

PATHWAY TO BECOMING A Biofeedback practitioner



The following requirements need to be met to become a Board Certified General Biofeedback Practitioner (*BFSA encourages all of its members to become BCIA certified to ensure adequate knowledge, training and competency*):

- Only individuals with appropriate health care backgrounds can be certified in general biofeedback.
- **Entry Level Certification** can be obtained by those with a health care degree in a BCIA-approved health care field, including but not limited to, psychology, nursing and counseling. Training in physical, occupational, rehabilitation, social work and chiropractic therapies, as well as training in dental hygiene, exercise physiology, speech pathology, marriage family therapy and counseling education are all approved health care fields prerequisite for certification in biofeedback. A master's degree in music therapy and counseling education are also suitable qualifications. General medical practitioners and dentists are also accepted. Degrees in health care fields other than those listed above can be submitted to the *BCIA Certification Review Committee* for consideration.
- **Certification by Prior Experience** is attainable for those licensed health care professionals who can document an advanced amount of training and experience.
- **Technician-Entry Level Certification** is attainable by those with no health care degree and who are working under the supervision of a licensed and BCIA certified health care professional.
- **Technician- Certification by Prior Experience** is attainable by those who can document an advanced amount of training and experience and who are working under the legal supervision of a licensed and BCIA certified health care professional.
- **HRV Biofeedback Certification** is attainable by those with a health care degree in psychology, medicine, counseling, nursing, sport or exercise physiology from a regionally accredited academic institution in accordance with the policies and practices of the BCIA. A brochure available on the BCIA website under HRV Biofeedback Certification provides a full list of acceptable degrees and international requirements. BCIA offers a HRV Certificate of Completion for those without an appropriate educational background.
- **All International Certificates** must carry a valid health care license or other government issued credential.

Initial Training and Continued Education

- A 42 -hour Didactic Education Program, covering all topics as listed in the Blueprint of Knowledge is required from either a BCIA accredited training program or an accredited academic institution.
- Mentoring
- Exam
- Enrolment to various accredited educational opportunities for the attainment of points (CE's) on an ongoing basis for qualification for recertification purposes.
- Adherence to the ethical standards and clinical guidelines of BCIA.



BCIA is the International Certification Body that guides and certifies us as practitioners in the field – www.bcia.org

General Guidelines

- **Didactic Education Program:** BCIA Accredited Biofeedback Didactic Programs are accessible on the BCIA website: www.bcia.org. A program evaluation must be submitted within 30 days of completion of the course in order to get didactic credit toward certification.
 - Didactic Education Programs presented by BCIA- accredited trainers who are BFSA- members are available intermittently and are announced and promoted in the BFSA monthly newsletters.
 - BCIA Accredited Home Study Courses are available on the BCIA website.



- The guidelines for **mentoring** are the same as for neurofeedback and are available under no 4 of The Pathway to BCIA Certification on this website: [Click Here](#)
- **Certification Exam:** Currently under Covid-19 conditions, all exams are proctored using the online proctoring service provided by BCIA which enables practitioners to take the exam on their own computers in their own office or home. Standard procedures involving the filing of the application, payment of fees and filing the special exam form are available on the BCIA website.
 - In terms of **preparation for the exam** the following information is relevant: It is a recommendation that the entire BCIA Core Reading List will be studied. This is available on BCIA Biofeedback Certification section of the BCIA website and referred to below. A further recommendation is to enroll in a BCIA-accredited didactic education program (also available on the above-mentioned website).
 - By following the 26 illustrated tutorials with numerous video clips of **Biofeedback Tutor**, your progress of your preparation for the exam can be monitored. Multiple choice tests to monitor your progress are also available. **Biofeedback Tutor** can be purchased from BioSource.
 - **Biofeedback 100** is a testing service that provides 500 questions based on the BCIA Blueprint of Knowledge. **Human Physiology** is a didactic course based on the BCIA's Anatomy and Physiology requirement for Biofeedback certification. This online course can be purchased from fredschafter@gmail.com
- **Accredited Educational Opportunities:**

The BFSA offers many opportunities to earn points for ongoing education for recertification purposes. Members are informed via monthly newsletters and whatsapp chat groups of monthly online accredited mentoring and clinical discussions. Links to monthly peer reviewed published articles are published in the monthly newsletter, with accredited evaluations that can be completed on google classroom for which CPD's for the HPCSA requirements and CEU's for the BCIA requirements are earned.

Discounted costs for accredited annual international conferences and workshops and webinars presented by international specialists are negotiated regularly on behalf of BFSA members. The accredited educational opportunities provide points to the delegates. Information on upcoming events is posted on this website regularly as well as in the newsletters and other social media sources.

Books and documents

- It is recommended that the BCIA Core Reading List as specified on the www.bcia.org (choose *Biofeedback Certification*, then *Biofeedback*)
- *The Blueprint of Knowledge, Professional Standards and Ethical Principles of Biofeedback*, the Special Exam Form and the Special Review are all documents that you will have to study and complete for your exam. All these documents are available under Common Documents for Biofeedback Certification on the same website.