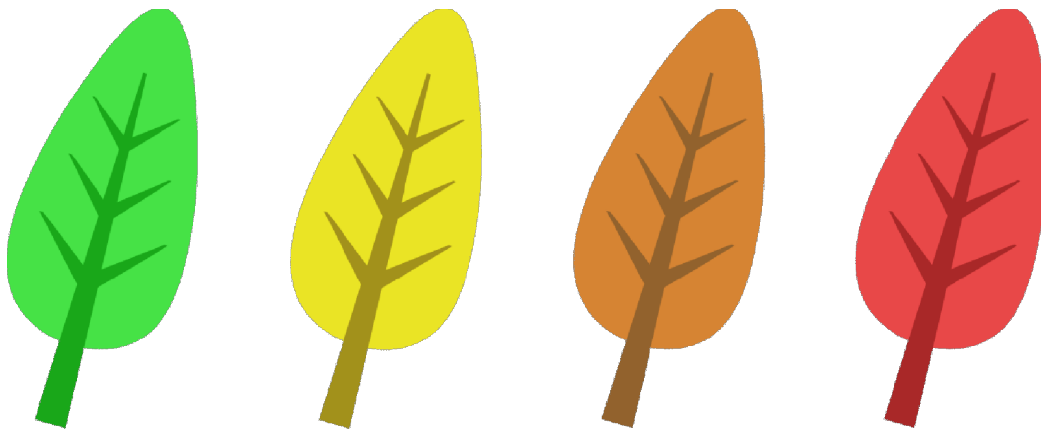


# Student Scholarship Essays from MABS' 2019 Fall Conference

As a requirement for receiving a scholarship to our conferences, recipients must submit a one-page essay about their experience at the conference, how the presentations relate to their studies and what they might do with the information in the future.



The Mid-Atlantic Biofeedback Society is pleased to share the essay from our scholarship recipient at our 2019 Fall Conference.

## **Meredith Joy Adams**

### **Virginia Commonwealth University, Pursuing a Masters in Rehabilitation and Mental Health Counseling**

As I drove from Richmond, Virginia to Columbia, Maryland for my first professional seminar, the Fall 2019 Mid-Atlantic Biofeedback Society (MABS) conference, I truly did not know what to expect. Prior to this conference I had minimal exposure to biofeedback. Additionally, I was in the middle of my first semester of the Virginia Commonwealth University (VCU) Master's program (in Rehabilitation and Mental Health Counseling) and was hoping to make a good impression, expand my network, and learn more about what biofeedback had to offer. Without question, I left feeling welcomed as the new kid and with a greater sense of clarity in regard to the applications of biofeedback in therapy.

Dr. Tim Herzog engaged us in a presentation on the topics of psychophysiology and mindfulness. He went into detail about his twist on Rational Emotive Behavioral Therapy (REBT) with biofeedback components for the client population of athletes. The part of his presentation that stuck with me the most was the chocolate meditation while being hooked up to a sensor. It demonstrated to me just how directly our thoughts can impact our physiology, and in that moment, I realized how useful and versatile biofeedback techniques really are on an individual level.

Going forward, I would be curious to explore and see how we can integrate and create easier access to biofeedback techniques at community level interventions. Beginning in the Spring 2020 semester, I will be overseeing the VCU student chapter of the American Rehabilitation Counseling Association (ARCA) Health Hub initiative, where we will be teaching stress management psychoeducation lessons to a low-income population. My hope as the Health Hub Committee Chair is to include a session incorporating some biofeedback techniques for stress reduction purposes.

My plan is to graduate from VCU in August of 2021 and apply for PsyD programs which will enable me to continue to expand my knowledge and contribute to the biofeedback community. Incorporating biofeedback techniques with resilience development is of particular interest to me. Currently, my population of interest is working with clients who are challenged with anxiety disorders and PTSD. I feel that biofeedback would be a beneficial tool to utilize with this population.

Attending the Fall 2019 MABS conference was a wonderful way to kick-start my interest in this field and I am looking forward to being a part of this community and attending other future conferences. Special thank you to Bea Haskins, Executive Director, who arranged the conference and assisted in selecting me to join in on this opportunity.