

*PAUL. M. LEHRER, PH.D.*

Business Address Department of Psychiatry  
UMDNJ-Robert Wood Johnson Medical School  
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**Education and Training:**

1955-1959 Hicksville High School, New York.  
1963 Columbia College, New York City, 1959-1963, AB. (Sociology).  
1969 Harvard University, Cambridge, MA, Department of Social Relations,  
1963-1968 PhD. (Clinical Psychology).  
1965-1966 Psychology Internship, Veterans Administration Hospital, Palo Alto, CA,

**Licenses and Certification:**

- . Licensed in New Jersey to practice Psychology, License #854.
- . National Register of Health Service Providers in Psychology.
- . Biofeedback Certification Institute of America, BCIA.

**Faculty Appointments:**

1. 1989- present. Professor of Psychiatry, UMDNJ-Robert Wood Johnson Medical School
2. 2006 Visiting Professor, Department of Psychology, Catholic University of Leuven, Leuven, Belgium
3. 1998 Visiting Professor, Department of Psychology, Tsukuba University, Japan
4. 1977-89 Associate Professor of Psychiatry, UMDNJ-RWJ.M.S
5. 1980 Visiting Professor, Department of Psychology, University of London, St. George's Hospital Medical School, United Kingdom
6. 1972-77 Assistant Professor of Psychiatry, College of Medicine and Dentistry of New Jersey, Rutgers Medical School
7. 1972-present Member of the Psychology Faculty of the Graduate School, Rutgers University. (Assistant Professor - Professor rank)
8. 1976-present Affiliated Faculty, Graduate School of Applied and Professional Psychology.
9. 1968-70 Clinical Instructor in Psychiatry, Tufts University School of Medicine; Research Psychologist, Adolescent Service, Boston State Hospital.
10. 1966-68 Teaching Fellow, Harvard University, Department of Social Relations.

**Other appointments**

1. 1981 – present Robert Wood Johnson University Hospital, staff appointment
2. 1970-75 Veterans Administration Hospital, East Orange, NJ. Consultant.
3. 1970-77 Work Incentive Program, Middlesex County, NJ. Consultant
4. 1970 Project Head Start, Middlesex County, NJ. Consultant
5. 1975-77 Carter Wallace, Inc. Consultant
6. 1982 Acting Director, Biofeedback Clinic, Robert Wood Johnson Rehabilitation Institute, John F. Kennedy Hospital, Edison, NJ (Spring)

**Clinical Activities:**

1. 1974- Director, Center for Stress Management and Behavioral Medicine (formerly, Behavior Therapy/Behavioral Medicine Clinic), a cooperative venture of the the University Medical Group and the UMDNJ -University Behavioral Health Care at Piscataway.

**Teaching Activities:**

1. 2008-2009 Clinical supervision of psychologist, Department of Family Medicine, RWJ.M.S
2. 2008 Biofeedback. Seminar for psychiatric residents
3. 1982- Introduction to Psychiatry and Behavioral Science (2<sup>nd</sup> year medical school)
  - lecture on stress and stress management and 1982 - present
  - organize experiential small groups for all students 1992 – 2007
  - Teach clinical interviewing, sections on suicide riskin most sequencies 1996 – present
    - specialized seminars in relaxation and stress management 1975-1990
    - lecture on learning, conditioning, and behavior modification 1973-1980
4. 1974 - present Seminar for PGY-III psychiatric residents in cognitive behavior therapy, with supervision
5. 1972 – present Member, core faculty in clinical psychology Graduate School of Arts and Sciences, Rutgers University. Periodic lectures and research supervision.
6. 1975- Direct training in Cognitive Behavior Therapy for psychiatric residents, Department of Psychiatry, RWJ.M.S. (Coordinate and teach didactic course, coordinate and perform supervision)
7. 1975- present Course in biofeedback and relaxation techniques for psychology interns, Department of Psychiatry, RWJ.M.S
8. . 1996--2006 Group leader in the Introduction to the Patient course (1st year course at RWJ.M.S).
9. 1999-2000 Graduate seminar (Biofeedback) given in the Department of Psychology, Rutgers University; frequent lecturer in other graduate courses on this topic
10. 1986-88 Lectures on psychology of headaches, Dept of Neurology, RWJ.M.S. Robert Wood 1986-88, to 4th year medical students and residents, every six weeks
11. 1975- Supervision of summer research for medical students.
12. 1984-89 Seminar in Behavioral Medicine, Rutgers University.
13. 1970- 1990 Supervision in Behavior Therapy, Rutgers University.
14. 1982 Continuing Education course in relaxation therapy, Rutgers University.
15. 1976-78 Preceptor in third year Medical School Course in Clinical Psychiatry.
16. 1976-78 Anxiety, Graduate School of Applied and Professional Psychology.
17. 1973-78 Behavior Modification (Proseminar in Clinical Psychology), Graduate School, Rutgers University.
18. 1971 Comparative Psychotherapies (Proseminar in Clinical Psychology), Graduate School, Rutgers University.
19. 1970 Intelligence Testing. Graduate School, Rutgers University.
20. 1968-70 Behavior Therapy: Research and practice. Boston State Hospital; Inservice course at the Adolescent Service, and individual supervision.
21. Fall, 1966 Child Development. Teaching Assistant for Professor Jerome Kagan, Harvard.

22. Fall, 1967 Anxiety. Seminars for Juniors, Harvard University.
23. 1975 – present Frequent CE lectures and workshops on relaxation and biofeedback therapies
24. Other Doctoral Committees: School of Engineering (Biomedical Engineering), Rutgers University; Massachusetts Institute of Technology (Computer Games), Catholic University of Leuven, University of British Columbia, McGill University, University of Sydney (Australia)

**Editorial Boards:**

1. 1986- Applied Psychophysiology and Biofeedback (formerly Biofeedback and Self-Regulation) (Associate editor 2008 – present)
2. 1992- International Journal of Stress Management (Associate editor 2003- present)
3. 2006 - present BioPsychoSocial Medicine

**Honors and Awards:**

1. Exceptional Achievement Award, Biofeedback Foundation of Europe, February, 2009
2. Distinguished Scientist Award, Association for Applied Psychophysiology and Biofeedback, April 5, 2005.
3. Teacher of the year award, psychiatry residency program, 2004
4. Honorary Emeritus status, Northeast Regional Biofeedback Society, October 23, 2005, for teaching contributions to the field.
5. Fellow, American Psychological Association, Division 12 - Clinical Psychology, 1995.
6. Fellow, American Psychological Association, Division 38 - Health Psychology, 1988.
7. Member, Claude Bernard Club (Honorary Biofeedback Research Society, 1988).
8. Listed in Who's Who in Frontiers of Science and Technology and Who's Who in the East.
9. Community Award, Middlesex County Economic Opportunities Corporation, 1983, for work with Head Start
10. Harvard University, NIMH fellowship, 1963-1965, 1966-1968.
11. Columbia University, Cum Laude degree, Phi Beta Kappa, 1963.
12. Columbia Scholarship, 1959-1963.

**Grants:**

1. Contributor to the application for MRFIT Center at Rutgers Medical School.
2. General Research Support Grant of \$6,000 from Rutgers Medical School for a study of the psychophysiological effects of relaxation. 9/74-12/75. Additional grants were awarded for 1976-1977 (\$4,000), 1977-1978 (\$6,000), and 1979-80 (\$8,000).
3. The effects of crowding on psychophysiological measures. Roche Stress Program \$9,646. 2/15/77 - 2/15/78.
4. Consultant and major contributor to NIH Grant from the National Heart and Lung Institute to N. Lasser, M.D. UMDNJ-NJ.M.S., "Risk Factors in Coronary Heart Disease, \$700,000, 7/1/82 - 6/30/85.
5. Relaxation Therapy for Asthma grant award from NIH-HLBI \$259,340, from 4/87 - 3/90.
6. Effects of Carisoprodol on symptoms of acute musculoskeletal spasm. Carter-Wallace Laboratories. Co-investigator with R. Rosen, Ph.D. and M. Marlberg, M.D. \$30,000.
7. Effects of ipratropium bromide on asthma. Boehringer Ingelheim, Inc. \$21,000, 1990-1991.

8. Airway reactivity to suggestion and stress in asthma, NIH-1 RO1 HL44097, \$419,308, 1/90-12/92.
9. EMG and Respiratory Sinus Arrhythmia Biofeedback for Asthma, Fetzer Institute, \$35,000, 10/94 - 9/95.
10. Consultant to Core Facility for New Jersey Center for Environmental Hazards Research, Veterans Administration. \$260,000. PI: B. Natelson and N. Fiedler, 10/94-9/99
11. Consultant, A Controlled Short-Term Exposure Study to Investigate the Health Effect of Methyl Tertiary Butyl Ether in Gasoline. Atlantic Richfield Corporation (ARCO). \$700,000, Paul Liroy, PI; Nancy Fiedler and Clifford Weise, Co-PI, 9/96-12/99
12. Respiratory Sinus Arrhythmia biofeedback for Asthma R01 HL/A158805-01A1. Principal Investigator. \$674,911 - 5/99-4/02
13. Social Cognitive Feedback in the Treatment of Depression, NIH R21 (MH52584) (M. Gara, Ph.D. PI), \$418,632 (5 percent time), 9/1/96-8/31/00.
14. Cognitive Behavior Therapy for Somatization Disorder, Lesley Allen, PI, Co-Sponsor, \$386,927, 9/1/99-8/31/02
15. A psychological treatment for comorbid asthma and panic disorder. : r21mh58196a. July 1, 2000- June 30, 2005 \$375,000 direct costs
16. A Pilot Study of Respiratory Sinus Arrhythmia (RSA) Biofeedback in Patients with Fibromyalgia Syndrome. Arthritis Foundation, \$105,000 , Afton Hassett, PsyD. (PI), Paul Lehrer, PhD. and Robert Pinals, MD. (Co-Mentors). July 1, 2004 - June 30, 2006
17. Alcohol, memory and affective regulation. R01 AA015248, NIH, NIAAA, 7/1/04 to 6/30/09 (Co-investigator. PI: Marsha Bates, Rutgers University) \$200,000/year
18. Memory processes, emotional regulation, and developmental stage of drug exposure. NIH, NIDA, 9/1/03 to 8/31/08 (A component of a Specialized Transdisciplinary Prevention Research Center B. *Drug abuse prevention during developmental transitions*, Component PI: Marsha Bates, Rutgers University; Center PI: Robert Pandina, Rutgers University. \$ 4,001,745) Role: Co-principal investigator.
19. Federal Aviation Administration FAA 05-G-004 Lehrer (PI) 04/05-10/06. Development of an Objective Assessment Tool for Evaluating Flight Tasks Under Simulated Conditions . Paul Lehrer and Maria Karavidas, co-PI's \$274,912
20. Medical Research (Department of Defense). Effects of Diesel Exhaust and Stress on the Acute Phase Response and Symptoms in the Chemically Intolerant. Co-Investigator 5% time, Nancy Fiedler, Ph.D. PI. (EOHHSI) USA . August 1, 2003 - August 31, 2006 . \$1,093,728
21. Arthritis Foundation. Pilot Study of Respiratory Sinus Arrhythmia (RSA) Biofeedback in Patients with Fibromyalgia Syndrome, (Role in project: Mentor. P.I. = Afton Hassett, Psy.D. Department of Medicine [Rheumatology]), \$105,000, 7/1/04-6/30/07.
22. Drug Abuse Prevention During Developmental Transitions. NIDA. *Direct costs*: \$1,334,000. Co-principal investigator. 9/01/2003 to 8/31/2008
23. Hormone and Cytokine Regulation of Endotoxin Injury supplement NIH: NCCAM and NIGMS. Co-investigator PI = Stephen Lowry, MD. Direct costs \$145,500; 11/1/05-10/30/06
24. Center for the study of somatic presentations of psychiatric disorders in primary care. NIH: NIMH. P.I. = Javier Escobar, M.D. and Michael Gara, PhD. Co-investigator. Direct costs: \$ 1,513,150
25. Heart rate variability biofeedback: its role in asthma therapeutics. NIH: NHLBI. Principal Investigator. 2/1/2010-1/31/2014. Direct costs: \$2,000,000

