



BIOFEEDBACK

Skilled professionals utilize biofeedback assessment and training to treat many clinical disorders and enhance performance and quality of life. Association for Applied Psychophysiology and Biofeedback (AAPB) members promote diversity and inclusivity.

Biofeedback requires specialized training and knowledge of anatomy and physiology, instrumentation, and scientific evidence of treatment effectiveness. Many AAPB professionals gain this expertise through Biofeedback Certification International Alliance (BCIA) certification.

Physicians, chiropractors, nurses, physical therapists, occupational therapists, psychologists, counselors, social workers, and optimal performance coaches use biofeedback in their practice.

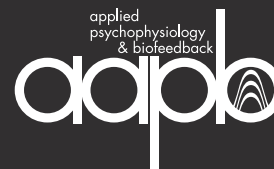
Your local BIOFEEDBACK practitioner is:



For information about AAPB members in your area contact:

Association for Applied Psychophysiology and Biofeedback

(303) 422-8436
 (800) 477-8892
 info@aapb.org

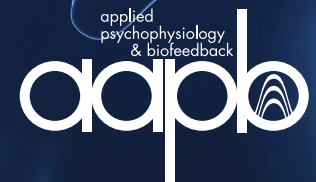
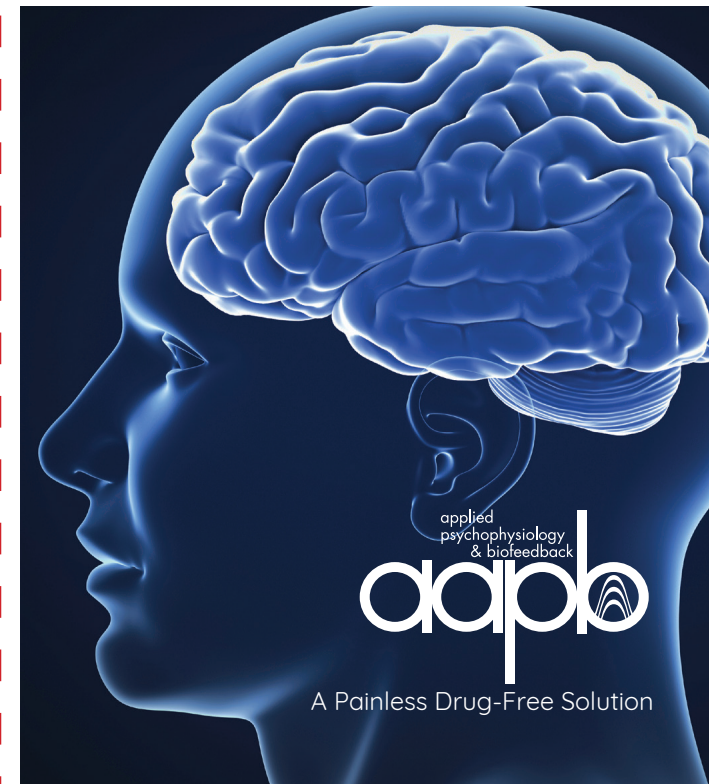


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BIOFEEDBACK TRAINING

Patient Information Brochure



A Painless Drug-Free Solution

BIOFEEDBACK

Biofeedback professionals monitor and train:

- brainwaves
- breathing
- elimination
- gastrointestinal activity
- heart rate and heart rate variability
- movement
- muscle contraction
- sexual function
- sweat gland activity
- the stress response

Biofeedback, taking control of your physical and emotional wellness...

Biofeedback can help treat:

Chronic Pain

- Fibromyalgia
- Headache
- Jaw, Neck, Back, and Shoulder Pain
- Repetitive Strain Injury
- Pelvic Floor Pain

Brain Dysfunction

- ADHD
- Autism
- Epilepsy
- Learning Disabilities
- Post-Concussion Syndrome

Psychological Disorders

- Addiction
- Anxiety
- Depression
- PTSD
- Stress

Medical Issues

- Diabetes
- High Blood Pressure
- Incontinence and Elimination Disorders
- Irritable Bowel Syndrome
- Raynaud's Disease



BIOFEEDBACK

Biofeedback provides information about your body's performance to increase your mindfulness of the present moment and ability to choose a helpful response.

Sensors monitor your body and use computer visual and auditory displays to guide your progress.

Your biofeedback professional resembles a personal trainer who coaches you to develop new skills and practice them in everyday situations.

Biofeedback Can Help You Learn To

- Better regulate your emotions
- Control heart rate and breathing problems
- Relax muscles to reduce pain
- Focus and concentrate
- Better manage stress



Biofeedback

Examples of Special Applications

Heart and Breath Training

- Anxiety and Depression
- Asthma
- Irritable Bowel Syndrome
- Pain
- Traumatic Brain Injury

Peak Performance Training

- Elite athletes/Musicians/Executives
- "Making the Good... Great"

Motor Skills Training

- Cerebral Palsy
- Stroke

Incontinence Training

- Fecal incontinence
- Urinary incontinence

"Because sometimes we lose control"