Behavioral Medicine Research & Training
Foundation

Distance Education Courses
In
biofeedback and psychophysiology

- All of our distance / home learning courses are based on audiovisual lectures sent to you on CDs, readings, and extensive interaction with your instructor.
- You and your instructor will discuss how the course relates to your own interests.
- The Foundation's courses are accepted by BCIA for both certification and recertification.
- All distance courses are conducted at your own pace.
- You can start anytime.
- CE credits are given through California’s Board of Behavioral Sciences.

Our Distance Education Lecture Courses are 45 to 50 hours of CE credit and cost $550. The mentoring and individual training courses are charged as listed. For course details go to behavmedfoundation.org.

1. General Biofeedback / Psychophysiological Assessment and Intervention – ($550) This is the BCIA general biofeedback certification course. It provides the basic knowledge needed to perform psychophysiological assessments and biofeedback interventions.

2. Anatomy and Physiology for Behavioral Clinicians – ($550) This is equivalent to a three credit course but concentrates on material relevant to biofeedback. It meets BCIA’s requirements for having a course in A&P for certification.

3. Behavioral Interventions for Pelvic Floor Disorders – ($550) This is for people who want to use behavioral techniques, including biofeedback, to treat pelvic floor disorders including urinary and fecal incontinence, pelvic floor pain, etc. It covers the material required by BCIA for certification in pelvic floor disorders.

4. Pain Assessment and Intervention for Behavioral Practitioners – ($550) Describes the psychophysiological mechanisms underlying acute and chronic pain then explains the common behavioral assessment and interventional strategies.

5. Mentoring for BCIA certification - ($150 per hour of actual contact time in 10 minute intervals rather than the usual flat fee for a course). We will help you through your first few patients so you can be comfortable getting started doing biofeedback with actual clients and also meet the requirements for BCIA certification. Mentoring is conducted via distance education by connecting your computer to your mentor’s so the mentor can watch sessions in progress and
Biological Basis of Behavior / Introduction to Psychophysiology – ($550) Provides the basics of how the mind and body work together. It includes behavioral genetics, psychophysiology of behaviors such as respiration, pain, autonomic nervous system, etc.

Neuropsychophysiology – ($550) This is for people who want to know more about how the brain works than would be covered in a basic EEG biofeedback course. It covers central and peripheral nervous system A&P emphasizing nervous system pathophysiology.

Neuromuscular Reeducation in Biofeedback – ($550) The course includes the elements of (a) trigger point, (b) posture, and (c) motor control / coordination assessment. Methods for using psychophysiological recording techniques for assessment of movement related disorders and postural problems are illustrated.

Clinical Hypnosis – ($550) Provides the didactic portion of the knowledge required to perform clinical hypnosis. When the “practical experience” is added to this course, students can perform clinical hypnosis.

Biological basis of behavior / Introduction to psychophysiology – ($550) Learn the real basics of how the mind and body work together to produce behavior – and where the interactions go wrong. This course provides the basics of how the mind and body work together. It includes behavioral genetics, research techniques, psychophysiology of behaviors such as eating and drinking, respiration, pain, etc.

Research Techniques for Clinicians – ($550) Teaches clinicians how to read the literature defensively so they can accurately assess the validity of clinical techniques.

Introduction to Behavioral and Complimentary Medicine - ($550) An overview of behavioral and complimentary medicine theories and techniques.

Basic psychophysiological instrumentation - a hands-on experience workshop either in-person or on-line. 8 hours of CE credit, $250 (discount for groups of two or more). This is where you come to actually work with the machines and learn the basics of doing high quality recordings and understanding the signals you will show your patients.

Individual training experience in biofeedback on-line or in-person – 10 hours of CE credit, $500. You really can’t do biofeedback effectively until you have tried it for yourself and truly believe that you can control your hand temperature and muscle tension way you want your patients to. This individual experience meets BCIA’s requirements for ten hours of individual training in biofeedback.

Detailed Descriptions of Distance / home learning format based on audiovisual CD lectures and readings:
1. **General Biofeedback / Psychophysiological assessment and intervention** – 50 hours of CE credit, $550. At home learning format based on audiovisual CD lectures and readings. You can start anytime and work with the instructor via e-mail. Extensive personal attention to your individual needs and tailoring the course to your proposed uses of biofeedback is a key part of the course package. Expand your practice to include more types of patients and different disorders. Learn how to do biofeedback, psychophysiological assessments, and the basics of many other behavioral medicine techniques. **This is the BCIA required course for certification in general biofeedback.** It provides the basic knowledge needed to perform psychophysiological assessments and interventions including biofeedback. For course details, please go to the Behavioral Medicine R&T Foundation’s web site www.behavmedfoundation.org.

