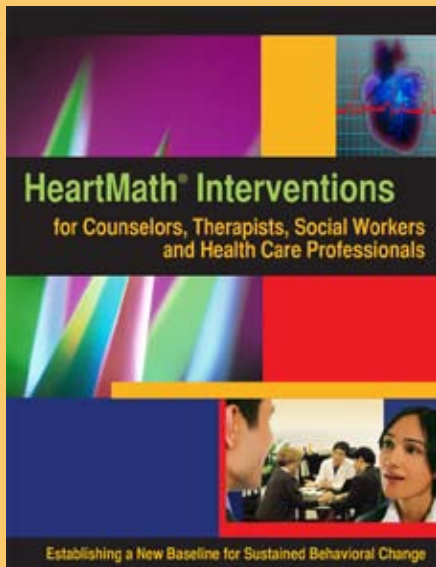


# HeartMath® Interventions



**“HeartMath Interventions is one of those trainings that come along every 15 years that revolutionizes how I treat my clients. (It) demonstrates the true, practical power of care in healing the suffering inherent in mental health issues ”**

—John M. Coles, Ph.D., TMCC

To review research documentation, go to [www.heartmath.org](http://www.heartmath.org)

## ESTABLISHING A NEW PHYSIOLOGICAL BASELINE FOR SUSTAINED BEHAVIORAL CHANGE

The HeartMath Interventions certification program is designed for psychologists, counselors and other licensed professionals to help youth and adults develop greater emotional self-regulation. The techniques, protocols and technologies taught in the program guide individuals in establishing a new physiological baseline that results in sustainable perceptual, attitudinal and behavioral changes. These easy-to-use, evidence-based skills have been shown to be effective with young children, adolescents, young adults, and adults dealing with a variety of emotional, mental, and physical challenges, including test and performance anxiety, anger, depression, and other unhealthy behavioral patterns.

The HeartMath System has been validated in multiple educational, healthcare, military, and corporate studies. Therapists and clinicians report that they have seen accelerated improvements in their clients in relatively short periods of time. Results have been published in numerous peer-reviewed journals.

This research-based system incorporates emotional refocusing and emotional restructuring techniques that are facilitated by a heart-rhythm-coherence feedback technology named emWave®.



INSTITUTE OF HEARTMATH®  
Empowering Heart-Based Living

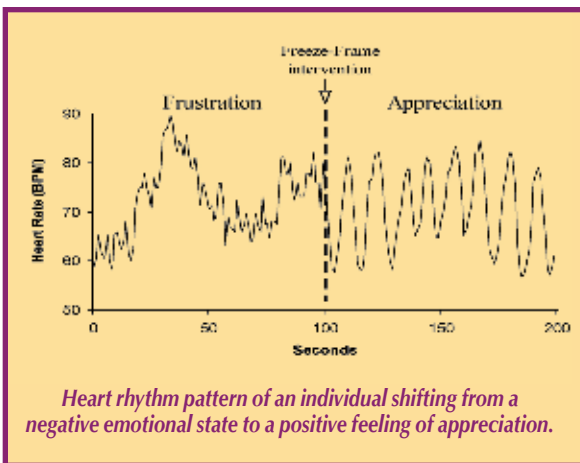
# RENEWAL AND RESILIENCE

## THE PHYSIOLOGY OF OPTIMAL LEARNING AND SELF-REGULATION



Recent research in the neurosciences has significantly broadened our understanding of the workings of the emotional system, as well as its extensive interactions with cognitive function. We now know that emotional processes profoundly affect the frontal cortex, which is responsible for such executive functions as discrimination of appropriate behaviors, abstract thinking and problem-solving.

A key to optimal health and vitality is directly related to our ability to self-regulate our emotional experience. Simply put, the emotions we tend to label “negative” disrupt optimal physiological and mental functions. Conversely, the emotions we label “positive” facilitate a wide range of physiological functions, renew our energy, and optimize the body’s natural regenerative processes. This is supported by research on the physiological correlates of positive emotions.

