

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.

Biofeedback Certification International Alliance (2016). [Professional standards and ethical principles of biofeedback](https://bcia.org/i4a/pages/index.cfm?pageid=3426). Wheat Ridge, CO: AAPB. Available at <https://bcia.org/i4a/pages/index.cfm?pageid=3426>

Biofeedback Certification International Alliance (2016) [Blueprint of knowledge statements for heart rate variability biofeedback](https://www.bcia.org/files/public/Biofeedback/2015BiofeedbackBlueprint.pdf). Wheat Ridge, CO: AAPB. <https://www.bcia.org/files/public/Biofeedback/2015BiofeedbackBlueprint.pdf>

Moss, D., & Shaffer, F. (Eds.) (2016). *Foundations of heart rate variability biofeedback: A book of readings*. Wheat Ridge, CO: AAPB.

**This book is available *in digital format* at a discount if you contact them and ask for the BCIA discount: VAceremo@kellencompany.com

Shaffer, F. (2016). *Heart rate variability biofeedback tutor*. Kirksville, MO: Biosource Software.

Shaffer, F., McCraty, R., & Zerr, C. L. (2014). [A healthy heart is not a metronome: A review of the heart's anatomy and heart rate variability](https://doi.org/10.3389/fpsyg.2014.1040). *Frontiers in Psychology*, 5, Article 1040. doi:10-3389/fpsyg.2014.1040

Shaffer, F., & Ginsberg, J. P. (2017). Overview of HRV metrics and norms. *Frontiers in Public Health*, 4, 258. doi:10.3389/fpubh.2017.00258

Tan, G., Shaffer, F., Lyle, R., and Teo, I. (2016). *Evidence-based practice in biofeedback and neurofeedback - 3rd edition*. Wheat Ridge, CO: AAPB.

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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*

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

Additional Resources from the Neurofeedback Reading Core List

Thompson, M. & Thompson, L. (2003) or the 2nd edition (2015). The neurofeedback book. Wheat Ridge, CO: Association for Applied Psychophysiology and Biofeedback.

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HRV Biofeedback Core Reading List for Didactic Educators

Aubert, A., & Verheyden, B. (2008). Neurocardiology: A bridge between the brain and the heart. *Biofeedback*, 36(1), 15-17.

Bilchick, K. C., & Berger, R. D. (2006). Heart rate variability. *Journal of Cardiovascular Electrophysiology*, 17(6), 691-694.

Combatalade, D. (2009). *Basics of heart rate variability applied to psychophysiology*. Montreal, Canada: Thought Technology Ltd.

Gevirtz, R. (2013). The nerve of that disease: The vagus nerve and cardiac rehabilitation. *Biofeedback*, 41(1), 32-38.

Gevirtz, R. N. (2007). Psychophysiological perspectives on stress-related and anxiety disorders. In P. M. Lehrer, R. L. Woolfolk, and W. E. Sime (Eds.). *Principles and practice of stress management* (3rd ed.). New York: The Guilford Press.

Giardino, N. D., Lehrer, P. M., & Edelberg, R. (2002). Comparison of finger plethysmograph to ECG in the measurement of heart rate variability. *Psychophysiology*, 39, 246-253.

Gilbert, C. (2012). Pulse oximetry and breathing training. *Biofeedback*, 40(4), 137-141.

Kleiger, R. E., Miller, J. P., Bigger, J. T., Moss, A. J., and the multicenter post-infarction research group (1987). Decreased heart rate variability and its association with increased mortality after acute myocardial infarction. *Am J Cardiol*, 59, 256-262.

Lehrer, P. M. (2007). Biofeedback training to increase heart rate variability. In P. M. Lehrer, R. L. Woolfolk, and W. E. Sime (Eds.). *Principles and practice of stress management* (3rd ed.). New York: The Guilford Press.

Lehrer, P. M. (2013). How does heart rate variability biofeedback work? Resonance, the baroreflex, and other mechanisms. *Biofeedback*, 41(1), 26-31.

Lehrer, P., & Vaschillo, E. (2008). The future of heart rate variability biofeedback. *Biofeedback*, 36(1), 11-14.

Lehrer, P. M., Vaschillo, E., Vaschillo, B., Lu, S., Scardella, A., Siddique, M., & Habib, R. H. (2004). Biofeedback treatment for asthma. *Chest*, *126*, 352-361.

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.

Marieb, E. N., & Hoehn, K. (2011). *Anatomy and physiology*. San Francisco, CA: Benjamin Cummings.

McCraty, R., Atkinson, M., Tiller, W. A., Rein, G., & Watkins, A. D. (1995). The effects of emotions on short-term power spectrum analysis of heart rate variability. *The American Journal of Cardiology*, *76*(14), 1089-1093.

Peper, E., Harvey, R., Lin, I., Tylova, H., & Moss, D. (2007). Is there more to blood volume pulse than heart rate variability, respiratory sinus arrhythmia, and cardio-respiratory synchrony? *Biofeedback*, *35*(2), 54-61.

Peper, E., Shaffer, F., & Lin, I-M. (2010). Garbage In; Garbage out—Identify blood volume pulse (BVP) artifacts before analyzing and interpreting BVP, blood volume pulse amplitude, and heart rate/respiratory sinus arrhythmia data. *Biofeedback*, *38*(1), 19-23.

Shaffer, F., & Venner, J. (2013). Heart rate variability anatomy and physiology. *Biofeedback*, *41*(1), 13-25.

Sowder, E., Gevirtz, R., Shapiro, W., & Ebert, C. (2010). Restoration of vagal tone: A possible mechanism for functional abdominal pain. *Applied Psychophysiology and Biofeedback*, *35*(3), 199-206.

Task Force of the European Society of Cardiology and the North American Society of Pacing and Electrophysiology (1996). Heart rate variability: Standards of measurement, physiological interpretation, and clinical use. *Circulation*, *93*, 1043-1065.

Thayer, J. F., & Lane, R. D. (2000). A model of neurovisceral integration in emotion regulation and dysregulation. *Journal of Affective Disorders*, *61*, 201-216.

Umetami, K., Singer, D. H., McCraty, R., & Atkinson, M. (1998). Twenty-four hour time domain heart rate variability and heart rate: Relations to age and gender over nine decades. *Journal of the American College of Cardiology*, *31*(2), 593-601.

van Dixhoorn, J. (2007). Whole body breathing: A systems perspective on respiratory retraining. In P. M. Lehrer, R. L. Woolfolk, and W. E. Sime (Eds.). *Principles and practice of stress management* (3rd ed.). New York: The Guilford Press.

Vaschillo, E., Lehrer, P., Risse, N., & Konstantinov, M. (2002). Heart rate variability biofeedback as a method for assessing baroreflex function: A preliminary study of resonance in the cardiovascular system. *Applied Psychophysiology and Biofeedback, 27*, 1-27.

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

Wheat, A. L., & Larkin, K. T. (2010). Biofeedback of heart rate variability and related physiology: A critical review. *Applied Psychophysiology and Biofeedback, 35*(3), 229-242.

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., Tassinary, L. G., & Bernston, G. G. (2000). *Handbook of psychophysiology* (2nd 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* (5th 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* (3rd 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.