

## Curriculum Vitae

# Cynthia R. Kerson, PhD, QEEGT, BCN, BCB,

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Cynthia Kerson, PhD, BCB, BCN is certified in both biofeedback and neurofeedback. She has trained with Katee Wynia, MA and Julian Isaacs, PhD. She completed her master's degree in humanistic psychology at Sonoma State University under the supervision of Eleanor Criswell, EdD in 2003. Her thesis is entitled *Comparing Neurofeedback, Electrodermal Activity and Self-Report: A Study in Psychological and Physiological Interactions*. She completed her PhD in applied psychophysiology at the University of Natural Medicine. Her dissertation involved anxiety and the presence of alpha dysregulation in the brain's frontal lobes. She specializes in neurofeedback training for learning disabilities, pain, depression and anxiety. Meditation and mind-body awareness are the focus for her comprehensive training techniques. Cynthia has appeared on Channel 7 News, the *Seeing Beyond* radio program, and the *In The Spirit of Healing* television talk show. Her work was featured in the San Francisco Chronicle and Alternative Medicine Magazine. She is the EEG specialist for the television program *MythBusters* having appeared or consulted for 4 of their episodes.

Cynthia is a mentor for the Biofeedback Certification Institute of America (BCIA) and is a member of the International Society for Neurofeedback and Research (ISNR) and Society for the Advancement of Brain Analysis (SABA). She served as the Executive Director of the Biofeedback Society of California 2004-2008 and is currently the Executive Director for ISNR.

### Education:

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:**

2011-Present	Director of Education, Brain Science International
2009-2012	Executive Director – ISNR Research Foundation
2006 – 2011	Executive Director, International Society for Neurofeedback and Research
2004 – 2008	Executive Director, Biofeedback Society of California
2000 - Present	Clinical Director, Marin Biofeedback, San Rafael, CA
1997 – 2000	Biofeedback Therapist, San Rafael, CA.
1985 - 1996	President and owner, East West Button and Supply, San Francisco, CA &, Hong Kong

**Current Professional Activities:**

President– Biofeedback Society of California  
 Finance and Internet Committees - Biofeedback Society of California  
 Mentor – Biofeedback Certification Institute of California

**Professional Memberships:**

International Society for Neurofeedback and Research  
 Biofeedback Society of California  
 Society for the Advancement of Brain Analysis

**Certifications:**

Associate Fellow – Traditional Biofeedback

Biofeedback Certification  
International Alliance

Associate Fellow – EEG Biofeedback

Biofeedback Certification  
International Alliance

QEEG Technologist

QEEG Certification Board

### **Publications:**

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., (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*. vol 13(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 Masters Thesis

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

### **Presentations:**

- May 26, 2012 Linden, M., Neubrandner, J. & Kerson, C. QEEG-guided neurofeedback: A new brain based subtype assessment and successful individualized treatment for autism
- 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 Biofeedback Society of California Southern Regional Meeting. Los Angeles, California. *Integrating Heart Rate Variability and Neurofeedback for Optimal Meditation Training.*
- November 4, 2008 Biofeedback Society of California 34<sup>th</sup> Annual Meeting. Monterey, California *Running Your Practice Like a Business and Your Business Like a Practice*
- May 16, 2006 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 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 Biofeedback Society of California Annual Conference. Burlingame, Ca. *Integrating neurofeedback and peripheral biofeedback in the same treatment plan.*
- June 12, 2004 Northern Regional Meeting of the Biofeedback Society of California, San Francisco, CA: *The Essentials of the Galvanic Skin Response.*
- August 15, 2001 International Society of Neuronal Regulation. Scottsdale, AZ: *The Benefits of Measuring Basal Skin Response during Neurofeedback Training.*