

Curriculum Vitae

Cynthia R. Kerson, 2(PhD), QEEGD, BCN, BCB, BCB-HRV

5101 Dry Creek Road

Napa, CA 94558

(415) 515-3243

cynthakerson@gmail.com

Education:

Saybrook University PhD in Mind Body Medicine	2016-2018
University of Natural Medicine PhD in Clinical Psychophysiology	2003 – 2008
Sonoma State University MA in Humanistic Psychology	2001 – 2003
American School of Professional Psychology	1999 - 2001
Sonoma State University BA Humanistic Psychology	1996 – 1999
San Francisco State University	1979 – 1981
Nassau Community College	1977 - 1978

Employment History:

2015-Present	Founder, CEO and director, APed (Applied Psychophysiology Education)
2017-Present	Professor, Saybrook University
2012–2017	Adjunct Professor, Saybrook University
2011-2015	Director of Education, Brain Science International
2000-Present	Clinical Director, Marin Biofeedback, San Rafael, CA

2009-2014	Executive Director, ISNR Research Foundation
2006–2011	Executive Director, International Society for Neurofeedback and Research
2004–2008	Executive Director, Biofeedback Society of California
1997–2000	Biofeedback Therapist, San Rafael, CA.
1985-1996	Founder and President, East West Button and Supply, San Francisco, CA, & Hong Kong

Current Professional Activities:

Board member: Saybrook University IRB
 Board member: Behavioral Medicine Research and Training Foundation
 Neurofeedback Mentor – Biofeedback Certification International Alliance
 Biofeedback Mentor – Biofeedback Certification International Alliance
 Heart Rate Variability Biofeedback Mentor – Biofeedback Certification International Alliance
 QEEG Mentor – QEEG Certification Board

Professional Memberships:

Western Association for Biofeedback and Neuroscience (formerly Biofeedback Society of California)
 Association for Applied Psychophysiology and Biofeedback

Certifications:

Associate Fellow (BCB) – Traditional Biofeedback	Biofeedback Certification International Alliance
Associate Fellow (BCN) – EEG Biofeedback	Biofeedback Certification International Alliance
BCB-HRV – Heart Rate Variability Biofeedback	Biofeedback Certification International Alliance
QEEGD Diplomate	QEEG Certification Board

Publications:

Martins-Mourao, A & **Kerson, C.** (Eds.) (2016). *Alpha theta training in the 21st century: A handbook for clinicians and researchers*. A FNRR Publication, Murfreesboro, TN, USA

Kerson, C. (2016) *Neurofeedback as a Treatment for Anxiety in Adolescents and Young Adults*. Chapter in: T.F. Collura & J.A. Frederick (Eds.) *Handbook of Clinical QEEG and Neurotherapy*. New York: Routledge / Taylor & Francis

Kerson, C. (2014). Professional issues: The foundations supporting biofeedback and neurofeedback: Why collaborative research? (Interview with David Trudeau). *Biofeedback*(42)1

Kerson, C. (2014). Professional issues: The foundations supporting biofeedback and neurofeedback: II. FERB supports research in biofeedback (interview with Paul Lehrer). *Biofeedback*(42)2 42-46

Arnold, GL, Lofthouse, N., McBurnett, K., Hirshberg, L., deBeus, R., Arns, M., Connors, K., **Kerson, C.**, Kraemer, H., Lubar, J., Monastra, V. (The Collaborative Neurofeedback Group) (2013). A proposed multi-site double-blind randomized clinical trial of neurofeedback for ADHD: Need, rationale and strategy. *Journal of Attentional Disorders*: 17(5):420-36

Linden, M., Neubrandner, J., **Kerson, C.**, Gunkelman, J. (2011). QEEG-guided neurofeedback: New brain-based subtype assessment and successful individualized treatment for autism. *Autism Science Digest*, Autism One: Fullerton, California

Sherlin, L., Arns, M., Lubar, J., Heinrich, h., **Kerson, C.**, Strehl, U., Sterman, M. B. (2011). Neurofeedback and basic learning theory: Implications for research and practice. *Journal of Neurotherapy*:15(4)

Cannon, R, **Kerson, C.**, Hampshire, A, Coleman L. Garner, CL. (2012). Pilot data assessing the functional integrity of the default network in adult ADHD with fMRI and sLORETA. *Journal of Neurotherapy*:16(2) 246-263

Cannon, R., **Kerson, C.**, Hampshire, A., (2011) sLORETA and fMRI detection of medial prefrontal default network anomalies in adult ADHD. *Journal of Neurotherapy*:15(3)

Kerson, C., Sherman, R, & Kozlowski, G. (2009). Alpha suppression and

symmetry training for generalized anxiety symptoms. *Journal of Neurotherapy*:3(3)

Kerson, C., Gunkelman, J., & Collura, T. (2008). Neurofeedback Using the Phenotype and Z-Score Modalities, *NeuroConnections*, July, San Rafael, CA; International Society for Neurofeedback and Research.

