

## **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.

### **Biofeedback Core Reading List**

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.

Schwartz, M. S. (2003). *Biofeedback: A practitioner's guide* (3rd ed.). New York, NY: Guilford.

### **Neurofeedback Reading Core List**

Biofeedback Certification International Alliance (2016). *Professional standards and ethical principles of biofeedback*. Wheat Ridge, CO: AAPB.

Biofeedback Certification International Alliance (2014). *Blueprint of knowledge statements for board certification in neurofeedback*. Wheat Ridge, CO: AAPB.

Thompson, M. & Thompson, L. (2003) or the 2nd edition (2015). *The neurofeedback book*. Wheat Ridge, CO: Association for Applied Psychophysiology and Biofeedback.

### **Core Reading List for Didactic Educators**

Aubert, A., & Verheyden, B. (2008). Neurocardiology: A bridge between the brain and the heart.

*Biofeedback*, 36(1), 15-17.

Bilchick, K. C., & Berger, R. D. (2006). Heart rate variability. *Journal of Cardiovascular Electrophysiology*, 17(6), 691-694.

Combatalade, D. (2009). *Basics of heart rate variability applied to psychophysiology*. Montreal, Canada: Thought Technology Ltd.

Gevirtz, R. (2013). The nerve of that disease: The vagus nerve and cardiac rehabilitation. *Biofeedback*, 41(1), 32-38.

Gevirtz, R. N. (2007). Psychophysiological perspectives on stress-related and anxiety disorders. In P. M. Lehrer, R. L. Woolfolk, and W. E. Sime (Eds.). *Principles and practice of stress management* (3<sup>rd</sup> ed.). New York: The Guilford Press.

Giardino, N. D., Lehrer, P. M., & Edelberg, R. (2002). Comparison of finger plethysmograph to ECG in the measurement of heart rate variability. *Psychophysiology*, 39, 246-253.

Gilbert, C. (2012). Pulse oximetry and breathing training. *Biofeedback*, 40(4), 137-141.

Kleiger, R. E., Miller, J. P., Bigger, J. T., Moss, A. J., and the multicenter post-infarction research group (1987). Decreased heart rate variability and its association with increased mortality after acute myocardial infarction. *Am J Cardiol*, 59, 256-262.

Lehrer, P. M. (2007). Biofeedback training to increase heart rate variability. In P. M. Lehrer, R. L. Woolfolk, and W. E. Sime (Eds.). *Principles and practice of stress management* (3<sup>rd</sup> ed.). New York: The Guilford Press.

Lehrer, P. M. (2013). How does heart rate variability biofeedback work? Resonance, the baroreflex, and other mechanisms. *Biofeedback*, 41(1), 26-31.

Lehrer, P., & Vaschillo, E. (2008). The future of heart rate variability biofeedback. *Biofeedback*, 36(1), 11-14.

Lehrer, P. M., Vaschillo, E., Vaschillo, B., Lu, S., Scardella, A., Siddique, M., & Habib, R. H. (2004). Biofeedback treatment for asthma. *Chest*, 126, 352-361.

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.

Marieb, E. N., & Hoehn, K. (2011). *Anatomy and physiology*. San Francisco, CA: Benjamin Cummings.

McCraty, R., Atkinson, M., Tiller, W. A., Rein, G., & Watkins, A. D. (1995). The effects of emotions on short-term power spectrum analysis of heart rate variability. *The American Journal of Cardiology*, 76(14), 1089-1093.

Peper, E., Harvey, R., Lin, I., Tylova, H., & Moss, D. (2007). Is there more to blood volume pulse than heart rate variability, respiratory sinus arrhythmia, and cardio-respiratory synchrony? *Biofeedback*, 35(2), 54-61.

Peper, E., Shaffer, F., & Lin, I-M. (2010). Garbage In; Garbage out—Identify blood volume pulse (BVP) artifacts before analyzing and interpreting BVP, blood volume pulse amplitude, and heart rate/respiratory sinus arrhythmia data. *Biofeedback*, 38(1), 19-23.

Shaffer, F., & Venner, J. (2013). Heart rate variability anatomy and physiology. *Biofeedback*, 41(1), 13-25.

Sowder, E., Gevirtz, R., Shapiro, W., & Ebert, C. (2010). Restoration of vagal tone: A possible mechanism for functional abdominal pain. *Applied Psychophysiology and Biofeedback*, 35(3), 199-206.

Task Force of the European Society of Cardiology and the North American Society of Pacing and Electrophysiology (1996). Heart rate variability: Standards of measurement, physiological interpretation, and clinical use. *Circulation*, 93, 1043-1065.

Thayer, J. F., & Lane, R. D. (2000). A model of neurovisceral integration in emotion regulation and dysregulation. *Journal of Affective Disorders*, 61, 201-216.

Umetami, K., Singer, D. H., McCraty, R., & Atkinson, M. (1998). Twenty-four hour time domain heart rate variability and heart rate: Relations to age and gender over nine decades. *Journal of the American College of Cardiology*, 31(2), 593-601.

van Dixhoorn, J. (2007). Whole body breathing: A systems perspective on respiratory retraining. In P. M. Lehrer, R. L. Woolfolk, and W. E. Sime (Eds.). *Principles and practice of stress management* (3<sup>rd</sup> ed.). New York: The Guilford Press.

Vaschillo, E., Lehrer, P., Rishe, N., & Konstantinov, M. (2002). Heart rate variability biofeedback as a method for assessing baroreflex function: A preliminary study of resonance in the cardiovascular system. *Applied Psychophysiology and Biofeedback*, 27, 1-27.

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

Wheat, A. L., & Larkin, K. T. (2010). Biofeedback of heart rate variability and related physiology: A critical review. *Applied Psychophysiology and Biofeedback*, 35(3), 229-242.