26. Adaptation of a behavioral treatment for Latinos with panic disorder and asthma. NIH:NIMH. Consultant. 12/1/2009-11/30/2012. Direct costs: \$249,000.
27. Integrative Physiology of Gulf War Illness: Role of Autonomic Function, Central Neural Processing, and Sleep. Do, D. Department of the Army, GRANT10665327. 5/1/2011-4/30/2012. Co-Investigator. Direct costs: \$254,600

**Grant Review Committees:**

1. Veterans Administration (1990)
2. Canadian Research Council (1990)
3. NIMH Psychopharmacology IRG (1991)
4. Research Council of Israel (1995).
5. NIH, Alternative Medicine Mind/Body Study Section (1993).
6. Asthma Research Council (The Netherlands), 1998
7. NIH, BBBP-6 This study section reviews applications concerned with developmental, psychopathological, and substance use disorders studied in infants, children, adolescents, and adults with disorders originating in early development. 2000
8. Research Foundation of Flanders, 2009, 2011, 2012
9. Swiss National Science Foundation, 2011
10. NIH Behavioral Medicine (BMIO) Review committee 2012

**Professional Affiliations:**

1. American Psychological Association
2. Association for Cognitive Behavior Therapy
3. Society for Psychophysiological Research
4. Association for Applied Psychophysiology and Biofeedback (AAPB)
5. New Jersey Psychological Association
6. International Stress Management Association (now a section of AAPB)
7. International Society for Advancement of Respiratory Psychophysiology
8. American Thoracic Society
9. Northeast Regional Biofeedback Society (given emeritus membership for teaching contributions)

**Offices and Board Memberships in Professional Societies:**

1. Secretary, Treasurer, Section III (Research in Clinical Psychology) Division 12 (Clinical Psychology) of the American Psychological Association, 1986-1988, re-elected 1988-91.
2. Member, Council of Directors of Health Psychology Training, 1985- 1990.
3. Member, of the Board of Trustees, Biofeedback Certification Institute of America, 1986-1993.
4. Invited adjudicator, Edwin B. Newman Memorial Award, American Psychological Association, 1983.
5. President, Biofeedback Society of New Jersey, 1979-1980. Secretary, 1978-79.
6. Member, Nominating Committee, Society for Psychophysiological Research, 1975-76.
7. Member, Program Committee, Div of Clinical Psychology, American Psychol Assn, 1971.
8. Acting Representative, Section III, Division 12 (Clinical Psychology), Executive Cmte, American Psychological Association, 1972.
9. Board Member, MEDART USA, Inc. (a nonprofit corporation devoted to the interplay between medicine and the arts), 1990-1993.
10. Board Member, Association for Applied Psychophysiology and Biofeedback, 1996-1999
11. Chair, Publications Committee, Assn for Applied Psychophysiology and Biofeedback, 1997- 2000

- 12 President elect, president, past president, Association for Applied Psychophysiology and Biofeedback, 2001-2004
- 13 Member, Program Committee, Behavioral Science Assembly, American Thoracic Society, 2000-2005
14. Program chair, International Society for the Advancement of Respiratory Psychophysiology, 2004-2005
15. President-elect, president, past-president, International Society for the Advancement of Respiratory Psychophysiology, 2005-2008.
16. President elect,, president, past president International Stress Management Association (US. Branch), 2006 –present, now IS.M.A Section of the Association for Applied Psychophysiology and Biofeedback.
17. Board membership, Federation of Associations in Brain and Behavioral Sciences, as representative of the Association for Applied Psychophysiology and Biofeedback, 2006-present
18. President, Foundation for Education and Research in Biofeedback and Related Sciences (FERB), 2010- present

**Guest Reviewer:**

*\*American Psychologist \*Behavior Therapy \*Psychophysiology \*Health Psychology  
\*Psychosomatic Medicine \* Psychological Bulletin \* Behaviour Research and Therapy  
\*Journal of Consulting and Clinical Psychology \*Clinical Psychology  
\*American Journal of Clinical Hypnosis \*Chest\* \*Journal of Asthma  
\*International Journal of Psychophysiology \*Journal of Abnormal Psychology \*Mind and Matter  
\*Journal of Anxiety Disorders\* \*British Journal of Health Psychology  
\* Macedonian Journal of the Medical Sciences \* Physiology and Behavior\* Hypertension \*  
\*Journal of Complementary and Integrative Medicine \*  
\*American Journal of Respiratory and Critical Care Medicine \* Journal of Internal Medicine \*  
\* Biological Psychology \* Clinical Science \* Medical Problems of Performing Artists  
\*American Journal of Cardiology*

And many others

**Bibliography**

**Completed Publications in Scientific Journals:**

1. Lehrer, P., Schiff, L. & Kris, A. The use of a credit card in a token economy. Journal of Applied Behavior Analysis, 1970, 3, 289-299. Reprinted in E.J. Thomas (Ed) Behavior modification procedure: A sourcebook. Chicago: Aldine-Atherton.
2. Lehrer, P., Schiff, L. & Kris, A. Operant conditioning in a comprehensive treatment program for adolescents. Archives of General Psychiatry, 1971, 25, 515-521. Reprinted in G.H. Weber & B.J. Haberlein (Eds) Residential treatment of emotionally disturbed children. New York: Behavioral Publications, 1972, and in A.H. Esman (Ed), The psychiatric treatment of adolescents. New York: International Universities Press, 1981.
3. Lerner, S., Bie, I. & Lehrer, P. Concrete-operational thinking in mentally ill adolescents. Merrill-Palmer Quarterly, 1972, 18, 287-291.
4. Lehrer, P. & Kris, A. Combined use of behavioral and psychoanalytic approaches in the treatment of severely disturbed adolescents. Seminars in Psychiatry, 1972, 4, 165-170.
5. Lehrer, P. Physiological effects of relaxation in a double blind analog of desensitization. Behavior Therapy, 1972, 3, 193-208.

6. Miran, M, Lehrer, P., Koehler, R. & Miran, E. What happens when deviant behavior begins to change? - The relevance of a social systems approach for behavioral programs with adolescents. Journal of Community Psychology, 1974, 2, 370-375.
7. Lehrer, P. & Taylor, G. The effects of alcohol on cardiac reactivity in alcoholics and normal subjects. Quarterly J. of Studies on Alcohol, 1974, 35, 1044-1052.
8. Lehrer, P. The use of token reinforcement to treat an emotional conflict in a schizophrenic patient. Psychiatric Opinion, 1975, 12, 39-42.
9. Munson, S. & Lehrer, P. Resolving contradictory findings on sex and social class differences in children's responses to reinforcement. Journal of Experimental Child Psychology, 1975, 20, 487-495.
10. Messer, S. & Lehrer, P. Short term groups with female welfare clients in a job training program (WIN). Professional Psychology, 1976, 7(3), 352-358.
11. Woolfolk, R., Carr-Kaffashan, L., McNulty, T. & Lehrer, P. Meditation training as a treatment for insomnia. Behavior Therapy, 1976, 7, 359-365. Reprinted in J. Kamiya, TX Barber, NE Miller, D. Shapiro, & Stoyva (Eds), Biofeedback and Self Control, 1976/77. Chicago: Aldine-Atherton, 1977.
12. Lehrer, P. & Lanoil, J. Natural reinforcement in a psychiatric rehabilitation program. Schizophrenia Bulletin, 1977, 3, 297-302.
13. Lehrer, P. Psychophysiological effects of progressive relaxation in anxiety neurotic patients and of progressive relaxation and alpha feedback in non-patients. Journal of Consulting and Clinical Psychology, 1978, 46, 389-404.
14. Galano, J., Carr-Kaffashan, L., Ettin, M, Lehrer, P. & Rothberg, M Handbook of techniques in dealing with stress. JSAS. Catalog of Selected Documents in Psych, 1978,8(67) #1730.
15. Carrington, P., Collings, G.H., Jr, Benson, H., Robinson, H., Wood, L.W., Lehrer, P.M., Woolfolk, R.L. & Cole, J.W. The use of meditation-relaxation techniques for the management of stress in a working population. Journal of Occupational Medicine, 1980, 22, 211-231.
16. Shapiro, S. & Lehrer, P.M. Psychophysiological effects of autogenic training and progressive relaxation. Biofeedback and Self-Regulation, 1980, 5, 249-255.
17. Lehrer, P.M., Schoicket, S., Carrington, P. & Woolfolk, R.L. Psychophysiological and cognitive responses to stressful stimuli in subjects practicing progressive relaxation and clinically standardized meditation. Behavior Research and Therapy, 1980, 18, 293-303.
18. Epstein, Y.M., Woolfolk, R.L. & Lehrer, P.M. Physiological, cognitive and nonverbal responses to crowding. Journal of Social Psychology, 1981, 11, 1-13.
19. Lehrer, P.M. & Leiblum, S.R. Physiological, behavioral, and cognitive measures of assertiveness and assertion anxiety. Behavioral Counseling Quarterly, 1981, 1, 261-274.
20. Lehrer, P.M. & Woolfolk, R.L. Self report assessment of anxiety: Somatic, cognitive, and behavioral modalities. Behavioral Assessment, 1982, 4, 167-177.
21. Lehrer, P.M. How to relax and how not to relax: A reevaluation of the work of Edmund Jacobson. Behaviour Research and Therapy, 1982, 20, 417-428.
22. Woolfolk, R.L., Lehrer, P.M., McCann, B.S. & Rooney, A.J. Effects of progressive relaxation and meditation on cognitive and somatic manifestations of daily stress. Behaviour Research and Therapy, 1982, 20, 461-468.
23. Lehrer, P.M., Woolfolk, R.L., Rooney, AJ, McCann, B. & Carrington, P. Progressive relaxation and meditation: A study of psychophysiological and therapeutic differences between two techniques. Behaviour Research and Therapy, 1983, 21, 651-662.

