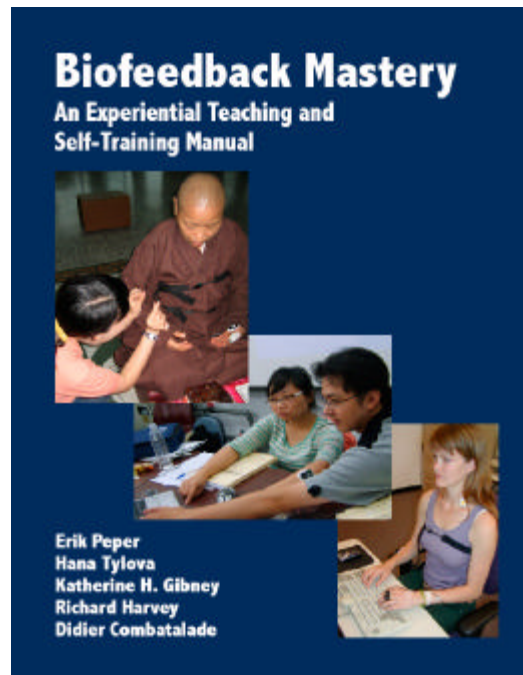


This is an experiential laboratory manual for training educators, clinicians, and students in biofeedback, an indispensable resource for learning the fundamentals of all the major biofeedback modalities.

This book teaches basic skills derived from more than 30 years of biofeedback training and teaching experience:

- Making sense of the data
- Translating a computer-based practice into home practice
- Monitoring and displaying biological signals of interest
- The underlying physiology of each signal
- Accurately recording the signal
- The basics of self-regulation
- Limitations of psychophysiological monitoring
- Techniques for connecting and attaching sensors
- Discriminating real feedback signals from artifact



### ? Selected Content

- ◆ Basic techniques as a foundation for the BCIA exam
- ◆ A synthesis of basic training and advanced protocols
- ◆ Practice exercises to generalize biofeedback skills that can be used directly with clients
- ◆ Promotes self-exploration and experience; moves from a theoretical model to a practical one
- ◆ Glossary offers a complete set of references useful to any professional
- ◆ The economic biofeedback approach expands techniques beyond computerized office applications
- ◆ Helps users and their clients to develop awareness of their own physiological responses

## **Biofeedback Mastery: An Experiential Teaching and Self-Training Manual**

by Erik Peper, Hana Tylova, Katherine H. Gibney, Richard Harvey, Didier Combatalade

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