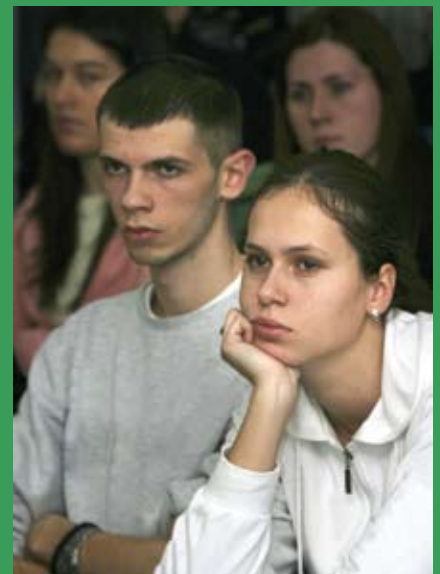


This has led to the characterization of a distinctive mode of functioning known as psychophysiological coherence, or, simply, heart coherence — a state qualitatively different than relaxation.

HeartMath Interventions provides a set of tools, protocols, and the emWave technologies that make it easier for students and adults to make positive emotional and attitudinal shifts that induce the coherence state. This process helps clients recognize that habitual emotional patterns either deplete or renew their physical, mental and emotional resources. By learning how to create and sustain a positive emotional shift, individuals initiate a physiological re-patterning process whereby stressful emotional patterns are replaced with new, healthier patterns that improve emotional resilience and decision making and establish physiological efficiency as a new familiar baseline.

### Types of Applications

- Depression
- Generalized Anxiety
- Test and Performance Anxiety
- Anger / Conflict Resolution
- Oppositional Defiant Disorder
- Obsessive Compulsive Behavior
- Grief and Loss
- Addictions/Impulse control
- Trauma
- Chronic Fatigue
- Chronic Pain
- Sleeplessness
- Eating Disorders
- Substance Abuse
- ADHD
- Improved Health Outcomes





# SELF-REGULATION

## A NEW PHYSIOLOGICAL BASELINE FOR SUSTAINED BEHAVIORAL CHANGE

### The HeartMath Interventions Program includes:

#### 1. An in-depth HeartMath Interventions Manual

- Detailed information on the scientific underpinnings of the HeartMath System
- Specific diagnosis treatment and protocols for integrating HeartMath interventions into your professional practice
- Step-by-step instructions in how to teach your clients or patients HeartMath's core tools and how to use the emWave® technology in your treatment modalities

#### 2. Seven plus hours of instruction by IHM faculty

- Five, 1-hour live, interactive webinar sessions
- Two 1-hour pre-recorded sessions



#### 3. On-line access to HeartMath faculty for clinical and technical support and updates

#### 4. Client handouts and other instructional aids

#### 5. Three-year certification with easy to renew terms and conditions\*

#### 6. 25 CEU's available from prominent national and state organizations

#### 7. Additional materials included in the course fee:

- Four books from the Transforming series
- emWave PC Stress Relief System with ear sensor
- emWave Personal Stress Reliever



### Program Outline

1. Introduction
2. From Depletion to Renewal: The Energy Efficiency Model
3. Coherence: The Gateway to Change
4. HeartMath Interventions and Improved Health Outcomes
5. emWave® Technology
6. HRV Interpretation and Protocols
7. Psychophysiological Assessments
8. Teaching the HeartMath Coherence Building Skills for Self-Regulation
9. Specific Diagnosis and Intervention Protocols



Both the computer based *emWave® PC* technology and the handheld *emWave® Personal Stress Reliever (PSR)* objectively monitor the user's heart rhythms by measuring the interval between each heartbeat using either a finger or earlobe pulse sensor and then compute and display the coherence level. Through visual and audio feedback, the user learns how to quickly create psychophysiological coherence while practicing the emotional regulation techniques. Additional features and functions enhance the ability to sustain coherence and track progress.



