

THE USAGE OF THE MINDFULNESS BASED CBT AND THE HEART RATE VARIABILITY BIOFEEDBACK IN MODERN PSYCHOTHERAPY

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This presentation explains how the stress responses and symptoms of anxiety, fatigue, and depression as well as panic attacks can be seen, diagnosed and treated by the heart rate variability biofeedback together with mindfulness based cognitive behavioral therapy (CBT). It proves that heart rate variability biofeedback is a scientifically proven non-invasive method which evaluates the autonomic nervous system and psycho-physiological tendencies of the patients. Heart rate variability (HRV) analyzes the beat to beat interval (bpm) and reflects the quality of our general wellness, mental well-being, cardiovascular health and stress resistance. HRV also monitors the natural rise and fall of the heart rate creating coherence or incoherence in responses to our thoughts, emotions, breathing and hormones. This study also displays how the integration of the specific breathing exercises and mindfulness-based CBT involving holistic modalities with meditation and cognitive re-construction of the mind helps to alleviate the stress and balance the autonomic nervous system. Various HRV autonomic assessments, fMRI images of special breathing patterns, and especially a case study of 35-year old Emirati man involved in the 12-week-MB CBT program are discussed. This study thoroughly explains how to activate the parasympathetic nervous system with vagus nerve activation in order to lower the symptoms of anxiety and panic attacks by using mindfulness techniques and breathing exercises which emphasize the exhale phase and heart rate deceleration trends in modern psychotherapy.

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