

## Core Reading List for Applicants for HRV Biofeedback Certification

### HRV Biofeedback Core Reading List

Biofeedback Certification International Alliance (2016). Professional standards and ethical principles of biofeedback. Arvada, CO.

Biofeedback Certification International Alliance (2016) Blueprint of knowledge statements for heart rate variability biofeedback. Arvada, CO.

Moss, D., & Shaffer, F. (Eds.) (2016). *Foundations of heart rate variability biofeedback: A book of readings*. Wheat Ridge, CO: AAPB.

Shaffer, F. (2016). Heart rate variability biofeedback tutor. Kirksville, MO: Biosource Software.

Shaffer, F., McCraty, R., & Zerr, C. L. (2014). A healthy heart is not a metronome: A review of the heart's anatomy and heart rate variability. *Frontiers in Psychology*, 5, Article 1040. doi:10-3389/fpsyg.2014.1040

Shaffer, F., & Ginsberg, J. P. (2017). Overview of HRV metrics and norms. *Frontiers in Public Health*, 4, 258. doi:10.3389/fpubh.2017.00258

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