).

Dr. Moritz received his bachelors' in Zoology from the University of Washington in 1998, and continued on to receive his doctorate in Integrative Biology from the University of California at Berkeley in 2003. Dr. Moritz received his Postdoctoral Fellow from the University of Colorado in 2004 and his Senior Fellow from the University of Washington in 2008. Dr. Moritz continues to hold various faculty positions at the University of Washington and was recently awarded the DARPA Young Faculty Award in 2012.

Dr. Moritz has been invited to speak at a variety of national and international conferences, and was recently the keynote speaker at the Applied

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**Dr. Chet Moritz**  
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Psychophysiology and Biofeedback Annual Scientific Meeting in Portland, Oregon (2013). In his address on *Neural Devices and Biofeedback for Rehabilitation of the Damaged Central Nervous System*, he discussed the practicality and future of neural rehabilitation strategies.

Dr. Moritz has also helped publish over 50 articles, abstracts, and manuscripts on topics ranging from functional physiology to neural rehabilitation techniques – placing him on the cutting edge of neural rehabilitation research.

**Dr. Jan Newman**  
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Research Implications. She is past President of International Stress Management Association and current member of the Board of Directors of the Association for Applied Psychophysiology and Biofeedback.

She is the director of Medicine for Modern Man a company dedicated to the integration of sound medical practice with scientifically based multimodality stress reduction for disease mitigation and prevention and bringing scientifically based multimodality stress reduction into schools and the workplace. Dr. Newman is on the steering committee of 2 local organizations, Interfaith Missoula – a group of university students and community members that facilitates Interfaith dialogue and community service and Missoula Interfaith Collaborative a nonprofit organization begun to Empower faith communities and community organizations to work together, meeting needs and addressing community challenges.

She is a nationally requested speaker and has presented on topics including Spirituality and Health, the Relationship of Stress and Disease, Oxytocin the Anti-stress Hormone, Cardiopulmonary Anatomy and Physiology and the response of the Cardiopulmonary System to Stress. Her article Heart Disease: From the Psychosocial to the Pathophysiological to Treatment with Biofeedback- An Overview was recently published in *Biofeedback* journal.

## UPCOMING CONFERENCES

**BFE 17th Annual Meeting**  
February 11-15, 2014  
Venice, Italy



### BFE

The 17<sup>th</sup> annual meeting of the Biofeedback Foundation of Europe (BFE) will be held February 11-15, 2014, in Venice, Italy. For more details, go to:

<http://bfe-meeting.blogspot.ca/p/welcome-to-17th-annual-meeting.html>



### AAPB

The 45<sup>th</sup> annual meeting of the Association for Applied Psychophysiology and Biofeedback (AAPB) will be held March 19-22, 2014, in Savannah, Georgia. For more details, go to:

<http://www.aapb.org/i4a/pages/index.cfm?pageID=3657>



*Dr. Paul Lehrer*

## Cutting Edge Research: Dr. Paul Lehrer

by Louise Fidalgo

Dr. Paul Lehrer is a professor of Psychiatry at the Robert Wood Johnson Medical School. He graduated in 1969 from Harvard University and completed an internship in clinical psychology at the VA Hospital in Palo Alto, California. Dr. Lehrer interests are biofeedback, behavior therapy, anxiety disorders, and psychosomatics.

His research focuses on heart rate variability biofeedback as treatment for asthma, and chronic substance abuse. He also researches psychophysiological correlates of emotional stimulation, chronic mood states, and substance abuse. His research interests extend into adaptability and health and psychophysiological factors in human optimal performance. Doctor Lehrer found that heart rate variability biofeedback is very effective in preventing asthma exacerbations by producing better pulmonary function, and fewer symptoms. He also found that heart rate variability biofeedback improves symptomatology and depression among individuals with various unexplained physical symptoms.

Dr. Lehrer developed a cognitive behavioral treatment that effectively helps people with comorbid asthma and panic disorder, improving both diseases and allowing less use of albuterol. Scholarly, Dr. Lehrer is an associate editor of *Applied Psychophysiology and Biofeedback*, the *International Journal of Stress Management*, and editor of *Principles and Practice of Stress Management*. He is past president of the American branch of the International Stress Management Association and was president of the Association for Applied Psychophysiology and Biofeedback and the International Association for Advancement of Respiratory Psychophysiology.

# Useful Links on Stress Management

by Tyler Orton



<http://www.stress.org/>



[http://www.helpguide.org/mental/stress\\_management\\_relief\\_coping.htm](http://www.helpguide.org/mental/stress_management_relief_coping.htm)



<http://www.mayoclinic.com/health/stress-management/MY00435>



AMERICAN PSYCHOLOGICAL ASSOCIATION

<http://www.apa.org/topics/stress/>

## Psychology Today

<http://www.psychologytoday.com/basics/stress>



<http://www.getselfhelp.co.uk/stress.htm>

## Other Items of Interest

To become a member of the International Stress Management Association-United States Division, go to [aapb.org](http://aapb.org). Annual memberships dues are \$25.00.

If you wish to see someone highlighted in this newsletter or have a contribution to make to it, please contact Marie Ricks at [marie@houseoforder.com](mailto:marie@houseoforder.com).