The Biofeedback Certification International Alliance
HRV Biofeedback Exam Core Reading List

This list of biofeedback reading sources is suggested for individuals who are preparing for Board certification in HRV Biofeedback.


**This book is available in digital format at a discount if you contact them and ask for the BCIA discount: [VAcero@kellencompany.com](mailto)VAcero@kellencompany.com**


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**Additional Resources**

***The reading sources posted below are not required for the HRV Biofeedback exam, but rather are provided as additional materials if you have further interests in these topics.***

**Additional Resources From the Biofeedback Core Reading List**

Khazan (2013) *The Clinical Handbook of Biofeedback*


**Additional Resources from the Neurofeedback Reading Core List**
**This book is available in digital format at a discount if you contact them and ask for the BCIA discount:  VAceremo@kellencompany.com**

HRV Biofeedback Core Reading List for Didactic Educators


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


EEG


EMG


Pain


Relaxation/Stress Management


Respiration and HRV


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