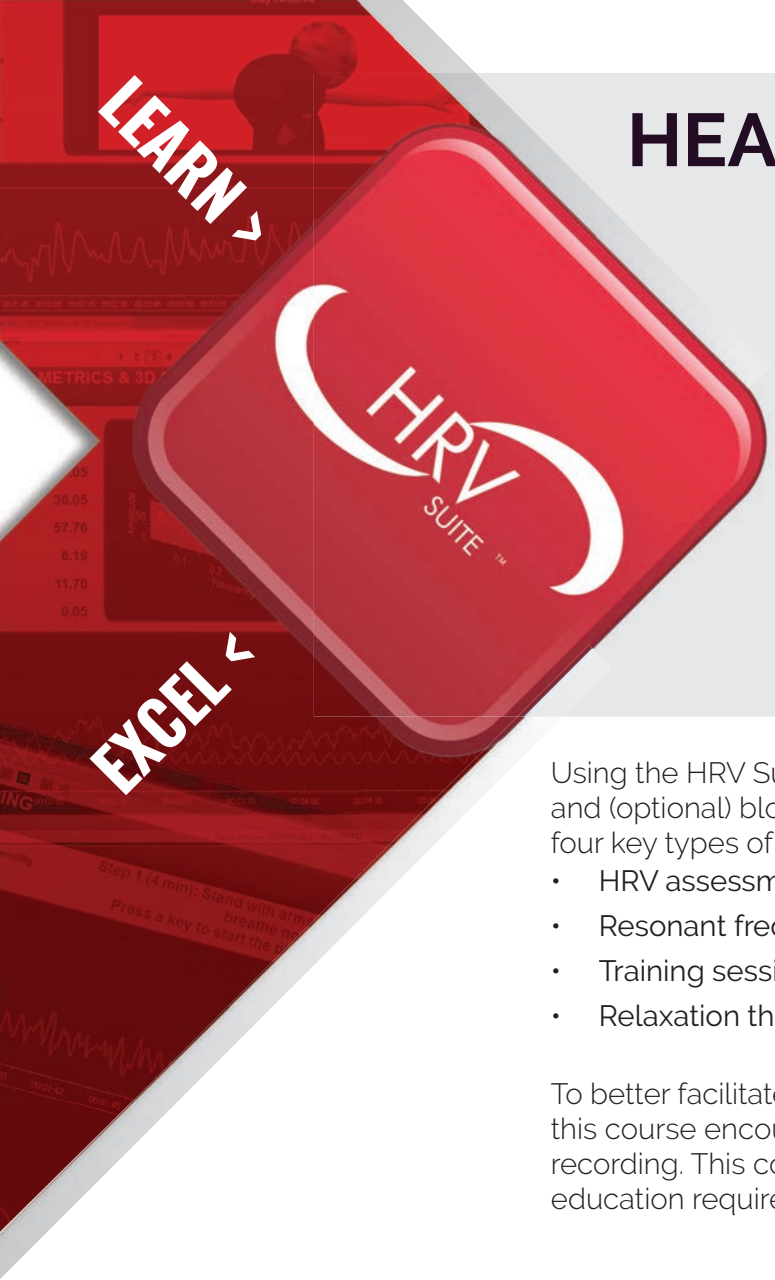

HEART RATE VARIABILITY

HRV ONLINE COURSE

The **Introduction to BioGraph Infiniti: Heart Rate Variability (HRV) Online Course** is the essential companion to professionals learning how to use their Infiniti HRV system. Whether you are a beginner just getting started, or an advanced user looking for a refresher, this course is appropriate for the training needs of clinicians, researchers or general health practitioners looking for expert guidance on the functionality, power and versatility of the Infiniti platform.

Using the HRV Suite, respiration belt, blood-volume pulse (BVP) sensor and (optional) blood pressure unit, participants learn how to perform the four key types of heart rate variability sessions:

- HRV assessment and report
- Resonant frequency assessment
- Training session to maximize HRV
- Relaxation through paced breathing

To better facilitate comprehension of the hardware and software features, this course encourages participants through guided "hands-on" data recording. This course is accredited by BCIA to fulfill the continuing education requirements for recertification.

