

The Biofeedback Certification International Alliance

Biofeedback Exam Core Reading List

This list of biofeedback reading sources is suggested for individuals who are preparing for Board certification in biofeedback.

Core Reading List

This list is what you use to study for the BCIA certification exam in Biofeedback.

Biofeedback Certification International Alliance (2015). *Blueprint of Knowledge Statements for Board Certification in Biofeedback*. Arvada, CO.

Biofeedback Certification International Alliance (2016). *Professional Standards and Ethical Principles of Biofeedback*. Arvada, CO.

Biosource Software's. *Biofeedback tutor*. Kirksville, MO: Biosource Software.

Khazan, I. Z. (2013). *The clinical handbook of biofeedback: A step-by-step guide for training and practice with mindfulness*. Oxford, UK: John Wiley & Sons.

Lehrer, P. M., & Woolfolk, R.L. (Eds.) (2021). *Principles and Practice of Stress Management* (fourth edition). Guilford.

Schwartz, M. S. (2017). *Biofeedback: A practitioner's guide* (4th ed.). New York, NY: Guilford

Tan, G., Shaffer, F., Lyle, R., and Teo, I. (2016). *Evidence-based practice in biofeedback and neurofeedback*, 3rd edition. Wheat Ridge, CO: AAPB.

Advanced General Biofeedback Reading List

This list of biofeedback reading sources is suggested for BCIA-certified individuals who wish to gain advanced knowledge.

General

Andreassi, J. L. (2007). *Psychophysiology: Human behavior and physiological response*. Mahwah, NJ: Lawrence Erlbaum Associates, Inc.

Cacioppo, J. T., Tassinary, L. G., & Bernston, G. G. (2000). *Handbook of psychophysiology* (2nd ed.). New York: Cambridge University Press.

Julien, R. M. (2005). *A primer of drug action* (10th ed.). New York: Worth Publishers.

Moss, D., McGrady, A., Davies, T. C., & Wickramasekera, I. (Eds.). (2003). *Handbook of mind-body medicine for primary care*. Thousand Oaks, CA: Sage Publications, Inc.

EEG

Demos, J. N. (2005). *Getting started with neurofeedback*. New York: W. W. Norton & Company.

Thompson, M., & Thompson, L. (2003). *The biofeedback book: An introduction to basic concepts in applied psychophysiology*. Wheat Ridge, CO: Association for Applied Psychophysiology and Biofeedback.

EMG

Cram, J. R., Kasman, G. S., & Holtz, J. (1997). Introduction to surface electromyography. Gaithersburg, MD: Aspen Publishers.

Kasman, G. S., Cram, J. R., & Wolf, S. L. (1998). Clinical applications in surface electromyography: Chronic musculoskeletal pain. Gaithersburg: MD: Aspen Publishers, Inc.

Peper, E., & Gibney, K. H. (2006). Muscle biofeedback at the computer: A manual to prevent repetitive strain injury (RSI) by taking the guesswork out of assessment, monitoring, and training. Amersfoort, The Netherlands: BFE.

Pain

Kendall, F. P. (Ed.). (2005). Muscles: Testing and function, with posture and pain (5th ed.). Philadelphia: Lippincott Williams & Wilkins.

National Headache Foundation (2005). Standards of care for headache diagnosis and treatment. National Headache Foundation.

Sherman, R. A. (2004). Pain assessment and intervention. Wheat Ridge, CO: AAPB.

Silberstein, S. D., Lipton, R. B., & Goadsby, P. J. (2002). Headache in clinical practice (2nd ed.). Oxford, UK: Martin Dunitz Ltd.

Relaxation/Stress Management

Davies, M., Eshelman, E. R., & McKay, M. (2000). The relaxation & stress reduction workbook (2nd ed.). Oakland, CA: New Harbinger Publications, Inc.

P. M. Lehrer, R. L. Woolfolk, & W. E. Sime (Eds.) (2007). Principles and practice of stress management (3rd ed.) New York: Guilford.

Sapolsky, R. M. (2004). Why zebras don't get ulcers: A guide to stress, stress-related diseases, and coping (3rd ed.). New York: Henry Holt and Company, LLC.

Smith, J. C. (2002). Stress management: A comprehensive handbook of techniques and strategies. New York: Springer Publishing Company, Inc.

Respiration and HRV

Fried, R. (1993). The psychology and physiology of breathing: In behavioral medicine, clinical psychology, and psychiatry. New York: Plenum Press.

Lehrer, P.M., Vaschillo, E., & Vaschillo, B. (2000). Resonant frequency biofeedback training to increase cardiac variability: rationale and manual for training. Applied Psychophysiology and Biofeedback, 25(3), 177-191.

Vaschillo, E. G., Vaschillo, B., & Lehrer, P. M. (2006). Characteristics of resonance in heart rate variability stimulated by biofeedback. Applied Psychophysiology and Biofeedback, 31(2), 129-142.