

## **Human Anatomy or Neuroanatomy for HRV Biofeedback Certification**

If your background or interest is in biofeedback, a comprehensive course in human anatomy, human physiology, or human biology course covering the organization of the human body and all 11 systems may be used.

If your background or interest is in neurofeedback, a comprehensive course entitled biological/physiological psychology or a neuroanatomy/neuroscience course from a regionally accredited academic institution is required.

This course must be completed within the last 15 years. Candidates should complete a course that best supports their HRV Biofeedback practice.

There are four ways that you can satisfy this requirement:

- Regionally accredited university courses
- Previous regionally accredited university courses that collectively cover the appropriate topics
- BCIA-accredited distance-learning courses.
- MOOC - Massive Open Online Courses - These are university-based online continuing education courses that are not shown on a traditional transcript nor can they be used toward earning a degree.

### **Regionally Accredited Courses**

You may take a course at a regionally accredited college or university for a grade or pass/fail (but not audited).

If your course does not have one of the above titles, you must submit a course syllabus, catalog copy, or a letter from the professor to verify that the course did indeed cover the subject material as outlined.

#### **Previous Regionally Accredited Courses**

If you believe that several of your regionally accredited courses collectively covered this material, you may write to BCIA and request a special review for equivalency. All requests must be received in writing via email and must include copies of relevant transcripts, course syllabi, catalog copy, and/or letters from your professors to confirm the content that each course satisfied, and a check for \$50 to initiate the review.

### **BCIA-Accredited Distance Education Programs**

The courses below were built with the behavioral clinician in mind and the material is geared toward what one needs to know to successfully understand and use biofeedback techniques.

#### **The Behavioral Medicine Research & Training Foundation**

- Introduction to Anatomy & Physiology/Human Biology for Behavioral Clinicians (for Biofeedback)  
[www.behavmedfoundation.org](http://www.behavmedfoundation.org)
- Neuropsychophysiology (for Neurofeedback)  
[www.behavmedfoundation.org](http://www.behavmedfoundation.org)

#### **Biosource Software**

- Human Physiology (for Biofeedback)  
[www.biosourcesoftware.com/human-physiology/](http://www.biosourcesoftware.com/human-physiology/)
- Physiological Psychology (for Neurofeedback)  
[www.biosourcesoftware.com/physiological-psychology](http://www.biosourcesoftware.com/physiological-psychology)

### **MOOC**

For an additional fee, you can earn a CE certificate to show proof of course completion which you will need to document this requirement. If you find a course with a title different that may appear that it could cover the required material, it must first be submitted first to BCIA for pre-approval. We have learned not all courses automatically provide you with any proof of completion and you may need to pay a separate fee.

For Biofeedback, one MOOC that meets this requirement is: [Introduction to Human Physiology](#), offered by Duke.

There may be others and if you find a course that you believe would cover the material, please let us know.

For Neurofeedback, two MOOCs were recommended to us and they are approved to fulfill this requirement:

- [Medical Neuroscience](#) offered by Duke

- the University of Chicago offers [Understanding the Brain: The Neurobiology of Everyday Life](#)