24. Muskatel, N., Woolfolk, R., Carrington, P. & Lehrer, P. Effect of meditation training on aspects of coronary-prone behavior. Perceptual and Motor Skills, 1984, 58, 515-518.
25. Lehrer, P. Finding a way to manage performance anxiety. The problems and promises of science. Journal of the International Society for the Study of Tension in Performance, 1984, 1, 29-41.
26. Lehrer, P.M., Hochron, S.M., McCann, B., Swartzman, L. & Reba, P. Relaxation decreases large-airway but not small-airway asthma. Journal of Psychosomatic Research, 1986, 30(1), 13-25.
27. Whaley, A.L., Stanford, C.B., Pollack, I.W. & Lehrer, P.M. The effects of behavior modification vs. lithium therapy on frontal lobe syndrome: A case history. Journal of Behavior Therapy and Experimental Psychiatry, 1986, 17, 111-115.
28. Lehrer, P.M., Rosen, R.C., Kostis, J.B. & Greenfield, D. The use of beta blockers to treat stage fright in musicians. New Jersey Medicine, 1987, 84(1), 27-32.
29. Lehrer, P.M. & Woolfolk, R.L. Outmoded principles of stress management. Contemporary Psychology, 1987, 32(2), 198-199.
30. McCann, B.S., Woolfolk, R.L. & Lehrer, P.M. Specificity in response to treatment: A study of interpersonal anxiety. Behaviour Research and Therapy, 1987, 25(1), 129-136.
31. McCann, B.S., Woolfolk, R.L. & Lehrer, P.M. Gender differences in the relationship between hostility and the Type A behavior pattern. Journal of Personality Assessment, 1987, 51(3), 355-366.
32. Groveman, A.M., Reba, P., Pollack, I.W., Lehrer, P.M. & Miller, M.H. Treating post-concussional syndrome. Post-concussional syndrome and stress reduction therapy. Neuropsychology, 1987, 1, 19-22.
33. Lehrer, P.M. A review of the approaches to the management of tension and stage fright in music performance. Journal of Research in Music Education, 1987, 35, 143-152.
34. Lehrer, P.M., Batey, DM, Woolfolk, R.L., Remde, A & Garlick, T The effect of repeated tense-release sequences on EMG and self-report of muscle-tension: An evaluation of Jacobsonian and post-Jacobsonian assumptions about progressive relaxation. Psychophysiology, 1988, 25, 562-569.
35. Murphy, A.I., Lehrer, P.M., Karlin, R., Swartzman, L., Hochron, S. & McCann, B. Hypnotic susceptibility and its relationship to outcome in the behavioral treatment of asthma: Some preliminary data. Psychological Reports, 1989, 65, 691-698.
36. Murphy, A.I., Lehrer, P.M. & Jurish, S. Cognitive coping skills training and relaxation training as treatments for tension headaches. Behavior Therapy, 1990, 21, 89-98.
37. Lehrer, P.M., Groveman, A., Randolph, C., Miller, M.H. & Pollack, I. Physiological response patterns to cognitive testing in adults with closed head injuries. Psychophysiology, 1989, 26, 668-675.
38. Murphy, A.I. & Lehrer, P.M. Headache versus nonheadache state: A study of electrophysiological and affective changes during muscle contraction headaches. Behavioral Medicine, 1990, 16, 23-30.
39. Lehrer, P.M., Goldman, N.S. & Strommen, E.F. A principal components assessment of performance anxiety among musicians. *Medical Problems of Performing Artists*, 1990, 5, 12-18.
40. Lehrer, P.M., Goldberg, L. & Levi-Minzi, S. Psychophysics of muscle tension in psychiatric inpatients. Biofeedback and Self-Regulation, 1991, 16(2), 131-141.



41. Lehrer, P.M., Goldberg, L. & Levi-Minzi, S. Response to Coursey's comments on "psychophysics of muscle tension in psychiatric inpatients." Biofeedback and Self-Regulation, 1991, 16(2), 145-146.
42. Lehrer, P.M. & Murphy, A.I. Stress reactivity and perception of pain among tension headache sufferers. Behaviour Research and Therapy, 1991, 29, 61-69.
43. Carr, R., Lehrer, P.M. & Hochron, S. Panic symptoms in asthma and panic disorder: A test of the dyspnea fear theory. Behaviour Research and Therapy, 1992, 30(2), 251-261.
44. Isenberg, SA, Lehrer, P.M. & Hochron, S. The Effects of Suggestion and Emotional Arousal on Pulmonary Function in Asthma: A review. Psychosomatic Medicine, 1992, 54, 192-216.
45. Lehrer, P.M., Sargunraj, D. & Hochron, S. Psychological approaches to the treatment of asthma. J. of Consulting and Clinical Psychology, 1992, 60 (4), 639-643.
46. Isenberg, SA, Lehrer, P.M., Hochron, S. the effects of suggestion on airways of asthmatic subjects breathing room air as a suggested bronchoconstrictor and bronchodilator. Journal of Psychosomatic Research, 1992, 36 (8), 769-776.
47. Lehrer, P.M., Hochron, S.M., Isenberg, S., Rausch, L. & Carr, R. The Asthma Symptom Profile: a psychophysically based scale for assessment of asthma symptoms, Journal of Psychosomatic Research, 1993, 37 (5), 515-521.
48. Lehrer, P.M., Isenberg, SA & Hochron, S. Asthma and emotion: a review. Journal of Asthma, 1993, 30 (1), 5-21.
49. Carr, R.E. & Lehrer, P.M. Reply to Ley's "Dyspneic-fear theory explains hyperventilatory panic attacks," Behaviour Research and Therapy, 1994, 32 (1), 113-114.
50. Carr, R.E., Lehrer, P.M., Rausch, L. , & Hochron, S.M. Anxiety sensitivity and panic attacks in an asthmatic population. Behaviour Research and Therapy, 1994, 32, 411-418.
51. Lehrer, P.M., Hochron, S.M., Rausch, L., & Carr, R. The effects of atropine on respiratory sinus arrhythmia in asthma. Respiratory Medicine, 1994, 88, 357-361.
52. Lehrer, P.M., Hochron, S.M., Rausch, L., & Carr, R. Effects of aerosol ipratropium bromide on cardiac vagal tone. Chest, 1994, 105, 1701-1704.
53. Lehrer, P.M., Hochron, S., Mayne, T., Isenberg, S., Carlson, V., Lasoski, A.M., Gilchrist, J., Morales, D., & Rausch, L. Relaxation and music therapies for asthma among patients prestabilized on asthma medication. Journal of Behavioral Medicine, 1994, 17, 1-24.
54. Lehrer, P.M., Carr, R.E., Woolfolk, R. & Sargunraj, D. Stress Management techniques: Are they all equivalent, or do they have specific effects? Biofeedback and Self-Regulation, 1994, 19 (4), 353-401.
55. Carr, R.E., Lehrer, P.M. & Hochron, S.M. Predictors of panic-fear in asthma. Health Psychology, 1995, 14 (5), 421-426.
56. Carr, R.E., Lehrer, P.M. & Hochron, S. Effect of Psychological Stress on Airway Impedence in Asthma and Panic Disorder. Journal of Abnormal Psychology, 1996, 105 (1), 137-141.
57. Lehrer, P.M. Varieties of Relaxation Methods and their Unique Effects. International J. of Stress Management, 1996, 3(1), 1-15.
58. Sargunraj, D., Lehrer, P.M., Hochron, S.M., Rausch, L., Edelberg, R. & Porges, S. Cardiac rhythm effects of .125hz paced breathing through a resistive load: implications for paced breathing therapy and porges' poly-vagal theory. Biofeedback and Self-Regulation, 1996, 21, 131-147.
59. Lehrer, P.M., Hochron, S., Carr, R., Edelberg, R., Hamer, R., Jackson, A, & Porges, S. Behavioral task-induced brochodilation in asthma during active and passive tasks: a possible

- cholinergic link to psychologically-induced airway changes. Psychosomatic Medicine, 1996 58:413-422.
60. Lehrer, P.M., Generelli, P. & Hochron S. The Effect of Facial and Trapezius Muscle Tension on Respiratory Impedance in Asthma. Applied Psychophysiology and Biofeedback, March, 1997, 22(1), 43-54.
  61. Carrington, P., Lehrer, P.M., Wittenstrom, K. A Children's Self-Management System for Reducing Homework-Related Problems: Parent Efficacy Ratings. Child & Family Behavior Therapy, Vol 19(1): 1-22, 1997
  62. Kipen, H.M., Fiedler, N. & Lehrer, P.M. Multiple Chemical Sensitivities: A Primer for Pulmonologists. Clinical Pulmonary Medicine, 1997; 4(2):76-84.
  63. Lehrer, P.M. Psychological hypotheses regarding multiple chemical sensitivity syndrome. Environmental Health Perspectives, March, 1997, Vol 105, Supplement 2.
  64. Lehrer, P.M. Specific Effects and Hypnotic Suggestion in Autogenic Training and Progressive Relaxation and their Variations. Japanese Journal of Autogenic Training, 16(2), 46-55, June 1997.
  65. Lehrer, P.M. Health, Homeostasis, and Healing: Promises and Paradoxes in the Applied Psychophysiology of Asthma. Biofeedback News Magazine, June, 1997, 25(2), 4-7 & 17.
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3. Kazdin, Allen E. Behavior modification in applied settings. Behavior Therapy, 1975, 6, 435-437.
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2. Lehrer, P.M. A laboratory analog of "systematic desensitization" psychophysiological effects of relaxation. Society for Psychophysiological Research, Monterey, CA, 10/69.
3. Lehrer, P.M. A comprehensive treatment program for severely disturbed adolescents in a state mental hospital: Behavioral and psychoanalytic approaches combined. Midland School Symposium, Rutgers University, 5/72.
4. Lehrer, P.M. Head Start as a practicum assignment in a behaviorally oriented clinical psychology training program. Paper presented at the Eastern Psychological Association, Boston, MA, 3/72.
5. Lehrer, P.M. A behavioral revolution in mental health care. In "Treatment Strategies in Schizophrenia" sponsored by the Delaware Valley Mental Health Foundation, 9/28-29/72.

