

# PATHWAY TO Pelvic Muscle Dysfunction Biofeedback Certification



## Basic Information

Upon completion of the requirements below, you will have earned the designation BCB-PMD™.

Board certification is open to licensed professionals from medicine, nursing (includes all licensed RNs), physical and occupational therapy, and physician's assistants who hold a degree from a regionally accredited academic institution.

## Requirements

Candidates must apply and demonstrate completion or proof of:

- A current license/credential for independent practice in a health care field such as nursing, medicine, physical therapy, occupational therapy, and physician's assistant.
- A 28-hour didactic education program, containing the Blueprint of Knowledge taken from a BCIA-accredited training program.
- A four-hour practicum/personal training session (if not included in the didactic program as described above), 12 contact hours spent with a BCIA-approved mentor to learn to apply the clinical biofeedback skills through 30 patient/client sessions and case conference presentations, with an additional 6 hours spent with your mentor to enhance the clinical skills designed as needed for each candidate.
- The written certification exam may be taken using the special exam option. For long-distance candidates, one available testing option is for an approved candidate to schedule their exam and then complete it using this service to monitor exam security using cameras and artificial intelligence. The exam should be taken as nearly the last requirement.

## Where Do I Start?

The first step is filing a Pelvic Muscle Dysfunction Biofeedback Certification application. At the time the application is submitted, the filing fee must be submitted. This validates the application for two years. Once your application has been approved and you are ready to take the written exam, you are required to pay the certification fee and submit the special exam form with the special exam fee. All exams are taken on your personal computer using our online proctoring service. Fees are non-refundable. (South Africans get a Tier IV discount for all BCIA fees. See the website for details: [www.bcia.org](http://www.bcia.org))

A completed application must include a copy of your license. You may complete your requirements in any order. The following documents may be downloaded from the BCIA website: Application, Blueprint of Knowledge, Mentoring Guidelines, and the Professional Standards and Ethical Principles of Biofeedback.

All candidates must agree to abide by the Professional Standards and Ethical Principles of Biofeedback and follow the appropriate rules and regulations of their profession.

Certification is valid for four years. To recertify, the candidate must demonstrate completion of 48 hours of blueprint-related continuing education, must attest that their license/credential has not been suspended, investigated, or revoked, and submit a recertification fee.

## Why Choose BCIA Pelvic Muscle Dysfunction Biofeedback Certification?

BCIA certificants reported in a comprehensive survey that they initially sought certification for credibility, validation of their skills and knowledge, professional satisfaction, to ensure proper training, and to promote the field.



## BCIA biofeedback certification is internationally recognized for seven reasons:

- 01** BCIA is a non-profit institute that has been an effective advocate for our field. BCIA has been dedicated to a singular mission since 1981:  
  
“BCIA certifies individuals who meet education and training standards in biofeedback and progressively recertifies those who advance their knowledge through continuing education.”
- 02** BCIA’s biofeedback certification is the only program that is recognized by the three major international membership organizations: the Association for Applied Psychophysiology and Biofeedback (AAPB), the Biofeedback Federation of Europe (BFE), and the International Society for Neurofeedback and Research (ISNR).
- 03** BCIA’s pelvic muscle dysfunction biofeedback certification is based on scientific evidence published in refereed journals. BCIA rejects narrow, unsubstantiated perspectives and the conflict of interest that exists when certification depends on a specific vendor’s equipment, databases, and protocols. BCIA’s biofeedback certification is based on a reading list, Blueprint of Knowledge, and Professional Standards and Ethical Principles that were developed following an extensive job analysis and that are regularly updated by a task force of international authorities in pelvic muscle dysfunction biofeedback. BCIA continually gathers data to validate and revise its exams through the psychometric process to ensure the relevance, integrity, and value of our certification program.
- 04** BCIA’s biofeedback certification exam adheres to the highest psychometric standards. We painstakingly evaluate and revise our exam regularly. Several independent experts, who include clinicians and the most experienced educators in our field, regularly review exam items to ensure that they represent key blueprint concepts, are sourced to our suggested reading list and are psychometrically sound. We regularly replace outdated exam questions with new ones that are contributed by biofeedback authorities and then validated by our certificants.
- 05** BCIA requires that certificants adhere to one of the strongest ethical codes in the field. In addition, BCIA requires that certificants complete 3 hours of ethics continuing education when they renew their certification. Our rigorous ethical standards are one of the many reasons that our international colleagues have chosen BCIA biofeedback certification.
- 06** BCIA’s Board of Directors consists of clinicians, educators, and researchers who have guided the development of biofeedback. Our Board includes leaders of the three major international membership organizations who have contributed decades of service to our field.

## BCIA PMDB Equipment Policy:

The Biofeedback Certification International Alliance (BCIA) requires that all providers use an EMG biofeedback system with at least 2 channels to monitor primary and secondary muscles, as well as software that allows for manipulation of display types, range, EMG scale, and thresholds. This allows for effective visualization of muscle function, endurance, coordination, and isolation and creates the opportunity for effective discrimination of these muscles to provide quality care for the clients served.

## Entry-Level Certification

Clinical Entry Level Certification (ELC) is designed for the licensed professional from a health care field such as medicine, nursing, physician’s assistant, or occupational and physical therapy and who has less than 5 years of experience using biofeedback clinically to treat elimination disorders and chronic pelvic pain syndromes.

## Certification by Prior Experience

Certification By Prior Experience (CPE) is designed for the licensed professional from a health care field such as medicine, nursing, physician’s assistant, or occupational and physical therapy who can document extensive education, training, and at least 5 years of clinical experience using biofeedback clinically to treat elimination disorders and chronic pelvic pain syndromes.

