

About Biofeedback

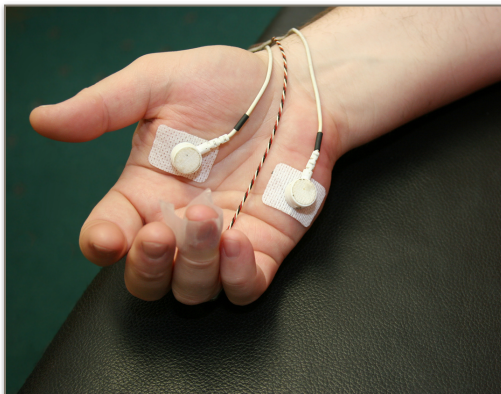
Biofeedback is a type of technology designed to help you gain greater control over your physiological responses to stress. During **biofeedback training**, you receive information or “feedback” from state-of-the-art equipment that measures your physiological stress responses while you adjust your breathing, posture, or thoughts to produce changes in these responses. By practicing over time, you can learn how to adjust these responses in a way that is favorable toward reducing symptoms and improving overall well-being.

Physiological responses that can be measured via biofeedback equipment include:

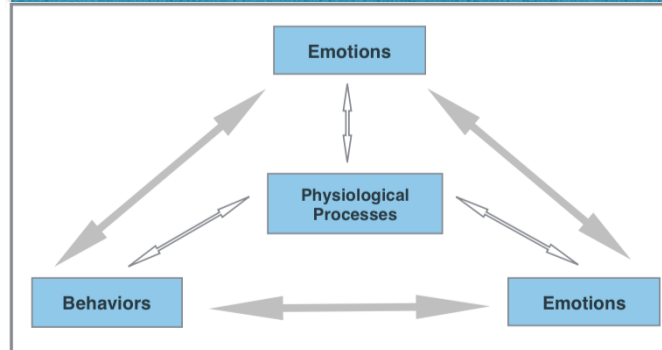
- Heart rate and heart rate variability (HRV)
- Skin conductance (“hand sweat”)
- Breathing rate
- Muscle tension
- Peripheral blood flow

Types of problems that research has found biofeedback to be effective in treating include:

- Anxiety
- Chronic pain
- Headache (migraine, tension, and mixed)
- Hypertension (essential and “white coat”)
- Motion sickness
- Raynaud’s disease
- Temporomandibular disorder (TMJ)



“Biofeedback: Strengthening Your Mind-Body Connection” Key Components



Psychoeducation:

- * Teaches clients about the body’s sympathetic and parasympathetic nervous systems.
- * Explains the relationship between psychological (mind) and physiological (body) stress, with regard to the problem being addressed.

Cognitive Behavior Therapy:

- * Helps clients to identify thoughts that increase stress and replace them with more balanced ways of thinking.
- * Teaches stress reduction techniques including diaphragmatic breathing, progressive muscle relaxation, meditation, and mindfulness.

Biofeedback Training:

- * Provides instruction on what each modality of biofeedback measures and how to use the equipment.
- * Trains clients how to recognize bodily sensations associated with the stress and relaxation responses.

Individualized At-Home Practice:

- * Provides structured plan for at-home practice that is tailored to client’s specific needs and goals.
- * Teaches client how to use at-home biofeedback equipment, where applicable.

What to Expect?

Biofeedback training combined with cognitive-behavioral techniques is a non-invasive, biopsychosocial approach. Depending on your specific needs, you may use this as a stand-alone treatment or in combination with other treatments (such as those prescribed by a physician or physical therapist).

The main goal of biofeedback training is to help clients learn how to self-regulate physiological responses to stress, ultimately without any equipment. At-home practice is essential.

Treatment begins with an initial assessment that includes biopsychosocial measures and a clinical interview. Your treatment will be coordinated with other professionals involved in your care.

