



SWEDISH  
SPORT  
PSYCHOLOGY  
ASSOCIATION  
(SIPF)

**Put your brain  
and heart into it**

– neuro- and biofeedback in  
applied sport psychology –  
**an introduction to the field.**

**SIPF**

Svensk Idrottspsykologisk Förening

[www.svenskidrottspsykologi.se](http://www.svenskidrottspsykologi.se)

# AUTUMN SYMPOSIUM 2021 14 NOVEMBER DIGITAL

Sport psychology practitioners, coaches, leaders, athletes, researchers, psychologists, students and anyone with an interest in sports psychology are welcome to participate in this digital symposium.

## Presenters



**Inna Khazan**



**Lindsay Shaw**



**Penny Werthner**



**Leslie Sherlin**

Put your brain and heart into it – neuro- and biofeedback in applied sport psychology – an introduction to the field.

World leading sport psychology practitioners will present their use of bio- and neurofeedback interventions at the Olympic Games and in elite sport settings.

**[FOR MORE  
INFORMATION  
AND BOOKING  
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# AUTUMN SYMPOSIUM 2021 14 NOVEMBER DIGITAL

## DETAIL PROGRAM

SUNDAY 14 NOVEMBER, (CET UTC +1)

**15.00-15.10** WELCOME TO THE SIPF-SYMPOSIUM

**18.10-18.20** "Take home message" from the day

**15.10-15.40** **Professor Penny Werthner**

- What is neurofeedback and biofeedback?
- Biofeedback and neurofeedback experience from the canadian olympic team

**18.20-19.10** Breakout rooms for 15 minutes x 2. A networking opportunity for all participants.

**15.40-15.45** BREAK

**15.45-16.15** **Dr. Lindsay Shaw, PhD**

- Biofeedback and neurofeedback experience from TEAM USA

**16.15-16.20** BREAK

**16.20-16.50** **Dr. Leslie Sherlin, PhD**

- Neurofeedback interventions in elite sports
- What is ISNR? <https://isnr.org/>

**16.50-16.55** BREAK

**16.55-17.25** **Dr. Inna Khazan, PhD**

- How to combine mindfulness and biofeedback interventions

**17.25-17.35** Zoom Breakout rooms, the audience gets a chance to discuss and send in questions to the panel discussion.

**17.35-18.10** **Panel discussion**

- Questions:
  - What do the athletes and coaches think of the training?
  - How to best integrate neuro- and biofeedback and sport psychology?
  - Trends?

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