

# Invitation to education and practice in Integrated Psychophysiological Behavioral Medicine & Biofeedback

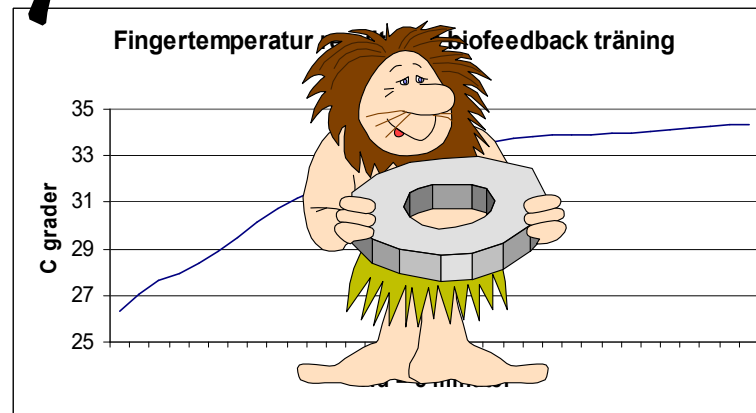


Can we see stress? Can we see when we relax? Can we see the results of our biofeedback training? Yes, with cStress

*Eg. 0-Tollerans for high blood pressure*

# C

- Observe your STRESS with **cStress** – *see and change*



## Institute for Psychophysiological Behavioral Medicine invites to education and its implementations

### Content of the parts:

PDF 0-Invitation to IPBM education and practice 2019-2021-flyer

PDF 1 Introduction to Integrated Psychosocial Behavioral Medicine

PPT 2 Dual code cross-talk between old and new brain a psychophysiological interplay

PPT 3 What is psychophysiology

PPT 4 What is integrated biofeedback

PPT 5 IPBM technology

PPT 6 IPBM scientific and practical paradigm

PPT 7 The patient as an educated, reasonable competent resource and coworker in own rehab – including a non-clinical version

PPT 8, 9, ... Applications - different intervention focus

As well as PDF – about examinations and certification: Clinical and non-clinical

**Learning strategy:** As “pieces in a puzzle” you can put together pieces when it fits you where each piece contents

(a) a PPT with speaker text – do it when it fits you!

(b) which is then elaborated according to suggestions

(c) write questions – if you will – which are answered via mail

(d) Everyone present some tasks at Skype group meetings - important is that group Skype meetings are plan in good advance

(e) Finally, if you want you can do your examination and certification by the [www.ipbm.se](http://www.ipbm.se) board.

**NB** while taking this workshops series you will also be a kind of coworker in the same sense as patient involvements (“Patients as educated reasonable competent resources and coworker in own rehab”) invited to take part of the “rings on the water”

More info: Much of the above is during needed upgrades, which gradually will be possible to join – will be communicated at [www.ipbm.se](http://www.ipbm.se)

More info?

Mail to [info@stressmedicin.se](mailto:info@stressmedicin.se)

Now please follow me to the next step!

