



What is Biofeedback?

Biofeedback is a process that enables an individual to learn how to change physiological activity for the purposes of improving health and performance.

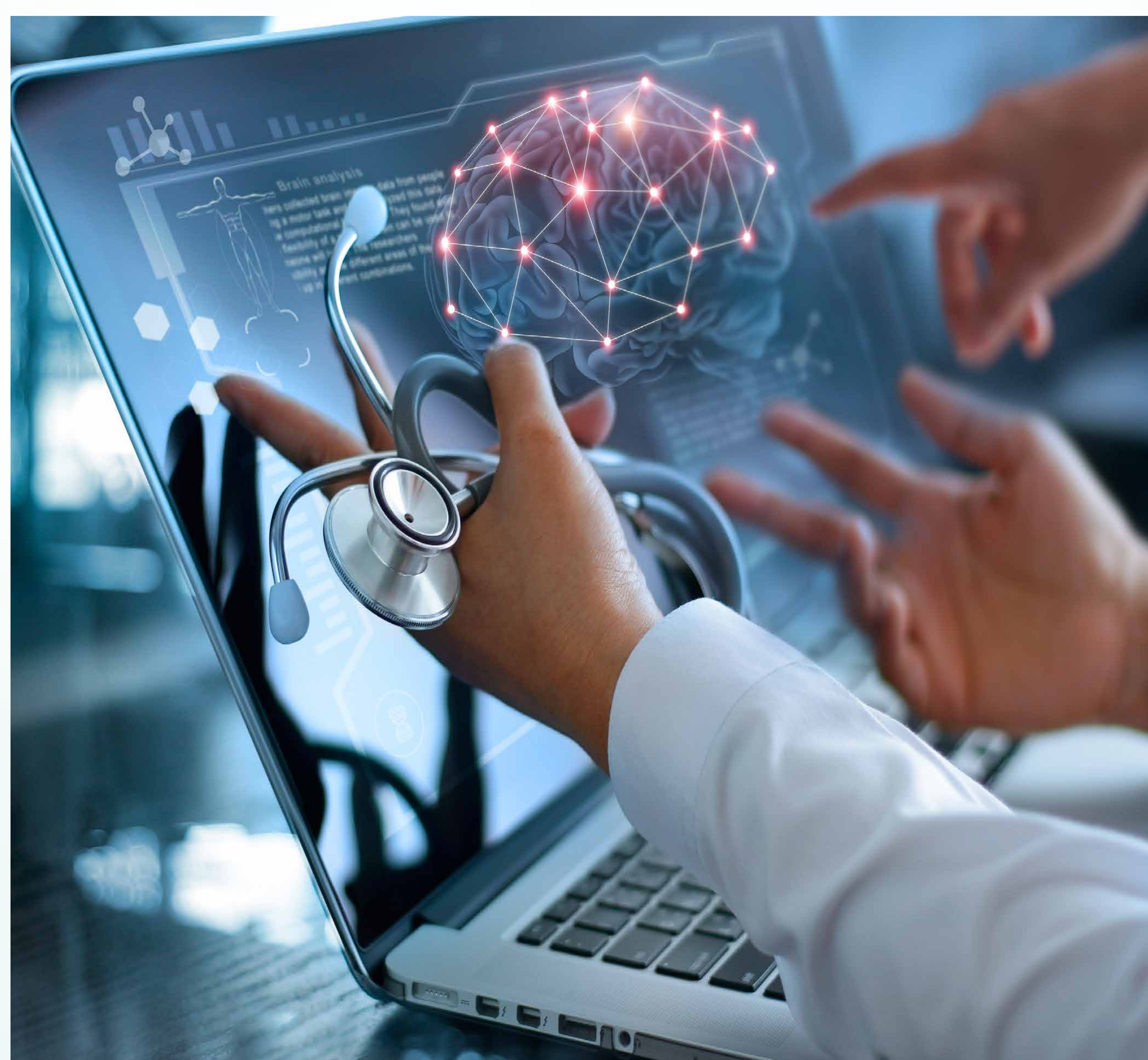
Precise instruments measure physiological activity such as:

- *brainwaves*
- *heart function*
- *breathing*
- *muscle activity*
- *skin temperature*

These instruments rapidly and accurately “feed back” information to the user. The presentation of this information — often in conjunction with changes in thinking, emotions and behavior — supports physiological changes.

Over time, these changes can endure without continued use of an instrument.

Approved May 18, 2008 by Association for Applied Psychophysiology and Biofeedback (AAPB), Biofeedback Certification International Alliance (BCIA), International Society for Neurofeedback and Research (ISNR).



Definition of Neurofeedback EEG Biofeedback – BCIA

- Neurofeedback is employed to modify the electrical activity of the central nervous system including EEG, event related potentials, slow cortical potentials and other activity either of subcortical or cortical origin.
- Neurofeedback is a specialized application of biofeedback of brainwave data in an operant conditioning paradigm. The method is used to treat clinical conditions as well as to enhance performance.

