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## Healing the heart of humanity through the use of heart rhythm technology

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Technology has become an integral part of today's society influencing academic, emotional and psychosocial development and functioning (Subrahmanyam and Greenfield, (2008). As technology becomes more fluid in today's culture, there's a natural inclination to combine its use with traditional behavioral services to help measure emotional responses that govern resilience and societal coherence. Heart rate variability (HRV) analysis is an objective tangible measure of regulated emotional responding. HRV can be defined as the beat-by-beat variations of an individual's heart rate (Schwerdtfeger and FriedrichMai, 2009). Heart-rhythm-coherence feedback training, developed by The HeartMath Institute, is an easy to use innovative method designed to promote a psychophysiological resilient state that can be applied in diverse settings. The Heart-rhythm technology is designed to reduce stress, enhanced performance and emotional harmony. Through the use of positive emotion-focused coherence building interventions, a heart-brain communication is established leading to psychophysiological changes that increase a person's coherence baseline. Increased personal coherence is achieved as people learn to consistently self-regulate their emotions and attain a balanced inner frame of reference which allows for behavioral changes to form. According to research conducted by The HeartMath Institute, measurements of neuroendocrine and immune activity have been identified and are strongly correlated with a plethora of physiological responses that are representative of varying emotional states (McCraty, 2015). By utilizing a simple self-regulated tool and training program, individuals, health professionals and organizations have improved their ability to manage emotions and promote healthier adaptive patterns of behavior while concurrently reducing their stress and improving performance and productivity. The technology has been utilized worldwide in a multitude of diverse settings ranging from universities to help college students manage test anxiety (Ratanasiripong, 2012), to implementation with special weapons and tactics [SWAT]) officers to reduce work-related stress, improve reaction time and develop their resilience (Judith P Andersen J, Papazoglou, K Koskelainen M, et. al, 2015). To conclude, the Heart-rhythm-coherence feedback training is intended to promote physical, psychological and emotional stability (McCraty, 2003) which has global implications as it relates to environmental and social cohesion. The interactive session will describe the program's application and illustrate how the practical use of technology can facilitate greater awareness of the connection between our physiology, emotions, and behaviors.

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