

# Student Scholarship Essay from MABS' 2020 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 2020 Fall Conference.



**Gina Martin****University of Iowa, Pursuing a PhD in Counselor Education and Supervision**

I really appreciated attending the MABS Conference virtually this year. I really enjoyed my time there and listening to the presenters helped deepen my understanding of neurofeedback and qeegs. I am in the dissertation writing process of my PhD and I am writing on qeegs and the ACE Questionnaire, so seeing some of those metrics come to life is invaluable for me as I begin data analysis.

Beyond that, the connections I feel I have made are so special to me. I really enjoyed meeting with Ron [Swatzyna] and getting to know him a little bit better. I also enjoyed getting to hear him speak about his research. Additionally, I loved hearing Dr. Fields talk through his research as well. As I am new to neuroscience topics I found that a lot of the information was difficult for me to understand, but the presenters' ability to explain topics really helped.

I also feel that I have some excellent resources to help me as I continue on in this field. I particularly loved Ron's integration of childhood disorders and neurofeedback as that is really what I hope to do with my dissertation and the rest of my career as well. I also enjoyed Holly and Jude's presentation where they also talked a little bit about ACES and what all they are highlighting with their work. Additionally, I loved hearing about yoga practice and mindfulness in breathwork techniques. That presentation really stood out to me as well because of the practical application, but also because of the shared interest. I recently published an article on breathwork in mental health and am so happy to hear that other clinicians are also looking into that. I hope that my work will be continued on that topic as well. I also really enjoyed hearing Judith Pennington talk about her work with the Awakened Mind and I really appreciated getting to see some of the software operating in real time. Some of the stories that she shared were riveting and captured my interest (like the lightning strike one!).

Anyway, this weekend was wonderfully powerful and has confirmed my passion for integrating neuroscience into counseling in new ways. I feel better prepared to start my data analysis now with this deepened understanding. Additionally, I want to continue to be a part of MABS as I feel this organization has been so crucial to my understanding of neurofeedback. Thank you for the opportunity to attend.