

# Biofeedback Matters



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Fall 2013

Volume 1, Issue 2

## The Affordable Care Act (Obamacare) and Biofeedback

How will the Affordable Care Act (Obamacare) affect biofeedback? Will it be danger or opportunity?

According to analysis by Psych Central, many more people with low income who have not been able to afford insurance will soon have access to health care services. This will include mental health care. The passage of the federal mental health parity law some years ago made insurers grant the same coverage for mental disorders as for physical disorders. This helped people who already had insurance but it didn't really do much for those who had no insurance. Now that many more people

will have insurance coverage, many more people will be seeking health care services for both physical and mental issues. Since biofeedback has applications for both mental and physical symptoms this should be an opportunity to



increase the number of people that biofeedback practitioners can serve.

As insurance companies begin to realize that biofeedback and neurofeedback can help

to decrease the amount of money that they have to spend on their insured members then they should be more open to and willing to pay for our services. Much of what we do is about wellness, keeping people well and empowering them to get well and maintain their health. Since so much of what we do helps to decrease the negative effects of stress many stress related disorders may be reduced. If people are able to take care of small problems before they get bigger the cost can be much lower.

We will still need to continue to press insurance companies to cover biofeedback. Ideas?

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## Blood Pressure Biofeedback is Back & Better

Back in the ancient Apple IIe days, way before the Mac, I-phone, and I-Pad were even a thought in the mind of the great Steve Jobs I was introduced to continuous blood pressure biofeedback while working with Adam Crane. We were using a Critikon

Dynamap hospital grade blood pressure monitor that was interfaced with an Apple IIe computer. The software that we had allowed us to sample blood pressure as often as once per minute. It did a protocol that recorded BP for a few minutes while

the subject was silent, then while the person talked for a few minutes, then again while they were silent for a few minutes. It was based on work by James Lynch (see "The Effects of Talking on the Blood Pressure of

## Blood Pressure Biofeedback continued

Hypertensive and Normotensive Individuals”

JAMES J. LYNCH, PHD, JACK M. LONG, DSW, SUE ANN THOMAS, RN,

PHD, KENNETH L. MALINOW, MD, AND AARON HONORI KATCHER, MD

When some people talk their blood pressure goes up. For others their blood pressure goes down. Part of how this was used is to help people learn to communicate in a way that doesn't continue to cause an increase in their blood pressure. I'm not sure if we were able to do it with the Apple software or not but for sure when we started working with IBM compatible computers we were able to also look at EMG, Temperature, and Skin Conductance while we were watching blood pressure. We started with stand-alone instruments interfaced with the computer through a series of black boxes and cables. Sam Caldwell from Expanded Technolo-

gies provided the software and John Pichiotino of Biofeedback Systems made the hardware. We used an IBS SD-700A hospital grade blood pressure unit for the blood pressure readings. Later on we started using the J&J I-330 (classic) for EMG, Temperature, and Skin Conductance and the IBS SD-700A for the blood pressure. The computer screen alternated with displaying live EMG, Temperature, and Skin Conductance readings and then a blood pressure graph displaying Systolic, Diastolic, and Mean Arterial blood pressure. Blood pressure readings were taken and displayed once per minute or every two minutes. With this setup you were able to have a client focus on regulating their EMG, Temperature, and Skin Conductance and then see what effect that was having on their blood pressure. This configuration was very popular with our clients even though the cost of the blood pressure

alone was about \$2,000.

Fast forward, with the release of Biograph Infinity Version 6.0 we can now add blood pressure for under \$500. Our blood pressure add-on including the blood pressure device, interface cable, and blood pressure screens and scripts for measuring blood pressure along with EMG, Temperature, Skin Conductance, Respiration, and Heart Rate/HRV is only \$495.

Blood pressure added to the other modalities helps to communicate with clients and other health care providers. Most people who don't know what you are talking about when you mention EMG, Skin Temperature, Respiration, Skin Conductance, and Heart Rate Variability will understand right away when you mention Systolic and Diastolic blood pressure. Adding blood pressure biofeedback can also help attract hypertension clients to your practice.

