



STRESS, RESILIENCE AND HEART-BRAIN INTERACTION:

Powerful tools for self-care among health professionals and for the treatment of anxiety, trauma & depression in those we serve.

- An Experiential Workshop Including Heartmath® Technology And Protocols -

JANUARY 2022

With Elizabeth Sterenberg Shulman, M.A.T., Ph.D.

[Click here for Elizabeth's bio](#)
[Please join us!](#)



" We have come to appreciate the heart as a new window through which emotional stability and maturity can be quickly facilitated in a wide range of client and patient populations."

-Rollin McCraty, Ph.D., Director of Research, HeartMath Institute

Heart rate variability is a powerful touchpoint for clinical intervention and building resiliency. Start offering HeartMath biofeedback and non-biofeedback protocols to assist those you serve, and include these valuable tools in your own self-care!

WHEN:

PART ONE: Friday, January 14, 2022 ♡ 12:30 – 4:15 [Eastern Time]

PART TWO: Sunday, January 16, 2022 ♡ 12:15 – 4:45 [Eastern Time]

PART THREE: Friday, January 21, 2022 ♡ 12:30 – 4:15 [Eastern Time]

WHERE: Online through Zoom

FOR WHOM: Psychologists, Social Workers, Marriage & Family Therapists, Counselors and other health care professionals

CE's: * 11 CE credits – must complete all three sessions; for details please see [registration page](#)

TUITION: We are offering a sliding scale from \$150 to \$250 for this workshop. We are using an Honor System: Pay what fits your budget by clicking the "PAY TUITION" button on the registration page. *Best Practices – Palm Beach is dedicated to serving you as you serve others during these challenging times.*

Please note that registration is limited to allow for meaningful experiential learning, and there are a limited number of reduced fee spaces.

During this introductory-level experiential workshop, we will present user-friendly, deceptively simple techniques and biofeedback devices to assist in learning to self-regulate emotional and mental states through regulating heart rate variability (HRV)—a measure of naturally occurring beat-to-beat changes in heart rate.

[Program Description](#)

[Learning Objectives](#)

[Instructor](#)

[CE's & Registration](#)

[Contact Us](#)

[CLICK HERE TO REGISTER](#)

Dear Colleague,

I created Best Practices – Palm Beach to provide professionals an opportunity to develop and enhance their self-care and their skills in delivering innovative empirically-based interventions, with a special interest in mind-body healing. We prioritize a warm, welcoming, size-limited experiential learning environment with opportunity for follow up consultation.

Looking forward to hearing from you and meeting you!

Elizabeth S. Shulman, Ph.D.

No financial gain accrues to Best Practices – Palm Beach nor to Dr. Shulman for purchase of HeartMath devices or products. Biofeedback devices will be lent to workshop participants by Best Practices – Palm Beach for postage charge only, or devices may be purchased directly from HeartMath.

BEST PRACTICES – PALM BEACH

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