

About BCIA

The Biofeedback Certification Institute of America (BCIA) was created to establish and oversee standards for practitioners who use biofeedback and to certify those who meet these standards. BCIA is an autonomous nonprofit corporation. The primary mission of BCIA is to protect the public welfare by certifying the competence of biofeedback practitioners. BCIA policies and procedures are set by an independent board of directors, which is comprised of a rotating group of distinguished biofeedback clinicians, researchers, and educators.

BCIA certification is the mark of distinction for providers of biofeedback services. Certification recognizes health care providers who have demonstrated competence in the use of biofeedback and self-regulation treatment methods. Recertification at four-year intervals indicates providers have undergone continuous peer review of ethical practice and have continued to acquire knowledge of recent developments in the field. Names of certified practitioners may be found on the BCIA Web site.

BCIA certification establishes that the individual has met entry-level requirements for the clinical practice of biofeedback. However, BCIA certification is not a substitute for a state sanctioned license or other credential to practice one's profession. Candidates for BCIA certification who do not hold a professional license or its equivalent must stipulate that they practice under the supervision of a licensed provider when treating a medical or psychological disorder.

Specialty Certifications

BCIA also provides certification programs in Neurofeedback and in Pelvic Muscle Dysfunction Biofeedback to treat elimination disorders and pelvic pain syndromes. Please contact BCIA for information on these programs.

The Biofeedback Certification Institute of America

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The Biofeedback Certification Institute of America Certification in General Biofeedback



The Biofeedback Certification Institute of America (BCIA) was formed in January 1981 to establish and maintain professional standards for the provision of biofeedback services and to certify those who meet these standards.

Benefits of Certification in General Biofeedback

- BCIA provides the credential of acknowledged expertise in the specialized area of biofeedback.
- Certification provides improved stature for the entire field of biofeedback.
- Employers frequently request information on specialty training and credentials for job descriptions.
- Insurance companies frequently request BCIA certification information for reimbursement of claims.
- Some states require BCIA certification for Worker's Compensation coverage for biofeedback services.
- Certification brings recognition among peers.
- BCIA certification is recognized by the Association for Applied Psychophysiology and Biofeedback (AAPB) as the standard in the field.
- Listing of practitioners on the BCIA Web site provides a valuable resource for client referrals.

Requirements for Certification

Prerequisite Education

Candidates are required to hold a bachelor degree or higher from a regionally accredited academic institution, in a BCIA approved health care field. Licensed RNs are accepted with an A.A. degree. BCIA approved health care fields include: psychology, nursing, (including two-year registered nurses with license, not LVNs or LPNs), physical therapy, respiratory therapy, occupational therapy, social work, counseling, rehabilitation, chiropractic, recreational therapy, dental hygiene, physician's assistant (with certification or license), exercise physiology, speech pathology, sports medicine. The following fields require a masters degree: music therapy and counseling education (M.Ed. in counseling). Appropriately credentialed doctors of medicine and dentistry are also accepted. Degrees in health care fields other than those listed above must be submitted to the Certification Review Committee.

Didactic Biofeedback Education - 48 Hours

Candidates can meet this requirement by 1) completing a three semester-hour university course or its equivalent, 2) completing a BCIA accredited training program, or 3) earning forty-eight hours of BCIA approved workshop credits. Didactic education must cover the following BCIA Blueprint of Knowledge areas:

	Required Hours
I Orientation to Biofeedback	4
II Stress, Coping & Illness	4
III Psychophysiological Recording	8
IV sEMG Applications	8
V Autonomic Nervous System Applications	8
VI EEG Applications	4
VII Adjunctive Interventions	8
VIII Professional Conduct	4

Practical Biofeedback Training - 20 contact hours with a BCIA approved mentor

The 20 contact are used hours to review:

- 10 sessions of personal biofeedback, demonstrating self-regulation.
 - 50 sessions of patient/client treatment as follows: 10 sessions each of Thermal, EMG, and GSR. The remaining 20 sessions are to include any combination of EMG, Thermal, GSR, EEG, HRV, and respiration training.
 - 10 case conference presentations.
- *Sessions are a minimum of 20 minutes.*

Human Anatomy/Physiology Course

A comprehensive course in human anatomy, physiology or human biology from a BCIA accredited program or a regionally accredited academic institution (three semester - hours or its equivalent) fulfills this requirement.

License/Credential for Independent Practice

When treating a medical or psychological disorder, you are required to hold a current health care license or agree to work under the supervision of an appropriately credentialed health care professional. This credential in a BCIA approved health care field must be issued or recognized by the state in which you practice.

Written Examination

A three-hour objective examination covering the Blueprint areas is required of all candidates. Examinations are offered throughout the year in various locations or by special exam arranged at a university testing center with a proctor.

Sequence for Meeting Certification Requirements

An individual becomes a candidate for certification by submitting an application with documentation of the educational prerequisite and payment of a filing fee. BCIA recommends, but does not require, that candidates complete the remaining requirements in the order: 1) anatomy/physiology course, 2) didactic biofeedback education, 3) mentored clinical biofeedback training, and 4) written exam.

Fees

Applications may be filed for \$125, with a balance of \$275 paid before sitting for the written exam. All fees must be paid by check, money order, or credit card in US currency. Applications are valid for two years.

Certification by Prior Experience

Appropriately licensed health care professionals who can demonstrate at least 100 ce hours and 3,000 patient/client hours relevant to neurofeedback, may certify through this program.

Researchers & Educators

Many biofeedback researchers and academics who do not provide direct clinical services may also choose to become certified. BCIA welcomes such certification as a means of demonstrating competence in biofeedback.