6. Lehrer, P.M. & Miran, M. Experiences with Junior High School consultation using conventional group interaction and behavioral techniques: A controlled design. American Psychological Association Convention, Montreal, 8/73.
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9. Woolfolk, R., Carr-Kaffashan, L., Ferisse, F & Lehrer, P. The use of meditation in the treatment of insomnia. Paper presented at the Eastern Psychological Association, New York, 4/22-24/76.
10. Lehrer, P.M. Physiological effects of relaxation and alpha feedback in anxious patients and normal subjects. Society for Psychophysiological Research Convention, San Diego, CA, 10/20-23/76.
11. Invited Workshop on relaxation methods. Association for the Advancement of Behavior Therapy Convention, New York, 12/3/76.
12. Blumenfeld, M & Lehrer, P.M. The effect of anxiety, verbal vs visual task, and sex on cortical laterality as measured by the integrated EEG. Society for Psychophysiological Research, Philadelphia, PA, 10/77.
13. Lehrer, P.M. & Woolfolk, R. Physiological, cognitive, and behavioral dimensions of anxiety: A factor analytic study with some data on sex differences. Eastern Psychological Association, Washington, 3/78.
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15. Adler, SS. & Lehrer, P.M. Psychophysiological effects of autogenic training and progressive relaxation. Biofeedback Society of America Convention, 2/78.
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20. Lehrer, P.M. Uses and abuses of progressive relaxation and biofeedback in treating effects of stress: The cognitive vs. psychophysiological vs. behavioral distinction. American Psychological Association, NY, 8/79.
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24. Lehrer, P.M. Presidential address. Biofeedback Society of New Jersey, Piscataway, NJ, 1980.
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57. Batey, D. & Lehrer, P.M. The relaxation and stress response effects of slow, paced breathing: A psychophysiological study. The National Meeting for the Association of the Advancement of Behavior Therapy, Chicago, 11/13-16/86.
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60. Isenberg, S. & Lehrer, P.M. Asthma: A review of its responsiveness to suggestion and emotion, and a possible predictor for response to relaxation therapy. AABT, 11/87.
61. Murphy, A.I., & Lehrer, P.M. Stress and coping in muscle tension headache. International Congress of Psychology, Sydney, Australia, 8/88.
62. Goldberg, L., Lehrer, P.M., & Levi-Minzi, S. A reliable procedure for measuring self-perception of muscle tension in psychiatric patients and normal subjects. Society for Psychophysiological Research, San Francisco, 10/88.
63. Lehrer, P.M. Advanced workshop in Jacobsonian relaxation: Is your technique as good as it should be? Annual Meeting of the AAPB, San Diego, CA, 3/17-22/89, Repeated Dallas, TX, 3/15-20/91.
64. Isenberg, S., Lehrer, P.M. & Hochron, S. The effects of suggested bronchial change in asthma. Annual meeting of the Society for Psychophysiological Research, Boston, MA, 10/17-21/90.
65. Lehrer, P.M., Hochron, S.M., Mayne, T., Morales, D., Isenberg, S., Carlson, V., Lasoski, A.M., Gilchrist, J. & Rausch, L. Relaxation therapy for primarily upper-airway asthma: An unsuccessful replication attempt. Annual meeting of the Association for Applied Psychophysiology and Biofeedback, Dallas, TX, 3/15-20/91.
66. Lehrer, P.M. & Hochron, S.M. Variability and invalidity in heliox spirometry and their relationship to asthma severity. Annual meeting of the American Thoracic Society/American Lung Association, Anaheim, CA, 5/12-15/91.

67. Carr, R.E., Lehrer, P.M. & Hochron, S.M. To think or not to think: A test of the cognitive and dyspneic/fear theories of panic disorder and asthma. Annual meeting of the Association for the Advancement of Behavior Therapy, New York, 11/21-24/91.
68. Naimark, K.S. & Lehrer, P.M. Musical Performance Anxiety and Depression, Performing Experience, and 16 PF Traits: A Correlational Study. MEDART International 1992 World Congress on Arts and Medicine, New York, 2/28 - 3/2/92.
69. Lehrer, P.M., Isenberg, S., Carr, R., Rausch, L. & Hochron, S.M. The Asthma Symptom Profile: Symptoms of Asthma Assessed by Bimodality Psychophysical Scaling. Annual meeting of the Society for Behavioral Medicine, New York, 3/25-28/92.
70. Lehrer, P.M., Hochron, S.M., Rausch, L., Isenberg, S., Lasoski, AM & Carlson, V Relationship Between Changes in Vagal Tone, Facial EMG, and Spirometry Measures in a Study of Relaxation Therapy for Asthma. Annual meeting of the Society for Behavioral Medicine, New York, 3/25-28/92.
71. Lehrer, P.M., Hochron, S.M., Carr, R. & Rausch, L. Validation of the Asthma Symptom Profile in a Study Using Bronchodilators. Annual meeting of the Society for Behavioral Medicine, New York, 3/25-28/92.
72. Carr, R., Lehrer, P.M., Isenberg, SA & Hochron, S.M. The Effects of Suggestion on Asthma. Annual meeting of the Society for Behavioral Medicine, New York, 3/25-28/92.
73. Sargunraj, D., Lehrer, P.M. & Hochron, S.M. Effect of Respiratory Resistance on Respiratory Sinus Arrhythmia. Annual meeting of the Society for Behavioral Medicine, New York, 3/25-28/92.
74. Lehrer, P.M., Hochron, S.M., Rausch, L. & Carr, R. Respiratory Sinus Arrhythmia as a Measure of Vagal Tone in Asthma. Annual meeting of the Society for Psychophysiological Research, San Diego, CA, 10/14-18/92.
75. Lehrer, P. Are stress management techniques interchangeable or do they have specific effects? Invited paper, meeting of the International Stress Management Association, Paris, France, 9/1-5/92.
76. Lehrer, P.M. Psychological processes in asthma. Symposium paper, annual meeting of the AAPB, Los Angeles, CA, 3/25-30/93.
77. Carr, R., Lehrer, P.M., Hochron, S.M., & Rausch, L. Panic Attacks and Catastrophic Cognitions in an Asthmatic Population. Annual meeting of the American Psychological Association, Toronto, Canada, 8/93.
78. Lehrer, P.M. Comparative effectiveness of autogenic training and other methods of self regulation. International Conference on Biobehavioral Health and Self-Regulation, Tokyo, Japan, 9/93.
79. Lehrer, P.M. Behavioral methods for treating asthma. Symposium presentation at the Annual meeting of the AABT, Atlanta, GA, 11/93.
80. Carr, R., Lehrer, P.M. & Hochron, S.M. The Prediction of Panic in Asthma and Panic Disorder. Annual meeting of the AABT, Atlanta, GA, 11/93.
81. Carr, R.E., Lehrer, P.M. & Hochron, S.M. Airway Reactivity, Panic-Fear, and Panic Attacks among Asthmatics. Annual meeting of the Soc of Behavioral Med, Boston, MA, 4/94.
82. Lehrer, P.M., Carr, R.E. & Hochron, S.M. Stress-Triggered Asthma and Cholinergic Reactivity: A Possible Link. Annual meeting of the Soc of Beh Med, Boston, MA, 4/94.
83. Isenberg, S., Lehrer, P.M. & Hochron, S.M. Repressive coping style and the perception of asthma. Presented at the annual meeting of the Society for Psychophysiological Research, Atlanta, GA, 10/94.
84. Sargunraj, D. Lehrer, P.M., Hochron, S.M. & Porges, S. The effects of paced resistance breathing. Presented at the annual meeting of the Society for Psychophysiological Research, Atlanta, GA, 10/94.
85. Lehrer, P.M. Advanced experiential workshop in Jacobson's Approach to Progressive Relaxation and Comparative Evaluation of Various Relaxation Techniques. Full day workshop at annual meeting of the AAPB, Cincinnati, OH, 3/9-14/95.

86. Lehrer, P.M. "The Psychophysics and Psychophysiology of Breathing: Implications for Self-Regulation Therapy." In addition, presented the following paper in this symposium: The effects of asthma severity, stress, and repressive coping style on pulmonary impedance, respiratory sinus arrhythmia, and the perception of respiratory sensations." Chaired and organized a symposium at annual meeting of the AAPB, Cincinnati, OH, 3/9-14/95.
87. Lehrer, P.M., Carr, R.E., Hochron, S., Porges, SW, Warrenburg, S. & Schwartz, GE, "Repressive coping may be adaptive in asthma." Poster presentation, at annual meeting of the AAPB, Cincinnati, OH, 3/9-14/95.
88. Lasoski, AM & Lehrer, P.M. "The effect of repressive coping on symptom report among patients prestabilized on asthma medication." Poster presentation, at annual meeting of the AAPB, Cincinnati, OH, 3/9-14/95.
86. Lehrer, P.M. Discussant on a symposium, "Biofeedback, absorption, attention, and hypnosis" at annual meeting of the AAPB, Cincinnati, OH, 3/9-14/95.
87. Lehrer, P.M. "Advanced Workshop on Jacobson's Method of Progressive Muscle Relaxation (full day)" at continuing education institute of the Dutch national physical therapy association (Stichting Wetenschap Scholing Fysiotherapie), Netherlands, 4/1/95.
88. Lehrer, P.M. "Advanced Workshop on Jacobson's Method of Progressive Muscle Relaxation (full day)" at Fifth International Conference on Stress Management, . The Conference was organized by the International Stress Management Association in collaboration with the World Health Organization. The focus of the conference was "Stress at the Workplace: Health and Productivity." Leeuwenhorst Congress Center, Noordwijkerhout, The Netherlands, 4/2-6/95.
89. Lehrer, P.M. "Stress and psychophysiological unpredictability." Colloquium paper on a colloquium session entitled "Therapeutic Approaches - 1, at Fifth International Conference on Stress Management, Leeuwenhorst Congress Center, Noordwijkerhout, The Netherlands, 4/2-6/95.
90. Lehrer, P.M. "Stress management techniques: Are they all equivalent, or do they have specific effects?" Colloquium paper on a colloquium session entitled "Therapeutic Approaches - 2, at Fifth International Conference on Stress Management, Leeuwenhorst Congress Center, Noordwijkerhout, The Netherlands, 4/2-6/95.
91. Lehrer, P.M. Maximizing cognitive, somatic, and behavioral flexibility in managing stress: The role of biofeedback and other methods. Biofeedback Society of New York, North Shore Medical Center, 5/7/95.
92. Lehrer, P.M. Psychophysiological hypotheses regarding multiple chemical sensitivity syndrome. Conference on Multi-chemical Sensitivity, Princeton, organized by EOHSI, 9/20-21/95.
93. Lehrer, P.M. Emotionally-Triggered Asthma: Implications for Self-Regulation Therapies. Presented at the annual meeting of the International Society for Applied Respiratory Psychophysiology, Toronto, Canada, 10/8-11/95.
94. Lehrer, P.M. Specific Effects and Hypnotic Suggestion in Autogenic Training and Progressive Relaxation and their Variations. Keynote Talk (invited), Annual meeting of the Japanese Autogenic Training Society (invited paper), Hirosaki (Aomori Prefecture), Japan, 10/20/95.
95. Lehrer, P.M. Stress management and biofeedback. Leadership conference on women's health, New Jersey Academy of Family Medicine, Lawrenceville, NJ, 10/25/95.
96. Lehrer, P.M. Workshop on Biofeedback for Respiratory Sinus Arrhythmia. Sponsored by Biofeedback and Self-Regulation Societies of NJ, NY, PA, 11/5/95.
97. Lehrer, P.M. Advanced experiential workshop in Jacobson's Approach to Progressive Relaxation and Comparative Evaluation of Various Relaxation Techniques. Full day workshop at Conference on Cardiovascular Disease, Stress, and Behavioral Medicine, UMDNJ-RWJ.M.S., sponsored by the Cardiovascular Institute and the Biofeedback and Self-Regulation Society of New Jersey, 3/17-18/96.
98. Lehrer, P.M. Differential effects of various stress management techniques as adjunctive treatments for cardiovascular disease. Conference on Cardiovascular Disease, Stress, and Behavioral Medicine, UMDNJ-RWJ.M.S., sponsored by the