\*Refer to Certification Letter of Agreement for more information. Go to [www.heartmath.org/hmi](http://www.heartmath.org/hmi)



# CERTIFICATION PROCESS

“Our Department of Psychiatry serves as the student counseling center for Loma Linda University. The fear surrounding test taking can become so intense that learning becomes severely impaired. Once students learn to put a positive emotion in their heart, there is a significant reduction in anxiety and they experience a renewed freedom to face their academic challenges with confidence. Frequently the students return to tell me they don’t need me anymore because, “it works.”

—William G. Roth, Psy.D., Clinical Psychologist, Associate Professor of Psychiatry, Loma Linda University, Riverside, California

I haven’t found anything as effective that can produce positive results so quickly when it comes to stress reduction and self awareness for individuals with learning issues. The fact that the student can see for himself in “real time” what he is accomplishing works exceptionally well.

—Dr. Madeline Falcone, The Falcone Institute, Psycho-Educational Therapist, San Diego, California

Most of the students I see have a lot of stress-related or anxiety concerns. I introduce the emWave and HeartMath skills as a primary intervention to assist students in developing the self-management skills needed to cope with the “stress” of the academic environment.

—Vern Russell, Director of Student Counseling Services, Auburn University, Auburn, Alabama

Contact IHM Sales Representative for more information at [Education@heartmath.org](mailto:Education@heartmath.org) or call toll free (800) 711-6221.

- 1 Review the HeartMath Interventions Sample Certification Agreement and Frequently Asked Questions (FAQ) for more details about the program. Go to [www.HeartMath.org](http://www.HeartMath.org)
- 2 Fill out and submit the web application form.
- 3 Upon receipt of your application, an Institute of HeartMath representative will contact you to answer your questions about the application and registration process and review the terms and conditions of the Agreement.
- 4 Upon acceptance into the program, send a signed copy of the Agreement to The Institute of HeartMath and register for an upcoming class.
- 5 Attend the tele-classes.
- 6 Demonstrate your understanding of the HeartMath Intervention’s processes as they apply to your professional practice by submitting a detailed Clinical Case Study.
- 7 All applicants who meet the Clinical Case Study criteria will receive a Certificate of Completion and their copy of the Agreement signed by HeartMath confirming their status as a Certified HeartMath Practitioner.

## Eligibility

Applicants must hold a current mental health or health care license or related certification to be eligible for acceptance into the program. Submission of a current licensing number granted by an appropriate state board is required. Or,

- Proof of employment in a qualified professional capacity within a community or educational organization, such as, a psychologist, social worker, school counselor, group program leader, etc.
- Working in a professional research capacity where HMI protocols will be used in the context of a study.
- Student in an academic or professional track (Masters or PH.D. program practicum) in a qualified field or using HMI protocols in a research or dissertation study.

## Restrictions

- HeartMath Interventions Certification is not valid outside the US and Canada.
- For other restrictions, go to our website at [www.heartmath.org/hmi](http://www.heartmath.org/hmi)

CEUs are offered by Collaborative Medical Education Institute for the following:

- California Board of Behavioral Sciences
- California Board of Registered Nurses
- National Association of Alcohol and Drug Abuse Counselors
- National Association of Social Workers
- National Board of Certified Counselors

Accreditation being sought from: American Psychological Association

Please visit [www.heartmath.org/hmi](http://www.heartmath.org/hmi) for ongoing updates and full accreditation information.

## Pricing

### Basic Fee \$1295.00

Includes emWave technology (both PC and PSR versions, see pg. 3) for self-regulation feedback and four HeartMath books in the Transforming series: *Transforming Stress*, *Transforming Anger*, *Transforming Anxiety*, and *Transforming Depression*. Fees are dependent on the field of use. Scholarships of \$100-\$500 are available to those practitioners who work in community organizations, educational institutions, and other qualifying organizations.

