

## Comparison Between HRV Certificate of Completion and the full HRV Biofeedback Certification

Requirements	HRV Certificate of Completion	HRV Biofeedback Certification
<b>Pre-requisite education</b>	Not required	BA/BS minimum in a BCIA-approved health care or optimal performance field from a regionally accredited academic institution
<b>License for Independent Practice</b>	Not required	License is: -required for independently treating a diagnosed medical or psychology disorder. - required of all international applicants outside of the US and Canada. License is NOT required if: - you work under legal supervision when working with a medical or psychological disorder or - you use the modality for peak/optimal performance.
<b>Anatomy/Physiology</b>	Not required	A comprehensive course in human anatomy, human physiology, human biology covering the organization of the human body and all 11 systems <b>or</b> a biological/physiological psychology or a neuroanatomy/neuroscience course from a regionally-accredited academic institution is required. Candidates should complete a course that best supports their HRV biofeedback practice.
<b>Didactics</b>	16 hour blueprint, taken from a BCIA-accredited course	16 hours specific to HRV and <u>additionally the applicant must provide a certificate of completion from either a BCIA-accredited 42-hour biofeedback or a 36-hour neurofeedback didactic course.</u>
<b>Ethics</b>	Required and must be from the last 5 years	Included in the full bf or nf didactics
<b>Mentoring</b>	Not required	10 contact hours to review 10 sessions of personal HRVB, 20 sessions using HRVB on patients/clients, and 4 case studies
<b>Exam</b>	50 Item Multiple Choice	100 Item Multiple Choice
<b>Recertification</b>	Not required	Required – 48 contact hours/4 years
<b>Listing on Find a Practitioner</b>	No	Yes and will be listed as HRVB.
<b>BCIA Fees</b>	\$50 + special exam	\$425 + special exam Fees are half price IF you are already BCB, BCN, or BCB-PMO.