- Cariovascular Institute and the Biofeedback and Self-Regulation Society of New Jersey, 3/17-18/96.
99. Lehrer, P.M. Stress is not unidimensional (colloquium presentation) at Annual meeting of the Association for Applied Psychophysiology and Biofeedback, Albuquerque, NM, 3/20-23/96.
  100. Lehrer, P.M. Biofeedback for respiratory sinus arrhythmia (workshop) at Annual meeting of the Association for Applied Psychophysiology and Biofeedback, Albuquerque, NM, 3/20-23/96.
  101. Lehrer, P.M. Differential psychophysiological and clinical effects for progressive relaxation and other relaxation methods. Karolinska Institute, Stockholm, Sweden, 6/6/96.
  102. Lehrer, P.M. Advanced experiential workshop in Jacobson's Approach to Progressive Relaxation and Comparative Evaluation of Various Relaxation Techniques. Full day workshop at Stress Medicine Centre, Bollnas, Sweden, 6/7/96.
  103. Lehrer, P.M. Behavioral intervention to treat asthma and promote homeostasis: relaxation and respiratory sinus arrhythmia biofeedback therapies. Medical School, University of Tartu, Estonia, 6/10/96.
  104. Lehrer, P.M. Biofeedback for respiratory sinus arrhythmia in treatment of asthma. Biosvyaz Corp. Rehabilitation Center, St. Petersburg, Russia, 6/18/96.
  105. Lehrer, P.M. Biofeedback for increasing respiratory sinus arrhythmia as a treatment for asthma. Conference on psychological aspects of asthma. Fetzer Institute, Kalamazoo, Michigan, October 9-11, 1996.
  106. Lehrer, P.M. Biofeedback for increasing respiratory sinus arrhythmia as a treatment for asthma. In symposium on Behavioral aspects of asthma: new developments, Annual meeting of the Association for Advancement of Behavior Therapy (AABT), New York City, November 21-24, 1996.
  107. Lasoski, AM, Lehrer, P.M. & Hochron, S. The effect of repressive coping on symptom report among patients prestabilized on asthma medication. Annual meeting of the AABT, New York City, November 21-24, 1996.
  108. Lehrer, P.M. Use of capnography in psychophysiological research on asthma, panic disorder and breathing retraining. In symposium at the annual meeting of the Assn. for Applied Psychophysiology and Biofeedback, San Diego, CA, March 10-16, 1997.
  109. Lehrer, P.M. Autonomic reactivity, stress, and emotion in asthma. In symposium on Emotions and autonomic mediation in asthma at the annual meeting of the Assn. for Applied Psychophysiology and Biofeedback, San Diego, CA, March 10-16, 1997.
  110. Lehrer, P.M. Psychologic Factors in Asthma and Upper Airway Disorders: Diagnoses and Management Approaches. Annual meeting of the American Thoracic Society, San Francisco, CA, May 16-21, 1997.
  111. Lehrer, P.M. Stress Management and Biofeedback Methods for Treatment of Asthma. Annual meeting of the American Thoracic Soc., San Francisco, CA, May 16-21, 1997.
  112. Lehrer, P.M. Psychophysiological research on airway impedance using the forced oscillation technique among patients with asthma, panic disorder and healthy subjects. 3rd European Congress on Psychophysiology, Konstanz, Germany, 5/28-31/97.
  113. Lehrer, P.M. An Advanced Workshop on Jacobson's Technique of Progressive Relaxation: Is your Technique as Good as it Could Be? Institut fur Weiterbildung in Verhaltenstherapie, Hamburg, Germany, June 2-3, 1997
  114. Lehrer, P.M. Psychophysiological research on airway impedance using forced oscillation technique among patients with asthma, panic disorder, and healthy subjects. Presented at the annual meeting of the International Society for Applied Respiratory Psychophysiology, North Falmouth, MA, 10/13-15/97.
  115. Feldman, J.M., Lehrer, P.M., Carr, R.E., Hochron, S.M. Defensiveness and Cardiac Rhythm Stress Reactivity among People with Asthma (poster). Presented at the annual meeting of the International Society for Applied Respiratory Psychophysiology (ISARP), North Falmouth, MA, 10/13-15/97



116. Laumbach, R., Lehrer P.M., Carr, R.E. Physiological response to abdominal vs thoracic breathing in normal human subjects (poster). Presented at the annual meeting of ISARP., North Falmouth, MA, 10/13-15/97.
117. Lehrer, P.M. Biofeedback for respiratory sinus arrhythmia: a promising approach to improving autonomic homeostasis (workshop). Presented at the annual meeting of ISARP., North Falmouth, MA, 10/13-15/97.
118. Lehrer, P.M., Hochron, S.M., Porges, S. Cardiac slow (Traub-Herring-Mayer) waves among panic disorder and asthma patients (poster). Presented at the annual meeting of the Society for Psychophysiological Research, North Falmouth, MA, 10/15-19/97.
119. Lehrer, P.M., Giardino, N, Porges, S., Hochron, S., Sonsalla, P., Feldman, J. A comparison of finger plethysmograph to EKG in the spectral analysis of heart rate variability (poster). Presented at the annual meeting of the Society for Psychophysiological Research, North Falmouth, MA, 10/15-19/97.
120. Feldman, J.M., Lehrer, P.M., Carr, R.E., Hochron, S.M. Defensiveness in stress-induced asthma (poster). Presented at the annual meeting of the Society for Psychophysiological Research, North Falmouth, MA, 10/15-19/97.
121. Lehrer, P.M. Biofeedback for respiratory sinus arrhythmia: A promising approach to improving autonomic homeostasis (Workshop). Presented at the annual meeting of the Association for Applied Psychophysiology and Biofeedback (AAPB), Orlando, FL., 3/31- 4/5/98
122. Lehrer, P.M. & Feldman, J. Asthma and Defensiveness: In symposium: Psychological Factors in Maintenance and Treatment of Asthma. Presented at the annual meeting of the AAPB, Orlando, FL., 3/31-4/5/98.
123. Lehrer, P.M. Cardiac Slow Waves in Applied Psychophysiology. Presented at the annual meeting of the AAPB, Orlando, FL., 3/31-4/5/98.
124. Giardino, N & Lehrer, P.M. A comparison of finger plethysmograph to ECG in the measurement of heart rate variability (poster). Presented at the annual meeting of the AAPB, Orlando, FL., 3/31-4/5/98.
125. Feldman, J., Lehrer, P.M., Carr, R.E. & Hochron, S. The relationship between alexithymia factor scores and asthma severity (poster). Presented at the annual meeting of the AAPB, Orlando, FL., 3/31-4/5/98.
126. Lehrer, P.M. Symposium Discussant: Symposium on Use of Biofeedback and Psychophysiological Assessment in Understanding and Treating the Anxiety Disorders. Presented at the annual meeting of the AAPB, Orlando, FL., 3/31-4/5/98.
127. Lehrer, P.M. Workshop: Biofeedback for Respiratory Sinus Arrhythmia: A promising tool for improving cardiovascular homeostasis. Spring Meeting on Neurofeedback, Palm Springs, CA, 2/4-9/99.
128. Feldman, J., Lehrer, P. Defensiveness in Stress-induced asthma, Society for Behavioral Medicine, San Diego, CA, March 3-6, 1999.
129. Feldman, J., Lehrer, P. The relationship between alexithymia factor scores and asthma severity, Society for Behavioral Medicine, San Diego, CA, March 3-6, 1999.
130. Lehrer, P.M. Invited discussant: seminar on psychological and psychiatric factors in asthma. Annual meeting of the American Psychosomatic Society, Vancouver, VC, March 17-20, 1999.
131. Giardino, N, Fiedler, N, Lehrer, P., Kelly-McNeil, K, Kipen, H Effects of Chemical and Psychological Stress on Persian Gulf War Veterans with Chronic Fatigue Syndrome, Annual meeting of the American Psychosomatic Society, Vancouver, VC, March 17-20, 1999.
132. Giardino, N, Lehrer, P., Hochron, S. The Effect of Respiration on Heart Rate Variability in Asthma and Panic Disorder, Annual meeting of the American Psychosomatic Society, Vancouver, BC, Canada, March 17-20, 1999.
133. Feldman, J., Lehrer, P.M., Defensiveness in stress-induced Asthma. Society for Behavioral Medicine, Nashville, TN, April 5-8, 1999.
134. Feldman, J., Lehrer, P.M. The relationship between alexithymia factor scores and asthma severity. Society for Behavioral Medicine, Nashville, TN, April 5-8, 1999.

