

Boston Center for Health Psychology and Biofeedback

Inna Khazan, PhD

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# Introduction to Biofeedback

48 hour BCIA approved workshop

Location and Contact Information:

Dr. Inna Khazan  
Boston Center for Health Psychology and Biofeedback  
Ten Post Office Square  
8<sup>th</sup> floor  
Boston, MA 02109  
617-231-0011  
[www.BostonHealthPsychology.com](http://www.BostonHealthPsychology.com)

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## Biofeedback Training Workshop

This document outlines a biofeedback training workshop designed for clinicians seeking to acquire general biofeedback skills. The workshop will provide the participants with knowledge and practical skills necessary to successfully apply biofeedback in their clinical practice. The workshop is a necessary part of preparing the participants for Board Certification in Biofeedback.

The workshop prepares its participants to immediately begin the practice of biofeedback on the way to board certification. Biofeedback is a powerful clinical tool that enables clinicians to successfully work with otherwise difficult to treat patients suffering from a variety of psychophysiological disorders. Biofeedback has been empirically demonstrated to be an efficacious treatment of chronic pain, migraine and tension headache, anxiety, post-traumatic stress disorder, hypertension, temporomandibular joint disorder, and many others.

This 48 hour biofeedback course is accredited by Biofeedback Certification International Alliance (BCIA) and fulfills all the criteria of didactic training necessary for BCIA board certification in biofeedback.

Specific learning objectives of this course are to:

- Introduce the participants to the fundamentals of the psychophysiological perspective of treatment and the basics of biofeedback theory
- Provide the participants with an understanding of the modalities of biofeedback
- Give a detailed overview of conditions appropriate for biofeedback treatment and protocols for use of biofeedback in treatment
- Provide the participants with ample practical experience in the use of biofeedback equipment, in order to prepare them for treating patients right after completing of the course

Prerequisites for participation correspond to BCIA's requirements for clinical certification, specifically minimum of a BA/BS in a BCIA-approved health care field. BCIA-approved health care fields include: psychology, nursing (including 2-year registered nurses with license; not LVNs or LPNs), physical therapy, respiratory therapy, occupational therapy, social work, counseling, rehabilitation, chiropractic, recreational therapy, dental hygiene, physician's assistant (with certification or license), exercise physiology, speech pathology, sports medicine. The following fields require a master's degree: music therapy and counseling education (MEd in counseling). Appropriately-credentialed doctors of medicine and dentistry are also accepted.

The workshop consists of interactive PowerPoint presentation segments, live demonstrations of practical skills, and ample hands-on training and practice of these skills using state-of-the-art biofeedback equipment.

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Included in the workshop are

- 48-hours of teaching (equivalent to a semester-long 3-credit college course)
- Hands-on practical training using state-of-the-art biofeedback equipment
- Workshop materials and labs
- Official certificate of course completion
- Help with completing BCIA application

Dr. Khazan is also able to provide copies of her book (Clinical Handbook of Biofeedback: A Step-by-Step Guide to Training and Practice with Mindfulness) at-author-discounted rate of \$40/book. Order should be placed prior to the Biofeedback course.

Credit hours: This workshop provides participants with the 48 didactic hours necessary for BCIA certification, and can also be used for continuing education credits approved by the Massachusetts Psychological Association. These hours correspond to the BCIA blueprint requirements for each area of knowledge:

Biofeedback BLUEPRINT AREAS	# HRS
I. Orientation to Biofeedback	4
II. Stress, Coping & Illness	4
III. Psychophysiological Recording	8
IV. sEMG Applications	8
V ANS Applications	8
VI. EEG Applications	4
VII. Adjunctive Interventions	8
VIII Professional Conduct	4
TOTAL	48

Schedule and format: The workshop will take place over 5 days (October 30<sup>st</sup> -November 3<sup>rd</sup> in 2017), 8am to 5pm each day, with an hour break for lunch. There will be an 8 hour home-study component, emailed to participants prior to the workshop.

Tuition and fees: Tuition for 2017 is \$1395 per person for the 5 day workshop. In-house workshops may be arranged to train staff within an organization, with tuition negotiated separately, based on the number of attendees (minimum number applies).

Cancellation policy: All payments will be fully refunded if the cancellation is made 4 weeks prior to the workshop, with a \$50 processing fee. Cancellations made less than 4 weeks, but more than 5 days before the workshop can be refunded at 50% or fully credited towards the next workshop. Cancellations made 5 days or fewer before class cannot be refunded or credited.

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Faculty: The training program is designed and taught by Inna Khazan, Ph.D., BCB. Dr. Khazan is a faculty member at Harvard Medical School, where she has taught biofeedback and supervised trainees since 2008. A clinical psychologist specializing in health psychology and biofeedback, Dr.



Khazan also maintains a private practice in Boston, working with clients on optimizing their health and performance, using biofeedback and mindfulness-based approaches to psychotherapy. She has been invited to give keynote and conference presentations and teach workshops at national and international conferences and prestigious institutions in the Boston area on the topics of biofeedback and mindfulness. Dr. Khazan has conducted biofeedback and mindfulness trainings for notable institutions in the US and abroad, including the US Navy Special Warfare and the Stuttgart Opera and Ballet Company. Dr.

Khazan is the author of the highly-regarded *Clinical Handbook of Biofeedback: A Step-by-Step Guide to Training and Practice with Mindfulness* book, published by Wiley Blackwell in May 2013.

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