



The Biofeedback Federation of Europe (BFE), in partnership with Saybrook University and the Behavioral Medicine Research & Training Foundation, are proud to offer the

General Biofeedback Psychophysiological Assessment and Intervention Online Course

This course is an introduction to general biofeedback, and satisfies the requirements for the BCIA's General Biofeedback Course (50 CEUs).

All instruction in the course is provided by **Richard A. Sherman, PhD**. He is certified by BCIA, approved by BCIA to teach the general biofeedback certification course, and currently teaches A&P, Pelvic floor disorders, pain, and other courses. He is a professional psychophysiological with extensive training (his Ph.D. is in biology & psychology), has nearly 30 years of experience in the field, and has published over 130 books, chapters, and articles (mostly in peer reviewed journals). Dr. Sherman is Director of the psychophysiology doctoral specialization at Saybrook University and has held many positions within the Association for Applied Psychophysiology and Biofeedback including president.

Who should take this course: This course is targeted to teachers, coaches and licensed / certified clinicians such as psychologists, counselors, physical therapists, social workers, nurses, and physicians as well as to graduate students. Students learn by watching audiovisual lectures, reading assignments both from materials provided on the course web site and standard texts, watching movies which demonstrate equipment & key techniques, and interacting with their instructor via e-mail. They answer short essay questions after each lecture rather than taking exams. Previous students have found that this course takes between 45 and 95 hours of work to perform. Students start the course whenever they wish to within six months of the date of purchase and proceed at their convenience but the course must be completed in one year.

Learning objectives: The course provides sufficient material so participants will (a) know the psychophysiological bases for performing the recordings (b) what the common assessments and interventions are as well as how they work, (c) what the common associated interventions are, (d) how the recording devices work in a clinical setting, (d) how to perform an effective recording, and (e) how to perform effective psychophysiological assessments and interventions. This information is crucial to effectively adding these techniques to a clinician's practice.

The course meets all of the requirements for the Biofeedback Certification Institute of America's biofeedback certification course and is approved by them for this purpose. Please note that clinicians interested in being certified in biofeedback by the Biofeedback Certification Institute of America would have to be mentored in treating patients with biofeedback before they could take the certification exam.

DISCLAIMER: Completion of this continuing education course is strictly for educational / informational purposes and does not imply competency, proficiency, and/or experience. The course completion certificate is not a clinical certification nor a license to practice.

Format: Home study supported by e-mail chats after each unit is completed. The lecture portion of the course is presented through a series of audiovisual lectures profusely illustrated by power-point slides and movies. The course is accessed from the course web site. The audiovisual lectures are on power point slides. You will hear the instructor's voice while viewing the power point slides. The lectures are between 1 ½ and 2 ½ hours in length. Reading assignments parallel the lectures. After watching the lecture and reading the assigned supporting files, you will answer a brief series of short essay review. The answered questions are then e-mailed to the instructor. You and the instructor will discuss each unit via e-mail chat after your answers are assessed. There is no need to complete the discussion with the instructor before proceeding to the succeeding lecture & chapters. It is expected that all review questions will be answered correctly and completely by the student. Any questions answered incorrectly or incompletely must be discussed and/or corrected. You will have at least one real-time meeting with the instructor via a web based program, during which you will interact around your new skills.

Accessing course materials: All course materials are available on the course web site. When you purchase the course, you will be given instructions for accessing the course web site.

Breakdown of course content:

(each segment is 2-hours in duration, including interaction with the instructor)

1. Basic concepts and Credibility

2. Stress and disease - includes additional texts of heart rate biofeedback

3. Electricity, Muscles, and SEMG - includes additional text on muscles vs function

4. Development and nerves

5. Pain 1: Referred pain, EEG, and blood flow - includes additional text on biofeedback muscle assessment and review

6. Pain 2: Headache

7. Pain 3: Low back pain, trigger points

8. Recording 1: Equipment overview - includes additional text on effects of medication on biofeedback signals, and decisions on biofeedback equipment

9. Recording 2: SEMG

- 10. Recording 3: GSR, respiration, Heart Rate, Heart Rate Variability**
- 11. Recording 4: Temperature, and EEG**
- 12. Assessment 1: Interviews and tracking changes**
- 13. Assessment 2: Psychophysiological profiles** - includes additional text and movies on biofeedback psychophysiological profile table
- 14. Assessment 3: Low back pain and headaches** - includes additional text on biofeedback headache log, protocol and movies
- 15. Assessment 4: Phantom Pain & Pelvic floor** - includes additional movies
- 16. Assessment 5: Norms and habituation**
- 17. Associated techniques: Relaxation training, meditation, cognitive restructuring, etc.** - includes additional text on aches & pain exercise program, relaxation exercise, effect of exercise on mood, and focused breathing exercises.
- 18. Treatment 1: Techniques overview, model protocol** - includes additional text on biofeedback efficacy overview
- 19. Treatment 2: Muscle and blood flow related problems** - includes additional text on temporomandibular disorder (TMD) treatment review
- 20 Treatment 3 & 4: Pelvic floor interventions 1 and 2** - includes additional text on review of urinary incontinence (UI) treatment, protocol, handouts for men and women, and anorectal disorders.
- 21. Treatment 5 & 6: Anxiety, ADHD, hypertension, irritable bowel syndrome, Raynauds, addiction, etc.** - includes additional text on EEG vs placebo for ADHD, EEG with EEG review and biofeedback hypertension treatment review
- 22. Cases and tricks**
- 23. Ethics** - includes additional text on patient handouts and consent, and BVIA ethics
- 24. Decision Making & Conclusion**