

# General Biofeedback Exam Core Reading List

This list of biofeedback reading sources is suggested for individuals who are preparing for BCIA certification in general biofeedback.

Biofeedback Certification Institute of America (2005) [Ethical principles of biofeedback.](#)

Gevirtz, R. N. (2003, Fall). The promise of HRV biofeedback: Some preliminary results and speculations. [Biofeedback, 31\(3\), 18-19.](#)

Gilbert, C. (2005, Fall). Better chemistry through breathing: The story of carbon dioxide and how it can go wrong. [Biofeedback, 33 \(3\) pg. 100-104.](#)

LaVaque, T. J., Hammond, D. C., Trudeau, D., Monastra, V., Perry, J., Lehrer, P., Matheson, D., & Sherman, R. (2002, December). Template for developing guidelines for the evaluation of the clinical efficacy of psychophysiological evaluations. [Applied Psychophysiology and Biofeedback, 27\(4\), 273-281.](#)

Moss, D. (2004). Heart rate variability (HRV) biofeedback. [Psychophysiology Today, 1, 4-11.](#)

\*Schwartz, M.S. & Andrasik F. (2003). *Biofeedback: A practitioner's guide* (3rd ed.). New York: The Guilford Press.

\*Shaffer, F. (2007). *Biofeedback tutor*. Kirksville, MO: Biosource Software.

\*Sherman, R. A. (2004). *Pain assessment and intervention* (pp. 9-59). Wheat Ridge, CO: AAPB.

\*Striefel, S. (2004). *Practice guidelines and standards for providers of biofeedback and applied psychophysiological services*. Wheat Ridge, CO: Association for Applied Psychophysiology and Biofeedback.

Yucha, C., & Gilbert, C. (2004). [Evidence-based practice in biofeedback and neurofeedback.](#) Wheat Ridge, CO: AAPB.

\*Items with an asterisk may be purchased as the BCIA Study Kit at a 10% discount from the AAPB online Book Store.

## Advanced General Biofeedback Reading List

**This list of biofeedback reading sources is suggested for BCIA certified individuals who wish to gain advanced knowledge of specific blueprint areas.**

### General

Andreassi, J. L. (2007). *Psychophysiology: Human behavior and physiological response*. Mahwah, NJ: Lawrence Erlbaum Associates, Inc.

Cacioppo, J. T., Tassinari, L. G., & Bernstein, G. G. (2000). *Handbook of psychophysiology* (2<sup>nd</sup> ed.). New York: Cambridge University Press.

Julien, R. M. (2005). *A primer of drug action* (10th ed.). New York: Worth Publishers.

Moss, D., McGrady, A., Davies, T. C., & Wickramasekera, I. (Eds.). (2003). *Handbook of mind-body medicine for primary care*. Thousand Oaks, CA: Sage Publications, Inc.

### EEG

Demos, J. N. (2005). *Getting started with neurofeedback*. New York: W. W. Norton & Company.

Thompson, M., & Thompson, L. (2003). *The biofeedback book: An introduction to basic concepts in applied psychophysiology*. Wheat Ridge, CO: Association for Applied Psychophysiology and Biofeedback.

### EMG

Peper, E., & Gibney, K. H. (2006). *Muscle biofeedback at the computer: A manual to prevent repetitive strain injury (RSI) by taking the guesswork out of assessment, monitoring, and training*. Amersfoort, The Netherlands: BFE.

Kasman, G. S., Cram, J. R., & Wolf, S. L. (1998). *Clinical applications in surface electromyography: Chronic musculoskeletal pain*. Gaithersburg, MD: Aspen Publishers, Inc.

Cram, J. R., Kasman, G. S., & Holtz, J. (1997). *Introduction to surface electromyography*. Gaithersburg, MD: Aspen Publishers.

## Pain

Kendall, F. P. (Ed.). (2005). *Muscles: Testing and function, with posture and pain* (5<sup>th</sup> ed.). Philadelphia: Lippincott Williams & Wilkins.

National Headache Foundation (2005). *Standards of care for headache diagnosis and treatment*. National Headache Foundation.

Sherman, R. A. (2004). *Pain assessment and intervention*. Wheat Ridge, CO: AAPB.

Silberstein, S. D., Lipton, R. B., & Goadsby, P. J. (2002). *Headache in clinical practice* (2nd ed.). Oxford, UK: Martin Dunitz Ltd.

## Relaxation/Stress Management

P. M. Lehrer, R. L. Woolfolk, & W. E. Sime (Eds.) (2007). *Principles and practice of stress management* (3rd ed.), NY: Guilford.

Sapolsky, R. M. (2004). *Why zebras don't get ulcers: A guide to stress, stress-related diseases, and coping* (3<sup>rd</sup> ed.). New York: Henry Holt and Company, LLC.

Smith, J. C. (2002). *Stress management: A comprehensive handbook of techniques and strategies*. New York: Springer Publishing Company, Inc.

Davies, M., Eshelman, E. R., & McKay, M. (2000). *The relaxation & stress reduction workbook* (2nd ed.). Oakland, CA: New Harbinger Publications, Inc.

## Respiration and HRV

Vaschillo, E. G., Vaschillo, B., & Lehrer, P. M. (2006). Characteristics of resonance in heart rate variability stimulated by biofeedback. *Applied Psychophysiology and Biofeedback*, 31(2), 129-142.

Lehrer, P.M., Vaschillo, E., & Vaschillo, B. (2000). Resonant frequency biofeedback training to increase cardiac variability: rationale and manual for training. *Applied Psychophysiology and Biofeedback*, 25(3), 177-191.

Fried, R. (1993). *The psychology and physiology of breathing: In behavioral medicine, clinical psychology, and psychiatry*. New York: Plenum Press.