FROM THE EDITOR

Advances in Stress Management

Editor in Chief: Donald Moss, PhD
Guest Editor: Wesley Sime, PhD

The cover of this issue shows Charlie Chaplin in a scene from the 1936 film, Modern Times. Chaplin’s movie, already 71 years ago, vividly portrayed the hectic pace and pressures of his times and ours. This film image serves well to introduce a special issue on stress management.

Professional Issues
Sebastian Striefel provides the first article in an important two part series on the potential side effects that can accompany biofeedback, neurofeedback, and other self-regulation therapies. He reviews the clinical literature going back to the work of Johannes Schultz and Wolfgang Luthe, which suggests that side effects can be an essential part of the treatment process. When handled skillfully, patients will often benefit from encountering the side effects, which help them move toward physiological and emotional normalization.

Next, Celeste De Bease provides a report on activity at the Biofeedback Certification Institute of America (BCIA). She describes developments in certification procedures, including certification by previous experience, validation of new exam questions, and also reviews BCIA’s responses to current actions by the FDA and a Michigan court regarding biofeedback.

Special Issue Articles
Stress management is one of the most widespread applications of biofeedback and self-regulation techniques. This special issue began as a symposium at the summer 2006 meeting of the International Stress Management Association. My thanks go out to Guest Editor Wes Sime, PhD, Professor Emeritus of the University of Nebraska at Lincoln, who edited the symposium papers and recruited additional authors to provide our readers with a comprehensive look at current advances in the field of stress management. The articles provide an excellent overview of developments in the field of stress management, a look at an empirically derived model for self-relaxation, and applications to a variety of special problems and populations.

Paul Lehrer, Wesley Sime, and Robert Woolfolk are the co-editors of a widely used text in the stress management field, Principles and Practice of Stress Management. Paul Lehrer utilizes their experience in preparing an upcoming third edition of the book, as his vantage point in describing recent advances and changes in the field.

Next, Jonathan Smith presents an original and comprehensive conceptual model for both self-stressing and self-relaxation. His model is empirically derived, based on factor analytic examination of the words used to describe their relaxation experiences. This data was accumulated from assessments on over 6,000 individuals.

In a timely article, Carolyn Massello examines the special challenges faced by the spouses of military commanders. A number of variables heighten stress for this group: frequent relocations, potential for deployment into hostile locations, low pay relative to responsibility, and the young age of the military population. These factors are compounded by isolation and a reluctance to seek help when stress overwhelms. Carolyn is a professional in the field who knows this data on a personal level having been a spouse to an Air Force officer while completing her doctoral studies analyzing this issue.

Wesley Sime, James Campbell Quick, Khaled J. Saleh, and Wayne Martin present an investigation of the problems of stress and burn-out in physicians. Medical practice typically involves the stress of critical decisions, heavy responsibility, long hours, and repeated exposure to traumatic situations. Maintaining balance between personal and professional life is also a frequent challenge. The authors identify early warning signs of physician burn out and effective stress management strategies for physicians. James Campbell is the author of Prevention of Occupational Stress in Organizations and Khal Saleh is an orthopaedic surgeon who has introduced stress management to the highest level of medical practice in this field.

Jerome Kiffer and Michael McKee of the Cleveland Clinic introduce their approach that combines coaching and biofeedback for wellness and health promotion. This approach has been utilized with over 4,000 executives as part of a day-long executive health evaluation in a preventive medicine clinic. Mike McKee is former President of the Association for Applied Psychophysiology and Biofeedback and Chair of the International Stress Management Association (ISMA-USA). He is a renowned professional in the field of stress management at the clinical level and in various consulting applications.
Robert Schachter presents an innovative approach to enhance performance on the Scholastic Aptitude Test (SAT) test for high school students, combining stress management techniques with cognitive therapy interventions and skills training for excelling in academic performance. Robert is on a special committee formed by the executive board of ISMA-USA to re-establish the Stress Management Certification Project.

This special issue can provide only a glimpse of the many current advances in stress management. For example, our guest editor, Wes Sime, is currently the lead consultant on the U.S. Army Center for Performance Enhancement Project striving to use biofeedback and stress management together with sport psychology principles to aid veterans returning from Iraq in the Wounded Warrior Transition Unit (dealing with either amputation or traumatic brain injury). Our readers can hope for a report on that work at a later time.

Reviews
Maureen Haney provides a review of a new CD-based program developed by Celeste De Bease to assist instructors in providing university level biofeedback courses. The instructors’ material on this CD include ten PowerPoint presentations, three labs, a lab log, and a sample academic syllabus. Haney considers this a well organized and valuable resource for any instructor.

Proposals and Abstracts
Proposals and Abstracts are now invited for future special issues of *Biofeedback*. Articles are welcome for three scheduled special issues: Advances in Neurofeedback Practice, scheduled for Winter 2007; Advances in Heart Rate Variability, Research, and Practice, for Spring 2008; or The Psychophysiology of Breath, for Summer 2008. The editor also welcomes proposals for future special issues of *Biofeedback*.

NEUROFEEDBACK FUNDAMENTALS WORKSHOP
Lynda Thompson Ph.D., Michael Thompson, M.D. of the Biofeedback Institute of Toronto, Canada
Authors of THE NEUROFEEDBACK BOOK
Invited Presenters & Teachers on 5 Continents

Guest Faculty:
Professor Vietta Sue Wilson Ph.D.
Kinesiology & Health Science, York University
James Thompson, BHK, M.Sc. Ph.D.,
Applied NeuroSci. Inst., N.Y., USA

Basic Concepts in Applied Psychophysiology

Join us here @ Stoney Lake
June 2 — June 6, 2008 & September 22 — September 26, 2008
Accredited by the Biofeedback Certification Institute of America
www.addcentre.com
Canada 905-803-8066 addcentre@gmail.com

JOIN! Join the discussion on AAPB list servs.
People are talking. As a special member benefit, you can join the conversation via the AAPB list servs. The first is for the entire membership and is called AAPB-membership. And the second is for the Neurofeedback Division members and is called AAPB-neurofeedback. Plus, many of the individual sections have their own list serv available.

To join the list(s) go to:
AAPB_Members-join@lists.aapb.org
AAPB_Neurofeedback-join@lists.aapb.org

We hope you enjoy this new member benefit of AAPB.