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.


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

General  


EEG  

**EMG**


**Pain**


**Relaxation/Stress Management**


**Respiration and HRV**