135. Lehrer, P.M., Vaschillo, E., Gevirtz, R., Garber, A Workshop: Heart Rate Breathing Biofeedback, Resonance, and Heart Rate Variability (RSA Biofeedback): Psychophysiology and Clinical Application. 30th Annual Meeting of the Association for Applied Psychophysiology and Biofeedback, Vancouver, BC, Canada, April 8-12, 1999.
136. Lehrer, P.M. Workshop: Biofeedback for Respiratory Sinus Arrhythmia and Advanced Workshop in Progressive Relaxation, 30th Annual meeting of the Association for Applied Psychophysiology and Biofeedback, Vancouver, BC, Canada, April 8-12,1999.
137. Giardino, N, Lehrer, P.M. Respiratory sinus Arrhythmia Biofeedback in an Adult Patient with Asthma. In symposium on Clinical Effective Psychophysiological Treatments in Primary Care, 30th Annual meeting of the Association for Applied Psychophysiology and Biofeedback, Vancouver, BC, April 8-12, 1999.
138. Lehrer, P.M., Sasaki, Y, Saito, Y Cardiac Oscillation, Resonance, and Homeostasis: Observations on Heart Rate Variability Among Zen Monks During Practice of Zazen. In symposium on Heart rate breathing biofeedback, resonance, and heart rate variability (RSA biofeedback): psychophysiology and clinical application, 30<sup>th</sup> Annual meeting of the Association for Applied Psychophysiology and Biofeedback, Vancouver, BC, April 8-12, 1999
139. Kipen, H, Giardino, N, Lehrer, P., Kelly-McNeil, K, Ottenweller, J., Natelson, B, fiedler, N Diesel Exposure, Psychological Stress, and Gulf War Illness. Paper presented at A Conference on Federally Sponsored Gulf War Veterans Illness Research, Arlington, VA, June 23-25, 1999.
140. Lehrer, P. Biofeedback for respiratory sinus arrhythmia and tanden breathing among zen monks: studies in cardiovascular resonance. Invited Conference on Respiration and Emotion, Waseda University, Tokyo, Japan, July, 1999.
141. Feldman, J.M, Lehrer, P.M., & Hochron S.M. (2000). *Defensiveness as a predictor of emotionally-triggered asthma*. Poster presented at the 58<sup>th</sup> Annual Meeting of the American Psychosomatic Society, March 1-4, 2000, Savannah, GA.
142. Lehrer, P.M. Lehrer, P.M., Gevirtz, R., Vaschillo, E. *Cardiovascular Resonant Frequency Biofeedback*. Workshop presented at the annual meeting of the Association for Applied Psychophysiology and Biofeedback, Denver, CO, March 29, 2000.
143. Lehrer, P.M. *Advanced Workshop on Progressive Relaxation*. Workshop presented at the annual meeting of the Association for Applied Psychophysiology and Biofeedback, Denver, CO, March 30, 2000.
144. Lehrer, P.M., Vaschillo, E. Biofeedback for respiratory sinus arrhythmia. Biofeedback Society of Pennsylvania (Philadelphia), October 16, 1999; repeated for the District of Columbia Biofeedback Society, Washington DC, April 8, 2000
145. Siddique, M.I., Feldman, J., Roy, A., Kominsky, B., Jahn, E.G., Morales, E., Lehrer, P.M. The relationship between psychopathology and asthma morbidity among patients in an inner-city asthma program. Poster presented at the 96<sup>th</sup> Annual Meeting of the American Thoracic Society, Toronto, ON, May, 2000
146. Lehrer, P.M. Biofeedback, Muscle Relaxation Therapy, and Behavior therapy Workshops and Lectures. Chang Gung Memorial Hospital and Medical School, Department of Psychiatry, Kaohsiung, Taiwan, May 18-22, 2000.
147. Lehrer, P.M. Psychological effects on asthma and pulmonary function. Chang Gung Memorial Hospital and Medical School, Department of Pulmonary Medicine, Kaohsiung, Taiwan, May 23, 2000.
148. Lehrer, P.M. A new biofeedback approach to stress management. Chang Gung Memorial Hospital and Medical School, Department of Psychiatry, Linkuo, Taiwan, May 24, 2000. Repeated at the Hong Kong Polytechnic, May 29, 2000.
149. Lehrer, P.M. Progressive muscle relaxation and biofeedback therapies. Shanghai International Psychotherapy Symposium, XuHui Mental Health Center, May 30, 2000.
150. Lehrer, P.M., Vaschillo, E. Resonant frequency heart rate variability biofeedback for treating a patient with asthma. Annual meeting of the Association for Applied Psychophysiology and Biofeedback, Durham, NC, March 28- April 1, 2001

151. Lehrer, P. President-Elect address, Presented at the annual meeting of the Association for Applied Psychophysiology and Biofeedback, Las Vegas, March 19-24, 2002.
152. Evgeny Vaschillo, Paul Lehrer, Naphtali Rishe , Mikhail Konstantinov : Heart Rate Variability Biofeedback as a Method for Assessing Baroreflex Function: A Preliminary Study of Resonance in the Cardiovascular System. Poster presented at the annual meeting of the Association for Applied Psychophysiology and Biofeedback, Las Vegas, March 19-24, 2002
153. Kranitz, L., Vaschillo, E., Lehrer, P., Lu, S., Eckberg, ,D. Kuusela, T. RSA Biofeedback Provides Information About Cardiovascular System Resonance. Poster presented at the annual meeting of the Association for Applied Psychophysiology and Biofeedback, Las Vegas, March 19-24, 2002.
154. Lehrer, P.M., Vaschillo, E., Gevirtz, R. Workshop on resonant frequency heart rate biofeedback. Association for Applied Psychophysiology and Biofeedback, Las Vegas, March 19-24, 2002.
155. Lehrer, P. Respiration, Resonance, and Reactivity: Psychological Approaches to Homeostasis in Asthma and Panic Disorder. Paper presented at the annual meeting of the American Thoracic Society, Atlanta, May 19-22, 2002.
156. Lehrer, P. Heart rate variability biofeedback: A new tool for improving autonomic homeostasis and treating emotional and psychosomatic diseases. Invited address presented at the annual meeting of the Biofeedback Society of Japan, Fukuoka, Japan, June 14-15, 2002.
157. Heart rate variability biofeedback. Workshop presented at the annual meeting of the Society For Neuronal Regulation, Phoenix, AZ, September 13, 2002.
158. Lehrer, P.M., Gevirtz, R. Workshop on applied respiratory psychophysiology, Washington, D.C., Septmber 28, 2002.
159. Lehrer, P.M., Gevirtz, R. Workshop on resonant frequency heart rate biofeedback. Association for Applied Psychophysiology and Biofeedback, Washington, DC, September 29, 2002
160. Feldman, J.M, Lehrer, P.M., Borson, S., & Hallstrand, T. The impact of panic disorder on asthma. Paper delivered at the annual meeting of the International Society for Applied Respiratory Psychophysiology, Washington, DC, September 30-October 2, 2002.
161. Lehrer, P.M., & Vaschillo, E. Resonance in the baroreflex system assessed by biofeedback Paper delivered at the annual meeting of the International Society for Applied Respiratory Psychophysiology, Washington, DC, September 30-October 2, 2002.
162. Lehrer, P.M., Vaschillo, E., Lu, S.-E., Vaschillo, B., Scardella, A., Siddique, M., Eckberg, D. Neuroplasticity of the baroreflex demonstrated by biofeedback training to increase heart rate variability amplitude. Paper delivered at the annual meeting of the Society for Psychophysiological Research, Washington, DC, October 2 - 6, 2002.
163. Lehrer, P. Applied Psychophysiology: Beyond the Bounds of Biofeedback. Presidential address, Annual meeting of the Association for Applied Psychophysiology and Biofeedback, March 30, 2003, Jacksonville, FL.
164. Lehrer, P.M., Vaschillo, E., Vaschillo,B., Scardella, A., Lu, S.E., Siddique, M., Habib, R. Heart rate variability biofeedback as a treatment for asthma. Paper presented at the annual meeting of the American Thoracic Society, Seattle,WA, May 17-19, 2003.
165. Lehrer, P.M. Biofeedback training to increase heart rate variability. Symposium presentation, American Psychological Association, Toronto, ONT, Canada, August 7-10,. 2003.
166. Lehrer, P. & Gevirtz, R. Heart Rate Variability Biofeedback: Using Respiration and Resonance to Influence Baroreflex Gain and Treat Asthma. International Society for Advancement of Respiratory Psychophysiology, September 22, 2003, Leuven, Belgium.
167. Lehrer, P. A Nondrug (Biofeedback) Treatment for Asthma. International Society for Advancement of Respiratory Psychophysiology, September 23, 2003, Leuven, Belgium.
168. Lehrer, P.M. Heart rate variability biofeedback. Workshop presented at the International Society for Advancement of Respiratory Psychophysiology, Leuven, Belgium, September 22, 2003; repeated for the Northeast Regional Biofeedback Society and the Association for Applied

- Psychophysiology and Biofeedback, New Brunswick, NJ , January 10, 2004 and for the New England Biofeedback Society June 19,2004.
169. Lehrer, P.M. A new nonpharmacological intervention heart rate variability biofeedback: effects on respiratory and autonomic function, and asthma. Keynote address, New Jersey Thoracic Society, June 4, 2004.
  170. Lehrer, P., Karavidas, M., & Kranitz, L. A psychological treatment program for patients with comorbid asthma and panic disorder. Paper presented at the annual meeting of the International Society for Advancement of Respiratory Psychophysiology, Princeton, NJ, October 17-19, 2004.
  171. Hassett, A., Radvanski, D., & Lehrer, P. Heart rate variability biofeedback as a treatment for fibromyalgia. Paper presented at the annual meeting of the International Society for Advancement of Respiratory Psychophysiology, Princeton, NJ, October 17-19, 2004.
  172. Karavidas, M., & Lehrer, P. A pilot study of heart rate variability (HRV) Biofeedback as a treatment for major depression. Paper presented at the annual meeting of the International Society for Advancement of Respiratory Psychophysiology, Princeton, NJ, October 17-19, 2004.
  173. Kranitz, L., & Lehrer, P. The Asthma Symptom Profile: Additional reliability and validity analyses of a psychophysical scale for rating intensity and unpleasantness of asthma symptoms. Paper presented at the annual meeting of the International Society for Advancement of Respiratory Psychophysiology, Princeton, NJ, October 17-19, 2004.
  174. Moss, D., Sella, G. E., Andrasik, F., Donaldson, S., Lehrer, P., Palsson, O., Peper, E., & Serman, M. B. (2004, December). *Medycyna umysłu i ciała, biofeedback oraz powszednie problemy zdrowotne. Mind-body medicine, biofeedback, and common health disorders.* Presentation to the International Symposium of Neuro-Logotherapy In Centenary of Viktor Frankl's Birth, Neuro-Psychosomatika (Mind-Body Medicine Division), Catholic University, Lublin, Poland.
  175. Lehrer, P., & Karavidas, M. (2005). Interim Analysis in a Pilot Study of a Heart rate variability biofeedback for Depression and Fibromyalgia. Poster presented at the meeting of the Biofeedback Foundation of Europe, Hasselt, Belgium, February 24.
  176. Lehrer, P., & Gevirtz, R. (2005) Workshop presented at the meeting of the Biofeedback Foundation of Europe (2 days), Hasselt, Belgium, February 25-26, 2005; and at the annual meeting of the Association for Applied Psychophysiology and Biofeedback, Austin, TX, March 30, 2005.
  177. Lehrer, P. (2005). Psychoeducational treatment for comorbid asthma and panic disorder. Poster presented at the annual meeting of the American Psychosomatic Society, March 3-6, Vancouver, B.C., Canada.
  178. Lehrer, P. (2005). Heart Rate variability biofeedback and relaxation therapies as treatments for asthma. Paper presented at the annual meeting of the American Psychosomatic Society, March 3-6, Vancouver, B.C., Canada.
  179. Lehrer, Paul (2005). Respiration, relaxation, and resonance: a re-evaluation of research. Distinguished Scientist lecture, presented at the annual meeting of the Association for Applied Psychophysiology and Biofeedback, Austin, TX, April 2.
  180. Andreoli, T.M., Karavidas, M., Malinosky, I., Lehrer, P.M., Hyer, L. (2005) Pilot study of Heart Rate Variability (HRV) biofeedback in the treatment of depression in the older adult population. Presented at the annual meeting of the American Psychological Association, Washington DC, August, 2005
  181. Lehrer, P.M., & Feldman, J. Psychological treatment of comorbid asthma and panic disorder. Workshop presented at the annual meeting of the International Society for Advancement of Respiratory Psychophysiology, Hamburg, Germany, September 14-16, 2005
  182. Karavidas, M., Lehrer, P., Vaschillo, E., & Vaschillo, B. Preliminary results of an uncontrolled 10-week heart rate variability biofeedback treatment of major depressive disorder. Poster presented at the annual meeting of the International Society for Advancement of Respiratory Psychophysiology, Hamburg, Germany, September 14-16, 2005
  183. Vaschillo, E., Vaschillo, B., Bates, M.E., Lehrer, P., Pandina, R., Ray, S., & Udo, T. Heart rate resonance features do not depend on respiration. Poster presented at the annual meeting of