Kerson, C. (2005). In the comfort of their own home: A review of home training systems. *California Biofeedback*. Vol 21:1 Winter 2005

Kerson, C. (2004). The benefits of monitoring the galvanic skin response during Neurofeedback. *California Biofeedback*. Vol 20:1 Spring 2004

Kerson, C. (2003). *Neurofeedback for your child with learning disabilities*. Family News. April

Kerson, C. (1999). *Comparing neurofeedback, electrodermal activity and self-report; A study of psychological and physiological interactions*. Sonoma State University Master's Thesis

Kerson, C. (1999). *A study of behaviorism*. In Warmouth, A. (ED) Theories, Methods and Issues. Sonoma State University Press

Presentations:

January 2017 **Kerson, C.** Alpha Theta Training in the 21st Century. ANSA Conference. Sydney, Australia

November 21, 2015 **Kerson, C.** *Clinical and Research Approaches for ADHD*. ABBio conference, Puerto Allegre, Brazil

October 3, 2015 **Kerson, C.** *Exercise and the Brain*. Midwest Society for Behavioral Medicine and Biofeedback

March 14, 2015 **Kerson, C** (Moderator), Gunkelman, J., Scott, B. & Sokhadze, E. *Panel Discussion: Alpha theta training from the 1960s and beyond*

March 22, 2014 **Kerson, C** & Gilbert, C. *Integrating Neurofeedback and peripheral Biofeedback In the Same Treatment Plan*. Oral presentation at AAPB Conference, Savannah, GA

- May 26, 2012 Linden, M., Neubrandner, J. & **Kerson, C.** *QEEG-guided neurofeedback: A new brain based subtype assessment and successful individualized treatment for autism.* Oral presentation at Autism One Conference, Atlanta GA.
- September 17, 2011 **Kerson, C.**, Sherlin, L., Sokhadze, E., Cannon, R & Hubbard, D. (2010). *A Study comparing the brain function of healthy and ADHD adults during rest and Stroop task in EEG/ERP and fMRI.* Oral presentation at ISNR Annual Conference, Carefree, AZ
- September 28, 2010 **Kerson, C.**, Sherlin, L., Sokhadze, E., Cannon, R & Hubbard, D. (2010). *A Study comparing the brain function of healthy and ADHD adults during rest and Stroop task in EEG/ERP and fMRI.* Poster presentation at ISNR Annual Conference, Denver, CO
- June 24, 2009 **Kerson, C.** Biofeedback Society of California Southern Regional Meeting. Los Angeles, California. *Integrating Heart Rate Variability and Neurofeedback for Optimal Meditation Training.*
- November 4, 2008 **Kerson, C.** Biofeedback Society of California 34th Annual Meeting. Monterey, California *Running Your Practice Like a Business and Your Business Like a Practice*
- May 16, 2006 **Kerson, C.** Association for Applied Psychophysiology and Biofeedback Annual Meeting. Daytona Beach, FL. *A Crossover Comparison Study of Alpha Asymmetry Neurofeedback Training and Earlobe Thermal Biofeedback Training in the Treatment of Generalized Anxiety Behaviors With The Presentation Of Disregulated Frontal Alpha Brain Waves and High Scoring on the STAI (State Trait Anxiety Inventory).* Poster Presentation
- April 3, 2005 **Kerson, C.** Association for Applied Psychophysiology and Biofeedback Annual Meeting. Austin, Tx. *Comparing Neurofeedback, Electrodermal Activity and Self-Report: A Study in Psychological and Physiological Interactions.* Poster Presentation
- November 5, 2004 **Kerson, C.** Biofeedback Society of California Annual Conference. Burlingame, Ca. *Integrating neurofeedback and peripheral biofeedback in the same treatment plan.*

June 12, 2004 **Kerson C.** Northern Regional Meeting of the Biofeedback Society of California, San Francisco, CA: *The Essentials of the Galvanic Skin Response.*

August 15, 2001 **Kerson, C.** International Society of Neuronal Regulation. Scottsdale, AZ: *The Benefits of Measuring Basal Skin Response during Neurofeedback Training.*

Funding Awards

2014 – 2019 Co-Investigator: NIMH Clinical trials #NCT02251743. Double-Blind 2-Site Randomized Clinical trial of Neurofeedback for ADHD (ICAN Study)

2011-2013 fMRI and ERP Study. Co-funded by the ISNR Research Foundation and the Applied MRI Institute