
Spotlight on Saybrook University’s Doctoral and Masters Programs in Applied Psychophysiology and Changes in the Journal’s Administration

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Psychophysiology is best recognized as a basic research field. However, it has had an applied aspect nearly since its inception as a way to monitor people’s responses to stress and as a measure of optimal functioning in sports and other areas. More recently, the applied side of psychophysiology has grown to include instantaneous feedback of physiological levels and changes. This permits therapists and coaches to guide clients toward recognition of physiological levels so clients can gain control of physiological responses.

Despite the popularity of psychophysiological monitoring and feedback, there are few graduate-level training programs to help coaches, educators, clinicians, and others learn how to apply psychophysiological monitoring and training techniques effectively. In the year 2000, the Behavioral Medicine Research and Training Foundation set out to change this by offering distance-based courses in many areas of applied psychophysiology. The Foundation offers individual courses as well as a certificate in professional psychophysiology. Shortly after it began offering courses, the Foundation initiated a doctoral program in applied psychophysiology. It moved through several non-accredited institutions until it was finally adopted by Saybrook University in 2013. Saybrook is a regionally accredited university whose courses are mostly given via distance education, so they are available to students across the world. The Foundation supports Saybrook’s Department of Applied Psychophysiology through grants for student research, purchase of equipment, etc. The Department now has regionally accredited doctoral and master’s programs in several areas of applied psychophysiology including clinical and research specializations and sports performance psychology. In order to spotlight Saybrook’s support of psychophysiology, this issue of *Annals of Psychophysiology* includes several papers by graduates and students in Saybrook’s programs.

Readers of this issue may notice several changes in the Journal’s format. This is because the Journal is in a transition period from its being headquartered at Pakistan’s Advance Educational Institute and Research Center (AEIRC) to the Behavioral Medicine Research and Training Foundation – which is becoming the journal’s publisher - with continuing technical support by AEIRC. The current issue is a hybrid of the older style format and the new style which will be fully implemented in the issues published in 2025. Readers are urged to view the journal’s website www.annalsofpsychophysiology.org to see all the upcoming changes.

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