

## HRV BIOFEEDBACK DIDACTIC TRAINING

A 16-hour didactic education program specifically covering all topics as listed in the HRV Biofeedback Blueprint of Knowledge is required.

The following programs are accredited to provide 16 hours of education to fulfill the didactic requirement. Each program is responsible for the content, pricing, schedule, and all other information for their course. Please contact the individual program should you need further information. Also please remember that some training programs offer more than 1 course so check carefully to be sure you purchase the BCIA didactic training based on the HRVB blueprint.

You are required to submit a program <https://www.surveymonkey.com/r/GRCY86P> within 30 days of the completion of the course in order to get didactic credit toward certification. All information will be summarized and shared with the specific training provider with no link to a specific person.

### **Behavioral Medicine Research and Training**

**Foundation - (O)**

Richard Sherman, PhD  
Port Angeles, WA  
(800) 530-6658 / (253) 380-0894  
[www.biofeedbacktraining.org](http://www.biofeedbacktraining.org)

**Mind Media Academy – (O)**

(formerly Stens Academy)  
San Rafael, CA  
(800) 257-8367  
[www.stens-biofeedback.com](http://www.stens-biofeedback.com)

### **Biofeedback Workshops of Europe - (F)**

Danielle Matto  
Netherlands  
Email: [info@biofeedbackworkshops.eu](mailto:info@biofeedbackworkshops.eu)  
[www.biofeedbackworkshops.eu](http://www.biofeedbackworkshops.eu)

**Seminars without Borders – (O)**

Fred Shaffer, PhD  
Kirksville, MO  
<https://www.biosourcesoftware.com/hrv-biofeedback-tutor>

### **Boston Center for Health Psychology and Biofeedback - (O)**

Offers BF/HRV combination course  
Inna Khazan, PhD  
Boston, MA  
(617) 231-0011  
<https://www.innakhazan.com/professional-education>

**Stress Therapy Solutions, Inc. – (O, F, H)**

Tom Collura  
Beachwood, OH  
(216) 766-5707  
[www.stresstherapysolutions.com](http://www.stresstherapysolutions.com)

### **The BreathSPACE – (O)**

Brad Lichtenstein, ND  
Lake Forest Park, WA  
(206) 295-9978  
<https://breathspace.teachable.com/p/understanding-heart-rate-variability-hrv>