



BIOFEEDBACK

Biofeedback assessment and training may be applied to a multitude of physical, emotional, and psychological problems. It may also be utilized to enhance performance and quality of life.

Biofeedback requires specialized training and knowledge of anatomy and physiology. Professions using biofeedback include physicians, nurses, social workers, counselors, psychologists, physiologists, coaches, educators, and many others.

For information concerning research about Biofeedback, please see our professional brochure.

Your local BIOFEEDBACK practitioner is:



For information about who is trained in your area contact:

Association for Applied Psychophysiology and Biofeedback
10200 W 44 Ave., #304
Wheat Ridge, CO
80033-2840
(303) 422-8436
(800) 477-8892
info@aapb.org



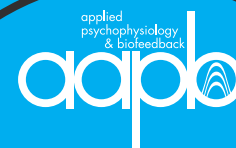
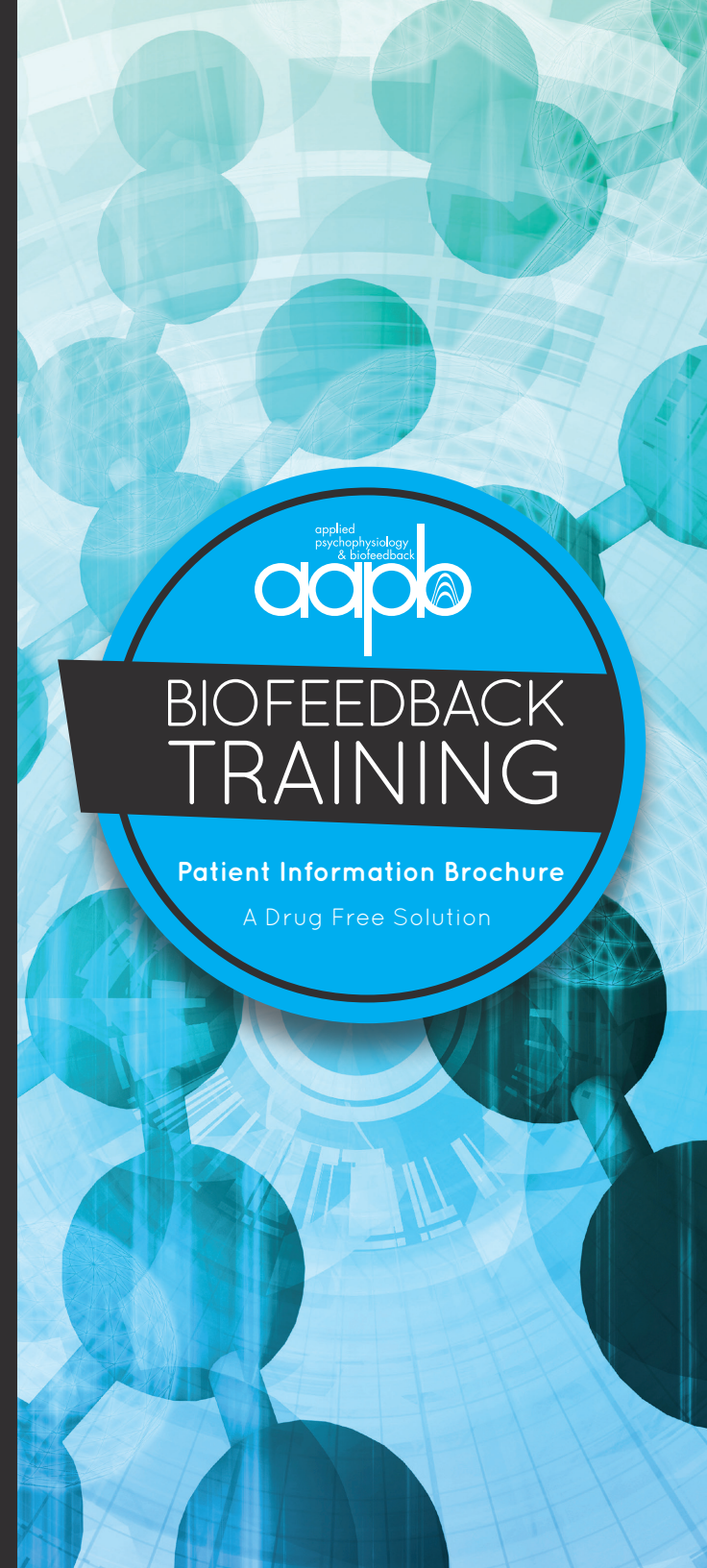
www.aapb.org

BIOFEEDBACK

Physiological systems and areas studied include:

- The Brain
- Muscles
- Heart Rate
- Blood Pressure
- Blood Flow
- Respiration
- Stress Response
- Skin Temperature
- Bowel / Bladder

Biofeedback, the road to health and wellness...

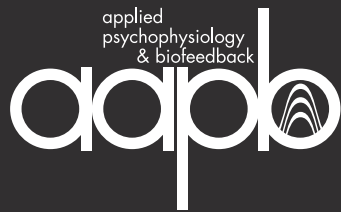


BIOFEEDBACK TRAINING

Patient Information Brochure

A Drug Free Solution

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Biofeedback

Can reduce symptoms associated with:

Chronic Pain

- Headaches
- Neck Pain
- Shoulder Pain
- Back Pain
- Carpal Tunnel
- Leg Pain

Emotional Issues

- Anxiety
- Depression
- PTSD
- Addictions
- Stress

Brain Dysfunction

- ADHD
- Autism
- Mild brain injury
- Learning Disorders



Biofeedback Can:

- Help teach muscles to tense or relax
- Help Improve Focus & Concentration
- Reduce stress, quiet emotional issues

BIOFEEDBACK

Biofeedback is a process where information about the body is provided to an individual.

This information is not readily accessible to our conscious selves.

Specialized computer programs are used for this purpose.

Usually computers are used to collect and display results which are presented visually or by sound.

This information is then used to train a new, better or healthier way to function. The data provides an objective measure showing if you are doing it in a safe and effective way. It eliminates guessing.



Biofeedback

Examples of Special Applications

Motor Skills Training

- Helps people learn correct movement, ie: cerebral palsy; stroke rehabilitation

Peak Performance Training

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

Heart & Breath Training

- Heart Rate Variability
- Optimal breath training for relaxation
- Stress management
- Cardiac issues

Incontinence Training

- Because sometimes we lose control