



HeartMath Interventions Program

HEALTH PROFESSIONAL CERTIFICATION PROGRAM

The HeartMath Interventions Certification Program is designed for doctors, nurses, psychologists, counselors, social workers, therapists and other health care professionals who want to add HeartMath tools and technologies into their therapeutic work with clients or patients. The techniques, protocols and technologies taught in the program are designed to help establish 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 military personnel and veterans with a variety of emotional, mental, and physical challenges.

The HeartMath System has been validated in multiple educational, healthcare, military, and organizational 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 the emWave technologies.

The HeartMath Interventions Certification Program includes:

1. 7-HOURS OF WEBINAR INSTRUCTION
2. PROGRAM MANUAL AND 4 BOOKS
3. HOW TO TEACH HEARTMATH TOOLS AND HOW TO USE THE EMWAVE® TECHNOLOGIES
4. HANDOUTS AND OTHER INSTRUCTIONAL AIDS
5. ASSESSMENT PROTOCOLS FOR HRV AND PSYCHO-PHYSIOLOGICAL STATUS
6. ACCESS TO FACULTY FOR CLINICAL AND TECHNICAL SUPPORT AND UPDATES
7. 3-YEAR CERTIFICATION
8. 25 CEU'S AVAILABLE

"I recently returned from Iraq where I experienced 5 IED's and 1 RPG explosions. To deal with all the pain I self-medicated for several months with alcohol and marijuana. Using the HeartMath HRV feedback program has changed my life and given me a practical, non-medicated way to reduce the pain and handle the stress. The benefits of HRV are so much better than medication because I am learning a way to self-regulate anywhere, anytime without risk of dependency or that drugged feeling."

-OIF AND GULF WAR VETERAN

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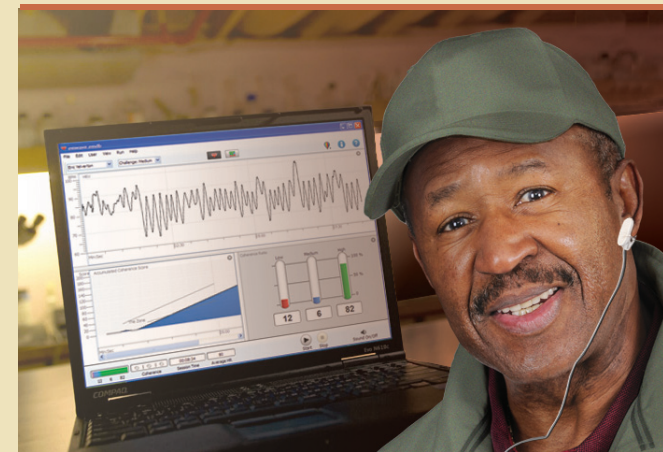
*The emWave program can be installed on secured, networked military computers.
The Certificate of Networthiness (CON) number is CERT-200801332.*

**For more information on training programs for health professionals contact:
Carol Thompson at 1-831-338-8781 or carol@heartmath.com**

For more information on stress tolerance and resilience training, e-mail military@heartmath.org.



1-800-450-9111 • MILITARY@HEARTMATH.COM • WWW.HEARTMATH.COM/MILITARY/



HeartMath® Clinical Programs for Health Professionals

Training and Technologies to...

- Reduce PTSD and Operational Stress Symptoms
- Develop Self-Regulation Skills
- Improve Cognitive Functions
- Lower Health Care Costs

Backed by science, research and extensive experience, HeartMath offers the health professional effective technologies and methodologies to use with military personnel and veterans.



Reducing Stress and Creating Optimal Health

HeartMath has developed a research-based system of scientifically validated tools and technologies to provide education and training on the body's response to stress, how to regulate the nervous system, and develop inner resources for improved self-regulation and self-responsibility.



Benefits that military personnel and veterans experience:

- **REDUCE THE SYMPTOMS CHARACTERISTIC OF COMBAT OPERATION STRESS REACTIONS (COSR)**
- **HELP WITH THE EFFECTS OF PTSD, INCLUDING ANGER, ANXIETY AND DEPRESSION**
- **PROMOTE SELF- RESPONSIBILITY AND SELF-REGULATION**
- **INCREASE COGNITIVE FUNCTIONS RELATED TO SUSTAINED ATTENTION, MEMORY AND OVER-REACTIVITY**
- **REDUCE FATIGUE AND SLEEPLESSNESS**
- **ENHANCE DECISION-MAKING**
- **DECREASE FRICTION IN RELATIONSHIPS AND IMPROVES COMMUNICATION WITH SPOUSES AND CHILDREN**

“I managed inpatient and outpatient PTSD programs at a VA facility for over 20 years and used HeartMath (tools) since the very early days. Every returning war-zone vet should have the opportunity to re-wire their nervous system. I have done this with hundreds of heavy combat military personnel and most can learn to do this in 3-4 weeks. I am very big on HRV feedback and highly recommend HeartMath products.”

-CLINICAL PSYCHOLOGIST



HeartMath Programs

The education and training programs for health professionals include use of the HeartMath tools and the emWave® heart rhythm coherence technologies to facilitate learning internal awareness, self-regulation, and emotional management skills. These skills are used by the health professional for self-care and with military personnel and veterans for effective treatment of stress related symptoms, pain, trauma, PTSD and TBI. Programs are being used by doctors, nurses, psychologists, licensed therapists, occupational and recreational therapists, licensed counselors and clinical social workers, psychiatric nurses in numerous military facilities, VA Medical Centers, PTSD clinics, substance abuse and behavioral health programs.

HEARTMATH TOOLS AND TECHNOLOGIES ARE BEING USED IN: AMPUTEE CENTERS —

amputees learn to control pain, manage emotions and handle the stress of surgeries and recovery.

PSYCHIATRIC SERVICES FACILITIES —

military personnel returning from Iraq or Afghanistan are developing skills to cope with stress, anger, anxiety, and pain along with the reintegration and transition process.

SUBSTANCE ABUSE PROGRAM —

military personnel are learning to reduce the dependence on drugs and alcohol and gain emotional self-regulation skills.

PTSD CLINICS —

in support groups to improve self management and resiliency skills.

Research Study In Progress:

Cognition in Recently Returned Military Personnel with Post-Traumatic Stress Disorder by HRV Coherence Feedback

emWave® Stress Relief System and emWave Personal Stress Reliever®

HeartMath tools and technologies have been shown to increase stress resiliency and a broad range of cognitive functions. Both the computer based emWave Stress Relief System 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 heart rate variability coherence level. Through visual and audio feedback, the user learns how to quickly create psycho-physiological coherence while practicing the self-regulation techniques. Additional features and functions enhance the ability to sustain HRV coherence and track progress.

emWave Desktop for PC and Mac

emWave award-winning handheld device



Regular use of the emWave technology has resulted in stress reduction benefits by military personnel and veterans with PTSD, chronic pain, anxiety, anger, depression, sleeplessness, panic disorders, irritability, mood disturbances, impulse control and substance abuse.

“Thanks to HeartMath (tools), I made it back in good spirits, it was the best weapon I had over there, and the only one I brought back with me and continue to use... The heart tools helped me to readjust to life in the States and the culture shock of coming back.”

-NATIONAL GUARD MEMBER