ONLINE COURSE BENEFITS

- No travel expense: learn from the comfort of your own home or office.
- All courses are private to ensure both individual attention and scheduling that suits your needs.
- The online course has a total of 6-hours of online instruction. The six hours are divided into four 1.5-hour lessons or three 2-hour lessons, depending on your preference.
- While following course objectives, instructors are able to modify goals to best suit your interests.

OBJECTIVES AND OUTCOMES

At the end of this course, participants:

- Will have acquired a strong understanding of their equipment and how to apply the respiration belt and blood-volume pulse (BVP) sensor.
- Will know how to record a general assessment, resonant frequency assessment, paced breathing for relaxation, monitoring and training session using the HRV suite software.
- Will be able to identify and briefly describe the respiration and HRV physiological measurements used in biofeedback.
- Will be able to alter feedback to suit the needs of different potential clients.
- Can define 'what is an artifact', 'why is artifact rejection necessary', and how to minimize/avoid artifacts.
- Can generate a report for statistical analysis, within and between sessions.

LESSONS

1

Orientation to Heart rate Variability, Hardware, Sensors, and Software

A background review of the respiration, heart rate and heart rate variability modalities are provided, including references to their relevance in the current field. Learn how to connect the hardware together and how to apply the sensors to an individual. For getting started with the software, an overview of the different recording sessions is provided, along with a review of settings that best suit user needs. Coverage for recording data includes: client database sorting, client confidentiality, button bar controls, general options, and hardware setting.

Record an HRV Assessment, Avoid Artifacts, Review Data, and Generate a Report

2

Learn to effectively record an HRV assessment, including review in-session controls, instrument adjustments, subject guidance, event markers, and saving of the session. Data review will follow the recording, and includes review-mode navigation, multi-line graphing, time segment alteration, artifact identification in real-time and in review-mode, artifact avoidance strategies, artifact rejection features, computing statistics, generating an HRV report.

3

Statistics Discussion, and Record a Monitoring or Training Session with Feedback

Review and interpret the HRV assessment report statistics (IBI, SDRR, HR Max-Min, spectral frequencies of VLF, LF, HF, peak frequency), before moving on to breath and HRV monitoring and training. As you are guided through the session, you will learn how to read, interact and modify each on-screen instrument, including scales, thresholds, breathing pacer, feedback (points, sounds, music, and animations). Concepts of respiration sinus arrhythmia (RSA) and HRV metrics will be illustrated using the on-screen data.

Resonant Frequency Assessment, Paced Breathing, Trending & Review

4

Determining the individualized resonant frequency using the resonant frequency assessment is the focus of this session. Significance of the resonant frequency is reviewed, and data interpretation is discussed. From there, a brief review of the relaxation through paced breathing will be done before moving on to trend reports for tracking client progress over multiple sessions. If time remains, participants will be able to return to previous subjects of interest

To Register

Purchase the selected online course directly from the Thought Technology website or by contacting Thought Technology's Workshop Coordinator:

Directly from the Website:

Go to "http://thoughttechnology.com/index.php/online-overview" and purchase the desired course either separately or included with a complete system. You will then be contact by the Workshop Coordinator to schedule the course.

By contacting the Workshop Coordinator:

Tel: **1-800-361-3651 ext. 135**
Tel: **(514) 489-8251 ext. 135**; Fax: **(514) 489-8255**
E-mail: **workshops@thoughttechnology.com**

Cancellation Policy

Cancellations must be received in writing if requested prior to 1 week before the course commencement date. You will receive credit towards a future course minus an administration fee of US$ 50. Cancellations after this date forfeit registration fee. Thought Technology Ltd. reserves the right to cancel the course with full refund.

Please be advised ALL online training courses have a 1 YEAR EXPIRATION Date of Use from date of purchase. After which, all paid online training course fees will be NONREFUNDABLE.