

# MEMORIAL

## Tribute to Dr. Evelyn I. Bird (1928–2020)

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The biofeedback community lost one of the earlier pioneers who developed integrated biofeedback stress management programs at the university level. Dr. Evelyn Bird, a professor in Human Kinetics at the University of Guelph in Ontario, Canada created the Stress

Management and High Performance Clinic in 1978. Her 12-session program amalgamated information and research she learned at early meetings and workshops of the Biofeedback Society of America (now the Association for Applied Psychophysiology and Biofeedback), the International Stress Management Association and the Canadian Sport Psychology Association, along with research and training in stress management and sport psychology. Later she returned and taught self-regulation skills at these associations. Her university teaching was impactful and included novel experiences, such as taking students up in a glider airplane while monitoring their physiology. Her group and individualized stress management programs greatly benefited from the respect and referrals from the university and local medical practitioners and were utilized by students, musicians, athletes, national teams, businesses, health agencies, and the community at large. Evelyn's legacy continues with the multifaceted program now expanding to online offerings for national and international groups seeking practical methods to self-regulate. Below are samples of her publications that illustrate how she was a pioneer in biofeedback-assisted stress management with a wide range of interests and service to the field.

### Music

Bird, E. I. (1984). Mental rehearsal for musicians: Theory, practice and research. *Journal of the International Society for the Study of Tension in Performance*, 1(2), 21–26.

Bird, E., & Saunders, S. (1984). The EMG overture die fledermaus [Video]. Electromyographic criteria for the mental rehearsal training of conductors. English Abstracts of the International Society for Music Education International Conference, London, p. 7.

Bird, E. I., & Wilson, V. E. (1988). The effects of physical practice upon psychophysiological response during mental rehearsal of novice conductors. *Journal of Mental Imagery*, 12(2), 5164.

### Sport

Bird, E. I. (1980). Current and future directions of biofeedback research. In P. Klavara & K. Whipper (Eds.), *Psychological and sociological factors in sport* (p. 47–53). University of Toronto.

Bird, E. I. (1987). Psychophysiological processes during rifle shooting. *International Journal of Sport Psychology*, 18, 9–18. (World champion rifle shooter—practiced with EEG.)

Bird, E. 1989. High flyer lowers tension. (International Aerobatic Pilot.) *The Royal Tribune*, p. 11.

### Clinic

Bird, E., & Martins, P. (1982). Activation and optimal performance in a computer game. In J. Whitehead (Ed.), *Proceedings of the Association for Applied Sports Psychology Annual Conference* (p. 14). Bedford College of Higher Education and the British Society of Sports Psychology.

Bird, E. I. (1980). Rehabilitation of an electrical burn patient using thermal biofeedback. *Biofeedback and Self-regulation*, 5(2), 283–287.

Bird, E. I., Wilson, V. E., & Blanchard, E. B. 1985. Characteristics of stress clinic attendees. *Biofeedback and Self-regulation*, 10(4), 343–348.



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