

Heart Rate Variability (HRV) is a biofeedback modality that assesses, and trains heart rhythms, as well as heart-brain interactions and communication. Variability means changes in the interval or distance between one beat of the heart and the next. The Interbeat Interval (IBI) is the time between one R-wave (or heart beat) and the next, in milliseconds. The IBI is highly variable within any given time period. Multiple biological rhythms overlay one another to produce the resultant pattern of variability. **Interbeat interval variations, or heart rate variability, have relevance for physical, emotional, and mental function.** Research is now going on in many sites within the United States, applying HRV biofeedback in athletic performance, performance enhancement, as well as variety of medical and psychiatric conditions, including trauma and PTSD, anger, anxiety disorders, asthma, cardiovascular conditions, chronic obstructive pulmonary disorder, irritable bowel syndrome, chronic fatigue, and chronic pain. This talk intends to show brainspotting practitioners how HRV biofeedback changes brain activity and can help strengthen the results of their BSP interventions even further.