

About BCIA

The Biofeedback Certification Institute of America (BCIA) was created in 1981 with the primary mission to certify individuals who meet education and training standards in biofeedback and progressively re-certify those who advance their knowledge through continuing education. To reflect our global identity, the new name was adopted in March, 2010. BCIA is an autonomous nonprofit corporation. BCIA policies and procedures are set by an independent board of directors, comprised of a rotating group of distinguished biofeedback clinicians, researchers, and educators.

In 1996 the Board of Directors of the Biofeedback Certification Institute of America and the Academy of Certified Neurotherapists collaborated to develop a specialty certification in EEG Biofeedback to be managed and administered by BCIA. The opportunity to certify through the grandparenting process ended on December 31, 1997. Since 1998 the formal certification program in EEG Biofeedback has been available. The title was officially changed to Neurofeedback in 2008.

A certification program was added for Pelvic Muscle Dysfunction Biofeedback in 2007 for licensed medical professionals who use biofeedback and behavioral interventions to treat elimination and pelvic pain disorders.

A Certificate of Completion Program for HRV Biofeedback was added in 2013 and the full certification was launched in 2017 for those who had already completed a didactic course in biofeedback or neurofeedback.

Board certification is the mark of distinction for providers of neurofeedback services. Recertification at four-year intervals indicates providers have undergone continuous peer review of ethical practice and have continued to acquire knowledge of recent developments in the field. Names of certified practitioners may be found on the BCIA website.

Board certification establishes that the individual has met entry-level requirements for the clinical practice of neurofeedback; however, BCIA certification is not a substitute for a state sanctioned license or other credential to practice one's profession. Candidates for certification who do not hold a professional license or its equivalent must stipulate that they practice under the supervision of a licensed provider when treating a medical or psychological disorder.

BCIA

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The Biofeedback Certification International Alliance



Benefits of Board Certification in HRV Biofeedback

The Biofeedback Certification Institute of America (BCIA) was formed in January 1981 to establish and maintain professional standards for the provision of biofeedback services and to certify those who meet these standards. To reflect our global identity, the new name was adopted in March, 2010.

- **BCIA provides the credential of acknowledged expertise in the specialized area of neurofeedback.**
- **Board certification provides improved stature for the field and recognition among peers.**
- **Employers frequently request information on specialty training and credentials for job descriptions.**
- **Insurance companies frequently request BCIA certification information for reimbursement of claims.**
- **Some states require BCIA certification for Worker's Compensation coverage for biofeedback services.**
- **BCIA certification is recognized by the Association for Applied Psychophysiology and Biofeedback (AAPB) and the International Society for Neurofeedback and Research (ISNR) as the standard in the field.**
- **Listing of practitioners on the BCIA Website provides a valuable resource for client referrals.**

Requirements for Certification

Prerequisite Education

Candidates are required to hold a BA/BS degree or higher from a regionally accredited academic institution, in a BCIA approved health care field including: psychology; medicine; nursing (including two-year RNs); physical, occupational, recreational, and respiratory therapy; social work; counseling; marriage family therapy; rehabilitation; chiropractic; physician's assistant (with certification or license); speech pathology; and sports medicine. The following fields require a masters degree: music therapy and counseling education (MEd in counseling). Optimal Performance degrees include: sport psychology, exercise physiology, kinesiology, biomechanics, and physical education, as well as Masters-educated health and life coaches certified by ICF, BCC, and ICCHWC. Degrees in related fields other than those listed above must be submitted for special review.

Didactic HRV Biofeedback Education -

Candidates can meet this requirement by completing a three semester-hour university course or its equivalent, or completing a course from a BCIA-accredited training program that covers the HRV blueprint. Additionally the applicant must provide a certificate of completion from either a BCIA-accredited biofeedback or neurofeedback didactic course.

	Required Hours
I HRV Anatomy & Physiology	3
II Heart Rate Variability	2
III HRV Instrumentation	3
IV HRV Measurements	2
V HRV Biofeedback Strategies	4
VI HRV Biofeedback Applications	2
Total	16

Practical Biofeedback Training - 10 contact hours with a BCIA-approved mentor to review:

- 10 sessions of personal HRV biofeedback, demonstrating self-regulation.
- 20 sessions of patient/client treatment using HRV, including BVP or ECG, and respirometer training.
- 5 case studies.

**Sessions are a minimum of 20 minutes.*

Human Anatomy/Physiology or Neuroanatomy Course

A comprehensive course in human anatomy, human physiology, or human biology covering the organization of the human body and all 11 systems or a course in biological/physiological psychology or neuroanatomy/neuroscience from a regionally-accredited academic institution is required. Candidates should complete a course that best supports their HRV biofeedback practice.

License/Credential for Independent Practice

When treating a medical or psychological disorder, a current health care license in a BCIA approved health care field, issued by the state in which you practice is required. Unlicensed practitioners must agree to work under the supervision of an appropriately credentialed health care professional who has training and experience with HRV biofeedback and the populations and disorders being treated. *All international candidates must be licensed.*

Written Examination

A three-hour objective examination covering the Blueprint areas is required of all candidates and is offered in various locations or by special exam using a proctor for an additional fee.

Sequence for Meeting Certification Requirements

BCIA recommends, but does not require, that candidates complete the remaining requirements in this order: 1) anatomy/physiology course, 2) didactic, 3) mentored HRV training, and 4) written exam.

Fees

Applications may be filed for \$150, with a balance of \$275 paid before sitting for the written exam. All fees must be paid by check, money order, or credit card in US currency. Applications are valid for two years.

Certification by Prior Experience

Appropriately licensed health care professionals who can demonstrate at least 100 hours of accredited, blueprint-relevant CE that includes a 16-hour didactic course, human A&P, and 2,000 patient/client hours using HRV biofeedback across a minimum of 5 years may use this option.