*Most people who don't know what you are talking about when you mention EMG, Skin Temperature, Respiration, Skin Conductance, and Heart Rate Variability will understand right away when you mention Systolic and Diastolic blood pressure.*

## Fall Webinars

Biofeedback Resources International continues its series of webinars with:

Bio & Neurofeedback Protocols for the Treatment of Chronic Pain Series Overview

Recent advances in the molecular processes underlying chronic pain

Bio & Neurofeedback Protocols for chronic low back pain

Multimodal protocols in the Fibromyalgia treatment intervention,



QEEG assessment for the treatment of Migraine headache

Neurophysiology of TBI & PTSD Applied neurophysiology approach to treatment and

rehabilitation: Series Overview

Recent Advances in Neurosciences research in TBI,

QEEG assessment procedures in TBI,

QEEG Biofeedback in the treatment of TBI

Recent Advances in Neurosciences research in PTSD

underlying chronic pain

QEEG Assessment procedures in PTSD

Multimodal treatment procedures for PTSD

## Webinars Continued

Respiratory Fitness & Dysfunctional Breathing: Webinar .

The best way to keep track of the schedule is to watch our website [www.biofeedbackinternational.com](http://www.biofeedbackinternational.com) and to subscribe to our email list. Announcements are sent out each time a new webinar is added.

### Using Relaxation CDs during Biofeedback Sessions

A frustrating problem can occur when using relaxation audio CDs during biofeedback. Many of the CDs include guided relaxation exercises that instruct the clients to close their eyes, breathe in a certain way, or tense and relax muscles in a certain way. This doesn't always match with what the client should be doing with the feedback you are giv-

## Photo Gallery



At NRBS Conference with Dr. Stuart Donaldson  
Biograph Workshop, Albany NY

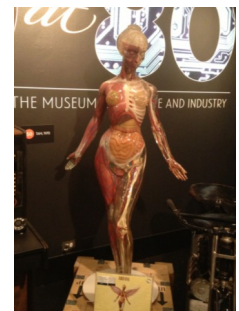


At NRBS Conference with Dr. Dr. Augustine Gomez  
Demo at NRBS Conference



Nia Center in Harlem, NYC  
Nia Center in Harlem, NYC

Exhibit at Museum of Science and Industry, Chicago, IL



ing them. Using music-only audio CDs can help in those situations. This eliminates conflicting instructions. You can still give specific instructions that match with the feedback the client is getting from the instrument.

We have some really good Hawaiian relaxation music CDs now. Go to our website

to listen to samples or order. You can also call our office at 877-669-6463 or 914-762-4646 to order.

If you mention this newsletter you will receive a 10% discount on any order placed by December 31, 2013.

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*December 31, 2013.*

## Northeast Regional Biofeedback Society Fall Conference

**NRBS** The Northeast Regional Biofeedback Society (NRBS) held its fall conference October 4-6, 2013 in Albany, NY. I arrived early so that I could assist Frank DeGregorio of Thought Technology during his training on the new Biograph 6.0 software. Frank did a great job as usual. I learned more about the new software so that I will be better able to support clients of Biofeedback Resources Inter-

national. My presentation on adding peripheral biofeedback to a practice was well attended and the response I received was very positive. I would like to thank everyone who attended. It seems that many people who are currently providing mainly neurofeedback see the value of adding peripheral biofeedback.

It was a great conference. One attendee enjoyed it more than the ISNR conference this year. At least two people I know of flew in from other states to

attend.

The Northeast Regional Biofeedback Society, is a non-profit association representing the professional biofeedback practitioners of the northeast region of the United States. For more information visit [www.nrbs.org](http://www.nrbs.org) When you contact NRBS tell them Harry Campbell of Biofeedback Resources International sent you. I strongly suggest that you become a member of NRBS and attend future conferences.



## Featured Products:

Relaxing Rhythms (Wild Divine)

**NEW** HRV Tutor Software

Stress Card Key Chain Fob (call for free sample)

CapnoTrainer CO2 and HRV Biofeedback System

Call 877-669-6463 or 914-762-4646 for details or visit:

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## Mechanical Respiration vs CO2 Training

For years I learned diaphragmatic breathing from several people in the biofeedback field. This was very helpful in learning how to breath more efficiently. What I was taught focused on the mechanics of inhaling and exhaling. Using the diaphragm muscle. Pushing the air out with the stomach pulling in and allowing the air in with the stomach going out. This is very useful.

Since then I attended training with Peter Litchfield who taught me about the physiology of breathing which involves what is happening at the cellular level with gas exchange. I learned that we can actually be over breathing by releasing too

much CO2. Using an instrument like the Capnotrainer you can help people learn to breath in a way that improves the balance of CO2 which can improve many symptoms including dizziness, headaches, asthma, panic, and more. We have some of Dr. Litchfield's articles on our website. You can also register for a webinar to learn more. There is even a master's level degree program available. Call us if you are interested in ordering a Capnotrainer and or receiving training in this area.

Harry L. Campbell

