Biofeedback:
Cross-Cultural Counseling Modality
for Emotional Regulation & Wellness

Heart-Rhythm Patterns

Incoherence:
Frustration, Anxiety, Worry, Irritation

Impairs Performance (Incoherence)

Coherence:
Positive Emotions, Appreciation, Love, Care

Promotes Optimal Performance (Coherence)

Students identified as ‘High Risk’
3-5% (Few)
- Intensive
- Guided by frequent progress monitoring
- Individualized
- Student-Centered
- Targeted
- Customized function-based interventions

Students identified as ‘At-Risk’
5-15% (Some)
- Moderately Intensive
- Guided by progress monitoring
- Specialized Group/Individual Support
- Based on need
- Supplemental
- Targeted function-based interventions

Students identified as ‘High Risk’
3-5% (Few)
- Behavioral Discipline Referral
  - TRU (School)
  - My Plan

Students identified as ‘At-Risk’
5-15% (Some)
- Small Groups
  - WISE (Academic)
  - ACES (Trauma)
  - STAI (Anxiety)

All Students, All Settings
80-90% (All)
- Consistent Approach to Discipline
- Preventative/Proactive & Systematic
- Data-Based Decision-Making
- Research/Evidence-based Interventions
- Positive Behavioral Expectations
  - Explicitly taught & reinforced

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