

## Requirements for Certification

### Prerequisite

Eligibility for PMDB certification is limited to persons who are appropriately licensed/credentialed at the state or national level to practice in a health care field such as medicine, nursing (including two-year licensed RNs), physical therapy, occupational therapy, and physician's assistant (with certification or license). The institution that granted the highest educational degree must send an official sealed copy of the transcript directly to BCIA. A copy of your current valid license/credential must also be submitted.

### Didactic Biofeedback Education - 24 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 twenty-four hours of BCIA approved workshop credits. Didactic education must cover the following BCIA Blueprint Knowledge areas:

	Required Hours
I. Applied Psychophysiology & Biofeedback	5
II. Pelvic Floor Anatomy, Surface EMG Assessment, Treatment Planning & Ethics	5.5
III. Clinical Disorders I – Bladder Dysfunction	4.5
IV. Clinical Disorders II – Bowel Dysfunction	4.5
V. Clinical Disorders III – Chronic Pelvic Pain	4.5

### Practicum/Lab – 4 Hours

Candidates will both conduct and personally undergo a surface EMG pelvic floor muscle assessment, surface EMG pelvic floor biofeedback training, and a relaxation exercise under on-site supervision. This requirement is often fulfilled along with didactic education workshops. If this requirement is not fulfilled during live didactic training, it must be fulfilled under direct contact with an approved BCIA mentor.

### Mentored Biofeedback Training – 18 Contact Hours

Twelve contact hours are used to review a minimum of 30 patient/client sessions using biofeedback assisted behavioral intervention to treat five patients through a full course of treatment including a discharge summary.

Six contact hours are used to review additional case studies, assess the candidate's patient education proficiency, and/or provide supplemental educational tasks to augment the candidate's training.

### Human Anatomy/Physiology Course

A comprehensive course in human anatomy, human biology, or human physiology from a BCIA accredited program or a regionally accredited academic institution (three semester-hours or its equivalent) fulfills this requirement. Appropriate courses are also available through distance education. You may contact BCIA for further information.

### Written Examination

An objective validation examination covering the five Blueprint areas is required of all candidates. Examinations are offered in various locations in the United States. Individualized administration of the examination may also be arranged through BCIA.

### Sequence for Meeting Certification Requirements

An individual becomes a candidate for certification by submitting an application with appropriate documentation of the educational and license/credential prerequisites and payment of certification fees. BCIA recommends, but does not require, that candidates complete the remaining requirements in this order:

1) anatomy/physiology course, 2) didactic biofeedback education including the 4 hour practical, 3) mentored biofeedback training, and 4) written exam.

### Certification by Prior Experience

Appropriately licensed health care professionals with extensive background, education, and experience in this specialized area of biofeedback may apply.

This program is based on documentation of at least 40 hours of relevant continuing education and 2,000 hours of clinical practice. Please visit [www.bcia.org](http://www.bcia.org) for further information.

### Fees

BCIA Certified clinicians: \$195

Members of SUNA, APTA, AOTA, AAPB, WOCN: \$245

Non-affiliated professionals: \$295

All fees must be paid by check, money order, or credit card in US currency at the time of filing. Applications are valid for two years.

### **About BCIA Certification**

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 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.

### **BCIA Certifications in General Biofeedback and EEG Biofeedback**

BCIA also offers certifications for General Biofeedback which includes EMG and thermal modalities and in EEG Biofeedback. Please contact BCIA for more information on these certifications.

#### **The Biofeedback Certification Institute of America**

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### **The Biofeedback Certification Institute of America Certification in Pelvic Muscle Dysfunction 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 Pelvic Muscle Dysfunction Biofeedback**

- **BCIA provides the credential of acknowledged expertise in the specialized area of biofeedback with improved stature for the entire field and recognition among peers**
- **This program has received support and recognition from SUNA, NAFC, and many other professional organizations.**
- **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.**
- **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.**
- **The American Psychological Association recognizes biofeedback as proficiency.**