InMindOut
Emotional Wellness Center, LLC

New Braunfels Location
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Welcome to the InMindOut Biofeedback Training Program,

Thank you for choosing InMindOut's program for your BCIA accredited 42 Hour didactic education. We provide the most up to date research in our course to ensure sufficient knowledge for passage of the BCIA exam and to support in obtaining board certification. By the conclusion of this course, the participants will be able to:

1. Explain the uses for Biofeedback training;
2. Describe the latest empirical Biofeedback research;
3. Demonstrate biofeedback techniques necessary to pass the BCIA exam;
4. List the definitions underlying Biofeedback training and research;
5. List the pioneer researchers in biofeedback and explain their findings;
6. Describe the history and progression of empirical Biofeedback research and training;
7. Explain the responsibility and competence practitioners must have when conducting Biofeedback trainings;
8. Define one's responsibility and liability in provision of Biofeedback services;
9. Explain the difference between experimental versus experimentally-validated Biofeedback treatments and how to explain this to prospective patients;
10. Identifying contraindications to Biofeedback treatment;
11. Describe ethical principles of one's primary profession and the challenges of complying with competing ethical guidelines;
12. Demonstrate competence in all aspects of Biofeedback services provided;
13. Explain why professionals must limit the scope of practice to areas of expertise and to services permitted by the relevant practice act;
14. Define active and passive volition and its relationship to Biofeedback training;
15. Explain psychophysiological reactions to stressful situations/events;
16. Describe psychosocial mediators of stress;
17. Explain how stress, coping, and illness relate to Biofeedback and mental and physical health;
18. List a variety of psychophysiological recordings in Biofeedback training results;
19. Describe the most commonly used Biofeedback modalities;
20. Identify common locations for electrodes when performing surface EMG, respiratory, temperature, skin conductance, and heart rate Biofeedback trainings;
21. Describe different research methodologies of significant influence on Biofeedback Training results;
22. Identify target muscles, typical electrode placements, SEMG treatment protocols, and their efficacy for the following conditions: tension-type headache, TMJD , posterior neck and upper back pain, lower back pain, and pain due to poor workplace ergonomics;
23. Explain how biofeedback training utilizes feedback and feed-forward;
24. Explain the concept of self-regulation and describe specific self-regulation skill;
25. Explain Autonomic Nervous System (ANS) applications that can be applied to Biofeedback training;
26. Describe the respiratory applications that are utilized in Biofeedback training;

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27. Demonstrate an array of intervention strategies that can be helpful in Biofeedback training;
28. Demonstrate effective use of biofeedback equipment and implementation of biofeedback labs;
29. Demonstrate how to use empirical evidence and assessment results to choose appropriate training methods for Biofeedback training;
30. Explain the relevance of baselines and how to establish them in Biofeedback sessions;
31. Describe how to structure Biofeedback sessions;
32. Demonstrate how to adjust program settings within Biofeedback software;
33. Explain how to utilize learning theories in Biofeedback interventions;
34. Demonstrate how to assess and create goals for Biofeedback training;
35. Describe how to track client symptom over the course of Biofeedback training sessions; and
36. Explain how to protect client privacy, rights, feelings, and sensitivities when attaching biofeedback sensors.