- the International Society for Advancement of Respiratory Psychophysiology, Hamburg, Germany, September 14-16, 2005
184. Lehrer, P., Vaschillo, E., Lu, S-E, Eckberg, D. Vaschillo, B., Scardella, A., & Habib, R. Heart rate variability biofeedback: effects of age on heart rate variability, baroreflex gain, and asthma. Poster presented at the annual meeting of the International Society for Advancement of Respiratory Psychophysiology, Hamburg, Germany, September 14-16, 2005
  185. Lehrer, P. 5 R=s: Respiration, Relaxation and Resonance: a Re-evaluation of Research Invited address, Northeast Regional Biofeedback Society, Piscataway, NJ, October 23, 2005
  186. Workshop: Biofeedback Training to Increase Heart Rate Variability Biofeedback: A New Method and Simple Stress Management Technique, New Jersey Psychological Association, October 29, 2005, Woodbridge, NJ.
  187. Andreoli, T., Malinovsky, I., Lehrer, P., Hyer, L., & Karavidas, M. Heart rate variability (HRV) biofeedback in the treatment of depression in the older adult population. Paper presented at the annual meeting of the Gerontological Society of America, November 19-21, 2005, Orlando, FL.
  188. Arnold, Erin C., Karavidas, Maria, Malinovsky, Igor, & Lehrer, Paul M. Heart Rate Variability Biofeedback: Mood State Changes in Treating MDD. Poster presented at the annual meeting of the Association for Applied Psychophysiology and Biofeedback, Portland, OR., April 5-9, 2006.
  189. Vaschillo, E., Bates, M.E., Lehrer, P., Pandina, R. Resonant properties of the body=s functional systems and biofeedback. Poster presented at the annual meeting of the Association for Applied Psychophysiology and Biofeedback, Portland, OR., April 5-9, 2006.
  190. Reineke, A., Gevirtz, R., Mussgay, L., Dimsdale, J., & Lehrer, P. Effects of heart rate variability feedback in reducing blood pressure. Poster presented at the annual meeting of the Association for Applied Psychophysiology and Biofeedback, Portland, OR., April 5-9, 2006.
  191. Gevirtz, R., & Lehrer, P. Heart rate variability biofeedback. Workshop presented at the annual meeting of the Association for Applied Psychophysiology and Biofeedback, Portland, OR., April 5-9, 2006.
  192. Lehrer, P. Autogenic training as a stress management technique. Invited paper presented at the International Congress of Psychotherapy, Tokyo, Japan, August 27 B. September 1
  193. Lehrer, P. Varieties of Progressive Muscle Relaxation and their Uses. Japanese Autogenic Training Society, Tokyo, August 27, 2006.
  194. Lehrer, P. Respiration, resonance, resilience, religion, and self-regulation. Presidential address. International Society for Applied Respiratory Psychophysiology, Newport, RI , October 21-23, 2006
  195. Karavidas, M, Lehrer, P.M., Vaschillo, E., Vaschillo, B, Lu, S-E, Karavidas, P., Cheng, A. The use of physiological measurement in the assessment of flight task difficulty under simulated conditions. Paper presented at the annual meeting of the Society for Psychophysiological Research, Vancouver, BC October 25-29, 2006
  196. Lehrer, P.M. Autogenic training: International applications and research. Symposium organizer, chair, and discussant. Association for Applied Psychophysiology and Biofeedback, Monterey, CA, Feb 13-18, 2007
  197. Vaschillo, E., Vaschillo B., Bates, M., Lehrer, P., France, C., & Trost, Z. Rhythmical muscle tension mimics heart rate variability biofeedback. Association for Applied Psychophysiology and Biofeedback, Monterey, CA, Feb 13-18, 2007
  198. Karavidas, M., Lehrer, P., Vaschillo, E., Vaschillo, B. Prevalence of in-flight hyperventilation among commercial pilots. Presented at International Society for the Advancement of Respiratory Psychophysiology (ISARP) Meeting 2006, Newport, RI, October 21-23. *Biological Psychology*.
  199. Vaschillo, E., Vaschillo, B., Bates, M.E., Lehrer, P., Udo, T., Ray, S., and Pandina, R. Heart Rate Parameters to Evaluate Alcohol Challenge and Placebo Effects. Presented at SPR. (Society for Psychophysiological Research) 46<sup>th</sup> annual meeting 2006. Vancouver, Canada. October 26-29, 2006. *Psychophysiology*, v. 43, 2006, suppl. 1, p. 101.
  200. Bates, M.E., Vaschillo, E., Vaschillo, B., Udo, T., Lehrer, P., Mun, E.Y. and Ray, S. (2007).

- Neurobiological regulatory mechanisms and diminished cognitive control.* Paper presented at the 3<sup>rd</sup> Annual NIAAA sponsored pre-conference workshop “Mechanisms of Behavior Change (MOBC) in Behavioral Treatment: Current knowledge and new perspectives,” at the Annual Meeting of The Research Society on Alcoholism, Chicago, IL., July 6.
201. Bates, M.E., Vaschillo, E., Vaschillo, B., Udo, T., Lehrer, P., and Ray, S. (2007). *Physiological Mechanisms that Support Behavioral Flexibility: Alcohol and Placebo Effects on Emotion Regulation.* Paper presented in NIAAA sponsored symposium “Social Neuroscience and Mechanisms of Behavior Change,” at the Annual Meeting of the Association of Psychological Science, May 26.
202. Vaschillo, E., Vaschillo, B., Bates, M.E., Lehrer, P., France, Ch., & Trost, Z. Rhythmical Muscle Tension Mimics Heart Rate Variability Biofeedback. Presented at the AAPB. 38th Annual Meeting, February 15-18, 2007.
203. Jan, B., Coyle, S., Macor, M., Oikawa, L., Lehrer, P., Calvano, S., Lowry, S. (2007). Influence of epinephrine infusion on endotoxin induced heart rate variability in healthy human volunteers. Paper presented at the annual meeting of the Shock Society, June. Abstract published in Shock 27 (Suppl. 1):74, abstract P157, 2007.
204. Lehrer, P., Karavidas, M., Oikawa, O., Coyle, S., Macor, M., Lu, S-E., Calvano, S., & Lowry, S. Heart Rate Variability (HRV) Biofeedback for In Vivo Endotoxin-induced Systemic Inflammatory response. Presented at the annual meeting of the Association for Applied Psychophysiology and Biofeedback, Daytona Beach, May 16,
205. Lehrer, P., Karavidas, M., Gara, M., Kotay, A., Liu, R., Cherkas, Y., & Escobar, J. Preliminary results of psychophysiological treatment for patients with multiple unexplained physical symptoms (MUPS). Presented at the annual meeting of the Association for Applied Psychophysiology and Biofeedback, Daytona Beach, May 16, 2008. **Designated as Citation Paper**
206. Lagos, L., Vaschillo, E., Vaschillo, B., Lehrer, P., Bates, M., & Pandina, R. Heart Rate Variability Biofeedback as a Strategy for Dealing with Competitive Anxiety: A Case Study Presented at the annual meeting of the Association for Applied Psychophysiology and Biofeedback, Daytona Beach, May 16, 2008.
207. Oikawa, L.O., Malinovsky, I., Kotay, A., Radvanski, D., Hassett, A., Adamson, C., Young, W., Kountz, D., Lin, K., & Lehrer, P.M. Heart Rate Variability Biofeedback for Autonomic Dysreflexia in Spinal Cord Injury (pilot study). Presented at the annual meeting of the Association for Applied Psychophysiology and Biofeedback, Daytona Beach, May 16, 2008.
208. Udo, T., Bates, M.E., Vaschillo, E., Vaschillo, B., Mun, E.Y., Lehrer, P., & Ray, S. Gender differences in the acute dampening effects of alcohol on emotional response. Presented at the annual meeting of the American Psychological Association, Boston, August 14-17, 2008.
209. Mun, E.Y., Von Eye, A., Bates, M., Vaschillo, E., Vaschillo, B., Udo, T., Ray, S., & Lehrer, P. Finding Groups Using Model-based Cluster Analysis: Heterogeneous Emotional Self-regulatory Processes and Heavy Alcohol Use Risk. Submitted to The Society for Research on Adolescence (SRA) 2008 Biennial Meeting. Chicago, March 6-9, 2008.
210. Ray, S., Bates, M.E., Vaschillo, E., Vaschillo, B., Lehrer, P., & Udo, T. Heart rate variability predicts explicit and implicit memory for negative emotional cues. Society for Research on Alcoholism, 2008, Washington, DC, June
211. Vaschillo, B., Vaschillo, E.G., Bates, M., & Lehrer, P.M. Double triphasic waveform heart rate response to strong stimuli. Society for Psychophysiological Research, 2008. Austin, TX, October 1-5, 2008.
212. Hassett, A., Radvanski, D.C., Sigal, L.H., Buyske, S., Schlesinger, N., Lehrer, P.M. Preliminary Results from a Randomized Controlled Trial of Heart Rate Variability Biofeedback in Fibromyalgia. Annual meeting of the American College of Rheumatology and Allied Rheumatology Health Professionals, San Francisco, October 2-29, 2008.
213. Feldman, J.M., Mayefsky, L., Shim, C., & Lehrer, P.M. Ethnic and gender differences in asthma-panic disorder comorbidity. Presented at the annual meeting of the Association for Advancement of Respiratory Psychophysiology, Ann Arbor, M.I., October 5-7, 2008
214. Karavidas, M., Lehrer, P., Gara, M., Kotay, A., Gonzalez-Restrepo, A., Diaz, A., Liu, R.,

