

## **Recognition of Biofeedback: Applied Psychophysiology as a Proficiency in Professional Psychology**

*Approved by APA Council of Representatives in August 1997. Renewed by Council of Representatives in August 2005. Archived by APA Council of Representatives in February 2016.*

Biofeedback refers to a group of therapeutic procedures that use electronic instruments to record and to display to the patient information about the ongoing activity of various body processes of which the person is usually unaware. The goal of biofeedback therapy is to help the patient achieve voluntary control over physiological activity that is normally involuntary or that has become involuntary through accident or disease. Biofeedback procedures are used in the treatment of a variety of medical and psychological disorders.

### **Advanced Scientific and Theoretical Knowledge Germane to the Proficiency**

- Psychophysiological principles and research methodologies relevant to them
- The reasons for various biofeedback interventions
- Application and operation of an array of monitoring instruments
- Ability to evaluate the safety and accuracy of the instruments and the data they generate
- Biofeedback treatment protocols for a variety of psychophysiological, neuromuscular and psychological disorders

### **Populations**

Children, adolescents and adults with various psychophysiological, mood and behavioral symptoms as listed below.

### **Problems**

Biofeedback techniques are of proven value in the treatment of a variety of psychophysiological, mood and behavioral conditions such as:

Migraine headaches

- Tension headaches
- Chronic pain
- Disorders of the digestive system
- Incontinence
- High blood pressure
- Heart arrhythmia
- Attention deficit disorder/attention deficit hyperactivity disorder
- Raynaud's disease
- Epilepsy
- Paralysis, spinal cord and other movement disorders
- Anxiety disorders, excessive tension and an inability to achieve relaxation
- Sleep disorders

### **Procedures**

- Surface electromyography
- Electroencephalography
- Blood pressure measurement
- Skin temperature measurement
- Skin conductance measurement
- Systematic relaxation training
- Desensitization techniques
- Cognitive-behavioral reeducation
- Electrocardiology