



Recertification 101 – Helpful Tips

Over the past few years, I have been asked for help by many BCIA certificants struggling to complete their accredited course work requirement for recertification. I have learned a lot from working with certificants to help them maintain their certifications and wanted to share some tips.

The Basics

- Recertification is a 4-year period, ending December 31 of the expiration year. PMDB certificants are certified for a 3-year period ending December 31 of the expiration year.
- Recertification materials must be postmarked on or before November 1 of that year.
- Continuing Education - 80 hours, (55 accredited Category A) + (25 elective Category B).
- PMDB Continuing Education – 36 Accredited Category A hours.
- Senior Fellows are only required to complete 30 hours of Category A. The Category B requirements remain the same at 25 hours.
- Exam - candidates may successfully pass a written certification exam at a scheduled exam site or by special exam option close to your home.
- Fees are \$225 and may be paid by check in US funds or by credit card.
- Reduced fee of \$125 for semi-retired professionals working half-time or less.
- Forms may be downloaded from the website at bcia.org or requested from the office.

Did You Know?

- 10% of all applications will be audited. If audited, one must provide a ce log and certificates to document the accredited continuing education.
- **Accredited continuing education activities:**
 - must fit into the blueprint and may come from any area(s).
 - must be accredited by a national professional health care organization or college/university.
 - may be used as electives if you have taken hours in excess of what is required.
 - include workshops and short courses sponsored by state societies.
 - may be fulfilled by providing at least 15 contact hours of mentoring for a qualified BCIA applicant for certification.
- **Elective hours** can be any activity that reflects blueprint content - reading journal articles, attending non-accredited workshops, etc. and don't need to be specifically documented.
- It is your job to fit the course work into the blueprint. You may take partial credit for a longer course if you believe that only some hours fit into the blueprint. Download the blueprint from the website at bcia.org or request a copy be mailed to you.
- You are **not** necessarily looking for courses titled "Biofeedback And ____". For example, the course content could be about a specific diagnosis that you treat, discussing the latest research, pharmacology, or other effective therapies.
- Ethics courses work well across many disciplines and all certification programs have a rubric entitled "Professional Conduct."
- If you are dual certified, you do **not** need to recertify with 160 hours. The same 80 hours could be used to satisfy both requirements.
- Maintaining a state license? Pick course work that would satisfy that requirement as well as your BCIA recertification - work smart, not hard!

- Accredited college courses are counted as classroom hours -- an appropriate class taken for 1 hour, 3 times per week for 10 weeks would be counted as 30 Category A hours.
- You **can recertify early!** If you have fulfilled your continuing education requirement, why not recertify early? Any activities you may wish to take *after* submitting your recertification materials may be applied to the next 4-year period.

Can't Travel? - Work At Home Activities

Obviously the best learning environment is in a traditional classroom setting with a live instructor; however BCIA realizes it is not always possible.

AAPB - Visit their website for details –www.aapb.org. AAPB offers the home study program which provides the 48 hours of didactic education for General Biofeedback. The modules may be purchased separately or as a full 48-hour program. Also watch for more information on upcoming teleseminars.

New Mind Neurofeedback Institute - (770) 649-8630 – www.synapseinstitute.com Offers the complete 36 hour didactic program for EEG biofeedback.

Your National Organization may have accredited home study courses. Call them to find out!

Nurses -- home study companies accredited by ANCC. Contact each company to see if that provider would be accepted in your state.

- Anderson Continuing Education - (800) 532-2332 – www.andersonce.com

- Homestead Schools - (310) 791-9975 – www.homesteadschools.com

- Western Schools - www.westernschools.com

- Nursing Education of America - (888) 440-4357 – www.nursingeducationofamerica.org

*If you are not a nurse or do not carry a license/credential in a health care field, you may still be able to use these courses as partial fulfillment of your continuing education requirement.

Behavioral Medicine Research & Training Foundation - www.behavmedfoundation.org offers the full didactic course work for both general and PMDB certification and “human anatomy/physiology as it relates to biofeedback” in a distance education based format, as well as other appropriate topics.

Exam Item Writing - Decide what you think is a basic fact that every practitioner should know.

Write the fact in a question form with 1 correct answer and 3 distractors, cite it from a reference on the Core Reading List, and submit it for 1/2 hour Accredited Category A continuing education credit. You are allowed to submit up to 20 hours each 4-year period or 40 questions. You may download the form from the website or request one from BCIA.

Mentors providing a minimum of 15 hours to a qualified BCIA certification candidate may receive 5 hours of accredited Category A continuing education.

BCIA has accredited continuing education course work from the following:

Thought Technology at www.thoughttechnology.com or (800) 361-3651

Biofeedback Foundation of Europe at bfe.org or (514) 489-8251.

AAPB and ISNR - Now APA accredited.

BrainMaster Technologies – (440) 232-6000