

Essay from MABS' 2017 Spring Conference

As a requirement for receiving a scholarship to a Mid-Atlantic Biofeedback Society's conference, student scholarship recipients submit a one-page essay about their experience at the conference, how what they learned fits in with their studies and how they might use the information they used in the future.



Due to extenuating circumstances, the Mid-Atlantic Biofeedback Society did not have the opportunity to market the Spring 2017 Conference to students. We are pleased that a faculty member at a regional college knew about the conference and encouraged one of her students to apply for a scholarship. We were even more pleased that we had enough funds to support the student's attendance. Attached is his essay for our 2016 Spring Conference.

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Philip Newsome – St. Mary’s College of Maryland, Biology and Psychology Major

MABS’ Spring 2017 Conference

As a biology/psychology undergraduate student, The Mid-Atlantic Biofeedback Society conference was an incredible experience that allowed me to learn from professionals about various topics that were directly correlated with my majors. Dr. Erik Peper discussed how counselors can monitor and measure their clients’ physiological responses and Harry L. Campbell broadened our understanding on how to properly use BioGraph technology. The most interesting thing about the conference was the environment. Of course, the speakers were extremely effective in the messages they were portraying, but the most beneficial part was being able to sit in a room with professionals that were willing (including the speakers) to pass some of their wisdom and knowledge on to me.

Recently, I have been accepted as an intern for Dr. Kathleen Tallent, where I will be working in her biofeedback practice. Mr. Campbell’s explanation on the technology and set up behind the biofeedback system was essential for me in understanding what to do. After listening to him explain the system, I feel I can confidently set up the biofeedback software/equipment and effectively interpret the data provided by a client’s physiological responses (skin conductance, temperature, muscular contraction, etc.).

I plan to pursue my interest in biofeedback and neurofeedback past undergrad and take with me a lot of the things I learned from the conference. The conference allowed me to make great connections, which will be useful as I progress in my educational and professional career. Hopefully, I will be able to attend more conferences such as this one, where I can gain more experience and knowledge from a variety of professionals that are all interested in the progression of the field.