2. **Anatomy and physiology / human biology for behavioral clinicians** – 45 hours of CE credit, $550. At home learning format based on audiovisual CD lectures and readings. You can start anytime and work with the instructor via e-mail. Extensive personal attention. Learn enough about how the body works to get a better grasp of the physical bases for your patients’ disorders. Learn how the muscles work together to produce movements so you know what’s normal and what’s not. Be able to communicate better with your medical colleagues and understand their lingo and tests. This course is equivalent to a three credit undergraduate course in A & P / Human Biology and meets BCIA’s requirements for having this course for certification in biofeedback and neurofeedback. The course covers all the basic areas of A & P but from a behavioral perspective. For example, when we talk about bones, we concentrate on how stress effects healing fractures and reshaping bone structures. When we talk about muscles, we talk about how they work together to produce movements. For course details, please go to the Behavioral Medicine R&T Foundation’s web site www.behavmedfoundation.org. Your tuition covers the CDs containing the audiovisual lectures and some reading materials as well as the web based chats but not the cost of the textbooks.

3. **Behavioral Assessment & Treatment of Pelvic Floor Disorders** - 45 hours of CE credit, $550. At home learning format based on audiovisual CD lectures and readings. You can start anytime and work with the instructor via e-mail. Extensive personal attention. **This is the BCIA required course for certification in pelvic muscle dysfunction biofeedback.** This course provides a basic understanding of pelvic floor functions and structures along with clinical etiologies of pelvic floor disorders, including urinary, bowel, and pain problems, treated by behavioral interventions. It provides detailed rationales, supporting documentation, and clinical protocols for behavioral interventions so health care providers have the knowledge base needed to provide these interventions to their clients within their scopes of practice and expertise after the providers gain hands-on experience by working with experienced practitioners. For course details, please go to the Behavioral Medicine R&T Foundation’s web site www.behavmedfoundation.org.

4. **Pain Assessment and Intervention for Behavioral Clinicians** – 45 hours of CE credit, $550. At home learning format based on audiovisual CD lectures and readings. You can start anytime and work with the instructor via e-mail. Extensive personal attention. This course describes the
physiological and psychophysiological mechanisms underlying acute and chronic pain. It then explains the common behavioral assessment and interventional strategies (relaxation training, biofeedback, cognitive restructuring, etc.) for both headache and pain. The course also delves into typical pharmacological, surgical, and alternative (hypnosis, massage, chiropractic, therapeutic touch, etc.) approaches to pain evaluation and control. By the end of the course, participants should be sufficiently familiar with the typical approaches to pain assessment and control used in the medical community so the participant will know how behavioral treatments and assessments fit into the overall program and to permit good communication with medical colleagues around pain related issues. Sample protocols for treatment of migraine and tension headache as well as upper and lower back pain are detailed and provided. For course details, please go to the Behavioral Medicine R&T Foundation’s web site www.behavmedfoundation.org.

5. Mentoring for BCIA certification on-line - $150 per hour of actual interaction time in a minimum of 10 minute intervals. All mentoring is performed through a combination of web, e-mail, and phone interaction. All of our mentors are BCIA certified. We provide mentoring in general biofeedback, pelvic floor muscle dysfunctions biofeedback, and EEG biofeedback / neurofeedback. If you have at least medium speed internet service, you do not have to go to any particular location for the portion of your training which requires you to record subjects under direct supervision. We can use the web to watch the signals on your biofeedback device as they are recorded (by using “go to meeting” software) and can see you and your patient in real time through use of a computer based webcam. Your training cases do NOT need to be patients. They can be normal people so educators, coaches, and those clinicians in-training who don’t have their licenses yet can still get appropriate training which counts toward BCIA certification. For course details, please go to the Behavioral Medicine R&T Foundation’s web site www.behavmedfoundation.org.

6. Biological basis of behavior / Introduction to psychophysiology – 45 hours of CE credit, $550. At home learning format based on audiovisual CD lectures and readings. You can start anytime and work with the instructor via e-mail. Extensive personal attention. Learn the real basics of how the mind and body work together to produce behavior – and where the interactions go wrong. This course provides the basics of how the mind and body work together. It includes behavioral genetics, research techniques, psychophysiology of behaviors such as eating and drinking, respiration, pain, etc.

7. Neuropsychophysiology (Nervous System Functions in Psychophysiology) - 45 hours of CE credit, $550. At home learning format based on audiovisual CD lectures and readings. You can start anytime and work with the instructor via e-mail. Extensive personal attention. This course covers central and peripheral nervous system anatomy and physiology and finishes with an emphasis on nervous system pathophysiology. This is the course to take after completing a basic course in EEG neurofeedback. It provides advanced information so people performing neurofeedback have a better understanding of brain functioning. The brain/spinal cord plexus is discussed from both anatomical and physiological perspectives concentrating on plasticity in
response to changes in the external and internal environment as well as viewing the system as an interactive organ with hormonal, nerve based, and blood flow based feedback and control systems. Psychophysiological recording methodology including EEG and scans such as MEG and PET are examined in relation to their uses in behavioral medicine. Neurological disorders centered on the CNS (such as epilepsy) are discussed in relationship to psychophysiological evaluations and behavioral interventions. For course details, please go to the Behavioral Medicine R&T Foundation’s web site www.behavmedfoundation.org.

