

About BCIA

The Biofeedback Certification Institute of America (BCIA) was created in 1981 with the primary mission to certify individuals who meet education and training standards in biofeedback and progressively re-certify those who advance their knowledge through continuing education. To reflect our global identity, the new name was adopted in March, 2010. BCIA is an autonomous nonprofit corporation. BCIA policies and procedures are set by an independent board of directors, comprised of a rotating group of distinguished biofeedback clinicians, researchers, and educators.

In 1996 the Board of Directors of the Biofeedback Certification Institute of America and the Academy of Certified Neurotherapists collaborated to develop a specialty certification in EEG Biofeedback to be managed and administered by BCIA. The opportunity to certify through the grandparenting process ended on December 31, 1997. Since 1998 the formal certification program in EEG Biofeedback has been available. The title was officially changed to Neurofeedback in 2008.

A certification program was added for Pelvic Muscle Dysfunction Biofeedback in 2007 for licensed medical professionals who use biofeedback and behavioral interventions to treat elimination and pelvic pain disorders.

A Certificate of Completion Program was added for Heart Rate Variability Biofeedback in 2013 and a full HRV Certification Program was added later.

Board certification is the mark of distinction for providers of biofeedback services. Recertification at four-year intervals indicates providers have undergone continuous peer review of ethical practice and have continued to acquire knowledge of recent developments in the field. Names of certified practitioners may be found on the BCIA website.

Board certification establishes that the individual has met entry-level requirements for the clinical practice of biofeedback; however, BCIA certification is not a substitute for a state sanctioned license or other credential to practice one's profession. Candidates for certification who do not hold a professional license or its equivalent must stipulate that they practice under the supervision of a licensed provider when treating a medical or psychological disorder.

BCIA

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The Biofeedback Certification International Alliance



Benefits of Board Certification in Biofeedback

The Biofeedback Certification Institute of America (BCIA) was formed in January 1981 to establish and maintain professional standards for the provision of biofeedback services and to certify those who meet these standards. To reflect our global identity, the new name was adopted in March, 2010.

- **BCIA provides the credential of acknowledged expertise in the specialized area of neurofeedback.**
- **Board certification provides improved stature for the field and recognition among peers.**
- **Employers frequently request information on specialty training and credentials for job descriptions.**
- **Insurance companies frequently request BCIA certification information for reimbursement of claims.**
- **Some states require BCIA certification for Worker's Compensation coverage for biofeedback services.**
- **BCIA certification is recognized by the Association for Applied Psychophysiology and Biofeedback (AAPB) and the International Society for Neurofeedback and Research (ISNR) as the standard in the field.**
- **Listing of practitioners on the BCIA Website provides a valuable resource for client referrals.**

Requirements for Professional Certification

Prerequisite Education

Candidates are required to hold a bachelor degree or higher from a regionally accredited academic institution, in a BCIA approved health care field including: psychology, medicine, nursing (including two-year registered nurses with license, not LVNs or LPNs), physical therapy, respiratory therapy, occupational therapy, social work, counseling, marriage family therapy, rehabilitation, chiropractic, recreational therapy, dental hygiene, dentistry, physician's assistant (with certification or license), exercise physiology, speech pathology, and sports medicine. The following fields require a master's degree: music therapy and counseling education (M.Ed. in counseling). Degrees in health care fields other than those listed above must be submitted to the Certification Review Committee.

Didactic Biofeedback Education - 42 Hours

Candidates can meet this requirement by completing a three semester-hour university course or its equivalent or completing a BCIA accredited training program that covers the blueprint.

Required Hours

I	Orientation to Biofeedback	2
II	Stress, Coping & Illness	3
III	Psychophysiological Recording	8
IV	Research Methodology	2
V	Surface EMG (SEMG) Applications	6
VI	Autonomic nervous System (ANS) Applications	8
VII	Respiratory Applications	3
VIII	Intervention Strategies	8
IX	Professional Conduct	2

Practical Biofeedback Training - 20 contact hours with a BCIA approved mentor to review:

- 10 sessions of personal biofeedback, demonstrating self-regulation.
- 50 sessions of patient/client treatment as follows: 10 sessions each of Thermal, EMG, and HRV. The remaining 20 sessions are to include any combination of EMG, Thermal, GSR, HRV, and respiration training.
- 10 case studies.

**Sessions are a minimum of 20 minutes.*

Essential Skills List – must be submitted for each candidate.

Human Anatomy/Physiology Course

A comprehensive course in human anatomy, physiology, or human biology from a BCIA-accredited program or a regionally accredited academic institution fulfills this requirement.

License/Credential for Independent Practice

When treating a medical or psychological disorder, a current health care license in a BCIA approved health care field, issued by the state in which you practice is required. Unlicensed practitioners must agree to work under the legal supervision of an appropriately credentialed health care professional who has training and experience with biofeedback and the populations and disorders being treated. *All international candidates must be licensed.*

Certification Examination

A three-hour objective examination covering the Blueprint areas is required of all candidates. Exams are only offered with our online proctor using cameras and artificial intelligence to monitor security.

Sequence for Meeting Certification Requirements

An individual becomes a candidate for certification by submitting an application with documentation of the educational prerequisite and payment of a filing fee. BCIA recommends, but does not require, that candidates complete the remaining requirements in this order:

- 1) anatomy/physiology course, 2) didactic biofeedback education, 3) mentored biofeedback training, and 4) certification exam.

Fees

Applications may be filed for \$150, with a balance of \$300 paid before registering for the certification exam. All fees must be paid by check, money order, or credit card in US currency. Applications are valid for two years; however, may be extended

Certification by Prior Experience

Appropriately licensed health care professionals who can demonstrate at least 100 ce hours and 3,000 patient/client hours across a minimum of 5 years may use this option.

Technician Certification is for those with no specific health care background who are working and living in the US and Canada and are currently working for a licensed, BCIA certified professional who is providing legal supervision.