- Cherkas, Y., Escobar, J. Preliminary Results of a Psychophysiological Treatment for Patients with Multiple Unexplained Physical Symptoms (MUPS) Presented at the annual meeting of the Association for Applied Psychophysiology and Biofeedback, San Diego, CA. April 22-25, 2010.
215. Drozd, B.L., Bates, M.E., Vaschillo, E.G., Vaschillo, B., Lehrer, P.M. Heart Rate Variability Biofeedback with Collegiate Student-athletes. Presented at the annual meeting of the Association for Applied Psychophysiology and Biofeedback, San Diego, CA. April 22-25, 2010.
216. Lehrer, P.M. & Gevirtz, R. Workshop on heart rate variability biofeedback. Presented at the annual meeting of the Association for Applied Psychophysiology and Biofeedback, San Diego, CA. April 22-25, 2010.
217. Sakakibara, M., Hayano, J., Oikawa, L., Karavidas, M., & Lehrer, P. HRV biofeedback improves cardiorespiratory resting function during sleep. Presented at the annual meeting of the Association for Applied Psychophysiology and Biofeedback, San Diego, CA. April 22-25, 2010.
218. Lehrer, P.M. Two-day invited workshop on the psychophysiology of stress and stress management, for the International Stress Management Association (Brazil), Sao Paulo, November 25-27, 2010.
219. Lehrer, P.M. Theory and research on Heart Rate Variability and Heart Rate Variability Biofeedback. Presented to the Biofeedback Society of Brazil, November 28, 2010.
220. Lehrer, P.M. Principles and Practice of Stress Management. Invited presentation to the American Society for Clinical Hypnosis, Las Vegas, NV, March 4-8, 2011.
221. Gevirtz, R., & Lehrer, P.M. Workshop on heart rate variability biofeedback. Presented at the annual meeting of the Association for Applied Psychophysiology and Biofeedback, New Orleans, LA. March 9-12, 2011.
222. Lehrer, P.M. Slow Breathing Methods and Biofeedback for Treating Asthma. Presented at the annual meeting of the Association for Applied Psychophysiology and Biofeedback, New Orleans, LA. March 9-12, 2011.
223. Sakakibara, M., Hayano, J., Oikawa, L., Katsamanis, M., & Lehrer, P. EEG biofeedback for treatment for anxiety disorders and depression: a review of the literature. Poster session presented at the annual meeting of the Association for Applied Psychophysiology and Biofeedback, New Orleans, LA. March 9-12, 2011.
224. Eddie, D., Udo, T., Vaschillo, E., Vaschillo, B., Lehrer, P., Bates, M. (August 2011). *Alcohol Expectancies, Cue Reactivity, and History of Substance Dependence*. Poster presented at the annual American Psychological Association conference - Div. 50 & NIAAA/NIDA Early Career Poster Session, & Patient Populations Poster Session, Washington D.C.
225. Eddie, D., Udo, T., Vaschillo, E., Vaschillo, B., Lehrer, P., Bates, M. (June 2011). *Alcohol Expectancies, Physiological Cue Reactivity, Subjective Arousal, & Treatment for Substance Dependence*. Poster presented at the Research Society on Alcoholism conference, Atlanta, GA. June 25-20, 2011.
226. Lehrer, P. *Update on heart rate variability biofeedback and current research on asthma*. International Society for Advancement of respiratory Psychophysiology, Athens, Greece, October 1-4, 2011
227. Lehrer, P., Buckman, J., Vaschillo, E., Vaschillo, B., Udo, T., Bates, M., Mun, E-Y. (March, 2012). *Dysfunctional breathing predicts negative emotion and substance abuse problems*. Oral paper presented at the annual meeting of the Association for Applied Psychophysiology and Biofeedback, Baltimore, MD. , March 7-10, 2012.
228. Lehrer, P., Wamboldt, F., (2012) *A two-center NIH-supported clinical trial: Heart rate*

- variability biofeedback: its role in asthma therapeutics*. Oral paper presented at the annual meeting of the Association for Applied Psychophysiology and Biofeedback, Baltimore, MD. , March 7-10, 2012.
229. Lehrer, P.M. & Gevirtz, R. *Workshop on heart rate variability biofeedback*. Presented at the annual meeting of the Association for Applied Psychophysiology and Biofeedback, Baltimore, M,D. March 7-10, 2012
230. Lehrer, P.M. *An Example of Interdisciplinary Collaboration: AAPB. and FABB.S.* Northeast Regional Biofeedback Society, Newark, NJ, April 22, 2012.
231. Lehrer, P.M. *Workshop on heart rate variability biofeedback*. Research Institute on Addictions, University at Buffalo, The State University of New York, September 12-13, 2012.
232. Lehrer, P., & Wamboldt, F. *A two-center NIH-supported clinical trial: Heart rate variability biofeedback: its role in asthma therapeutics*. Paper presented at the annual meeting of the International Society for Advancement of Respiratory Psychophysiology, Orlando, FL., September 29-30, 2012.
233. Lehrer, P. *Heart rate variability biofeedback*. Workshop for the Augusta, GA V.A. Medical Center and Fort Gordon clinical psychology interns, December 6-7, 2012
234. Vaene, A., Gevirtz, R., & Lehrer, P., *The Effects of Muscle Tension Rates and Attractive Picture Presentation Rates on Heart Rate Variability*. Annual meeting of the Association for Applied Psychophysiology and Biofeedback, Portland, OR., March 13-16, 2013.
235. Breach, N., Katsamanis, M., & Lehrer, P. *Heart rate variability biofeedback in the treatment of major depression*. Annual meeting of the Association for Applied Psychophysiology and Biofeedback, Portland, OR., March 13-16, 2013
236. Lehrer, P. *Emotional factors in asthma*. In symposium: Applied psychophysiology of asthma: emotions, placebos, and airway response. Annual meeting of the Association for Applied Psychophysiology and Biofeedback, Portland, OR., March 13-16, 2013
237. Eddie, D., Kim, C., Lehrer, P., Bates, M., & Lehrer, P. *Brief heart rate variability biofeedback for substance use disorders*. Annual meeting of the Association for Applied Psychophysiology and Biofeedback, Portland, OR., March 13-16, 2013
238. Lehrer, P., & Eddie, D. *Dynamic processes in regulation and some implications for biofeedback and biobehavioral interventions*. Annual meeting of the Association for Applied Psychophysiology and Biofeedback, Portland, OR., March 13-16, 2013
239. Hamza, S., Aviles,M., Karavidas, M., Wamboldt, F., & Lehrer, P. *Asthma quality of life data analysis*. Annual meeting of the Association for Applied Psychophysiology and Biofeedback, Portland, OR., March 13-16, 2013
240. Aviles, M., Karavidas, M., Wamboldt, F., & Lehrer, P. *Pulmonary function changes in a study of heart rate variability biofeedback for asthma*. Annual meeting of the Association for Applied Psychophysiology and Biofeedback, Portland, OR., March 13-16, 2013 CITATION PAPER
241. Lehrer, P., Gevirtz, R. *Heart Rate Variability Biofeedback: How to do it, why it works, and for what*. Workshop at Annual meeting of the Association for Applied Psychophysiology



and Biofeedback, Portland, OR., March 13-16, 2013

242. Lehrer, P. *Jacobson's method of progressive relaxation*. Workshop at Annual meeting of the Association for Applied Psychophysiology and Biofeedback, Portland, OR., March 13-16, 2013
243. Liu, R. & Lehrer, P. *How we perceive asthma: Comparing subjective self- observation ((The Asthma Control Test and the Asthma Symptom Diary) to Peak Flow Variability*. Paper presented at the annual meeting of the American Thoracic Society, May 19, 2013, Philadelphia, PA.

### **Academic Committees:**

1. RWJohnson Medical School, Committee of Review, 1996-99.
2. Alternative Medicine Committee, RWJ-UH, 1995-.
3. Executive Committee, Department of Psychiatry, 1994-98.
4. Short Term Therapy Committee, UBHC, 1988-1996
5. Admissions Committee, RWJ.M.S., 1988-91.
6. Search Committee for director of Psychology internship, RWJ.M.S., 1987-88 (Chair).
7. Research Forum Committee, 1984-86.
8. Colloquium Committee, Department of Psychiatry, 1983-1985.
9. Curriculum Committee, Department of Psychiatry, 1981-1982.
10. Research Committee, Department of Psychiatry, 1979-81, 1986-1987, 1994-
11. Training Committee, Psychology Committee, Program Committee, Community Mental Health Center at Piscataway, 1973-79. Chairman, 1975-1977.
12. Rules of Procedure Committee (1974-75). Curriculum Committee (1973-74, 1975-77), Graduate School of Applied and Professional Psychology (GSAPP), Rutgers the State University. Member, Organizing Committee to establish and design GSAPP.
13. Advisory Board, UMDNJ Center for Inflammatory Bowel Disease. 1999-
14. UMDNJ Center for Complementary and Alternative Medicine, organizing committee, 2000-2001
15. Residency Training Committee, Psychiatry, RWJ.M.S., 2001- present
16. Advisory Board, Center for War Related Illnesses, VA Hospital, East Orange, NJ and UMDNJ B. New Jersey Medical School 2002-2009
17. Psychology internship committee, Dept of Psychiatry UMDNJ-RWJ.M.S. 1972 – present
18. Chairman search committee, Dept of Psychiatry, UMDNJ-RWJ.M.S., 2009-2010.
19. Research Committee, UMDNJ-RWJ.M.S., 2008- present
20. Chairmans' advisory committee, Dept of Psychiatry, UMDNJ-RWJ.M.S., 2007- present
21. Research Committee, Dept of Psychiatry, 2009- present

### **Community Activities:**

1. Member, Advisory Board, Princeton Child Development Institute, 1972-80.
2. Member, Health Advisory Board, Middlesex County Economic Opportunities Corp., 1976-77.
3. Co-chairman, Rutgers Committee on Black/Jewish Relations, 1979-80.
4. Chairman, Rutgers Hillel Faculty Group, 1981-83.
5. Member, Board of Trustees, Cong. B'nai Tikvah, North Brunswick, 1986-91.
6. Member, Board of Trustees, SERV Behavioral Health Systems, Inc., a nonprofit corporation devoted to developing transitional living facilities and psychosocial and vocational programs for psychiatric patients in New Jersey, 1975-. First Vice President, 1979-88. President, 1988-91. Also member of the board of trustees of subsidiary company, SERV Centers of New Jersey