8. **Neuromuscular Reeducation in Biofeedback** - 45 hours of CE credit, $550. At home learning format based on audiovisual CD lectures and readings. **Extensive personal attention.** You can start anytime and work with the instructor via e-mail. This course teaches the elements of kinesiological movement science and how control of movement is distorted by different clinical conditions. The course includes the elements of (a) trigger point, (b) posture, and (c) motor control / coordination assessment. Methods for using psychophysiological recording techniques for assessment of movement related disorders and postural problems are illustrated. The impact of poor posture and improper sequencing of muscle motions as well as of improper levels of tension on development and sustainment of various pain problems such as tension headaches and low back pain are discussed. Techniques for using sEMG biofeedback and other psychophysiological techniques to correct these problems are illustrated. For course details, please go to the Behavioral Medicine R&T Foundation’s web site www.behavmedfoundation.org.

9. **Clinical Hypnosis** - 45 hours of CE credit, $550. At home learning format based on audiovisual CD lectures and readings. **Extensive personal attention.** You can start anytime and work with the instructor via e-mail. The standard techniques of Clinical Hypnosis are described and students are taught the elements of their application. Uses of hypnotic techniques with specific types of patients and integration of these techniques into other behavioral medicine interventions are discussed. It is the intent of this course to 1. Provide students with a basic background and appreciation of the history of clinical hypnosis and provide and introduction to a variety of current theories of the mechanisms of hypnosis. 2. Provide students with sufficient knowledge to understand pertinent legal and ethical considerations related to the use of clinical hypnosis, and 3. Provide an overview of the empirically validated uses of hypnosis. For course details, please go to the Behavioral Medicine R&T Foundation’s web site www.behavmedfoundation.org.

10. **Biological basis of behavior / Introduction to psychophysiology** – 45hours of CE credit, $550. At home learning format based on audiovisual CD lectures and readings. You can start anytime and work with the instructor via e-mail.

Learn the real basics of how the mind and body work together to produce behavior – and where the interactions go wrong. This course provides the basics of how the mind and body work
together. It includes behavioral genetics, research techniques, psychophysiology of behaviors such as eating and drinking, respiration, pain, etc.

11. Research Techniques for Clinicians - 45 hours of CE credit, $550. At home learning format based on audiovisual CD lectures and readings. You can start anytime and work with the instructor via e-mail. Extensive personal attention. This is a course in self-defense for clinicians who need to know how to assess the clinical literature and folklore to decide whether to try a new technique or believe in new treatments. It also teaches clinicians how to assess their own work to insure that it is optimally efficacious. The course material includes the book “research for clinicians”.

12. Introduction to Behavioral and Alternative Medicine - 45 hours of CE credit, $550. At home learning format based on audiovisual CD lectures and readings. You can start anytime and work with the instructor via e-mail.

Behavioral and Alternative Medicine practices, including those which form the core of “behavioral medicine” are rapidly finding acceptance within the clinical community. Patients now visit as many or more “alternative” providers as traditional providers and are spending billions of dollars on attempts to get care not available from the traditional medical community. This course is intended to acquaint you with many of those practices which may become the new standard of care in the near future. It emphasizes evaluation of potential mechanisms of action and strength of evidence supporting each technique.

“Hands-on” on-line or in-person experiences for clinicians:

Training Locations:
For individuals - presented in the Port Angeles Washington area or ON LINE.
For Groups – presented at your work site – price depends on number of attendees.

13. Basic psychophysiological instrumentation - a hands-on experience workshop either in-person or on-line.
- 8 hours of CE credit, $250 (discount for groups of two or more)
This is where you come to actually work with the machines and learn the basics of doing high quality recordings and understanding the signals you will show your patients. This experience may be in either individual or small group format and is intended to give clinicians actual experience in attaching sensors and working psychophysiological recording and biofeedback equipment. You will even have a chance to do a physiological profile so you can use physiological responses to stress as part of your patient assessment. This course is always modified to meet the interests of the participants. This course is presented either “in-person” or on-line using the web to watch the signals on your biofeedback device as sessions are recorded (by using “go to meeting” software), can see you in real time through use of a computer based webcam, and can speak with you in real time using voice over internet protocols such as SKYPE.
14. **Individual training experience in biofeedback on-line or in-person** – 10 hours of CE credit, $500
You really can’t do biofeedback effectively until you have tried it for yourself and truly believe that you can control your hand temperature and muscle tension way you want your patients to. This individual experience meets BCIA’s requirements for ten hours of individual training in biofeedback. It gives clinicians a chance to experience a psychophysiological profile and learn to control their muscle tension and hand temperatures. This course is always modified to meet the interests of the participant. This course is presented either “in-person” or on-line using the web to watch the signals on your biofeedback device as sessions are recorded (by using “go to meeting” software), can see you in real time through use of a computer based webcam, and can speak with you in real time using voice over internet protocols such as SKYPE.