

# Biofeedback Matters®



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## 3 Applications of Biofeedback & Neurofeedback



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There are three basic areas of application for biofeedback and neurofeedback. The first and seemingly most common is mental health. This includes anxiety, depression, PTSD (Post Traumatic Stress Disorder), ADHD (Attention Deficit & Hyperactivity Disorder). Biofeedback and or Neurofeedback (EEG Biofeedback) is used by psychologists, mental health counselors, social workers, and psychotherapists for these and other mental health issues.

The second broad application of biofeedback and neurofeedback is for medical diagnoses. This includes headaches, neck pain, back pain, other pain, hypertension, muscle spasms and Raynaud's disease. The providers

for these applications may be the same as in mental health but in a medical setting, possibly under medical supervision or they may be medical doctors (very rare because it tends to be too time consuming for them to do themselves) physical therapists, nurses, chiropractors, or other technicians or medical assistants in a medical setting. Some problems like insomnia may fall under either mental health or medical.

The third broad application is non-clinical which includes performance enhancement, education, general relaxation and stress reduction. This can include students, employees or business owners, athletes, musicians, actors, singers, first responders, or military personnel.

What's the difference? There may be a technical difference as to who is able to provide the service based on the diagnosis. For example it may not be technically appropriate for a licensed mental health provider to provide biofeedback or neurofeedback as a treatment or therapy for a medical condition. It is important to consider the scope of practice rules. It is also important to consider which billing (CPT) code is being used if insurance is involved. One code 90901 is biofeedback by any modality. It doesn't go into detail as to who can do it. Another set of codes 90875 and 90876 include individual psychophysiological therapy incorporating biofeedback training by any modality with psychotherapy. This means that the person providing the service must be qualified to provide psychotherapy. The 90875/6 codes

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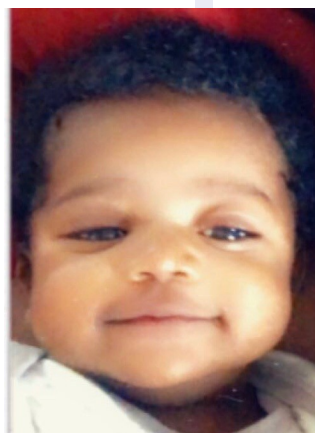


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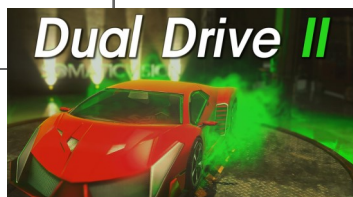
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### 3 Applications of Biofeedback & Neurofeedback continued

could be used by mental health providers but not by medical providers that are not qualified to provide psychotherapy. The 90901 code might be used by either medical or mental health providers. You also need to check with the insurance companies that you are working with for further details on rules.

Although most of the talk about biofeedback tends to be around mental health and stress reduction, biofeedback is being used for medical applications quite a bit. Physical rehabilitation is an area that is generally not publicized in biofeedback. Surface EMG (Electromyography) is used by physical therapists, occupational therapists and technicians to teach patients proper use of muscles more effectively and efficiently.

An area that I think there is a lot of promise in is using HRV (Heart Rate Variability) biofeedback as part of cardiovascular health and recovery. Programs that help patients prevent and recover from cardiovascular problems often include things like diet and exercise. Adding HRV biofeedback could be a bonus. In the third area, non-clinical applications,

there is room for non licensed biofeedback therapists to help people with relaxation and stress reduction (not specific to a diagnosed illness) and improved performance.

A non licensed person can use biofeedback as an educational tool to teach relaxation and self regulation.

Most of the professional biofeedback and neurofeedback equipment that is considered clinical grade is classified as a class 2 medical device by the FDA and is to only be sold to licensed health care professionals or on the order of a licensed health care professional to a non licensed person for personal use. There are other biofeedback devices that are not labeled in the same way and can be purchased and used by anyone who is interested in this type of technology. Teachers, coaches, non licensed therapist, and others can use these biofeedback devices to teach people how to relax and control their bodily reactions to stress.

Biofeedback can be used with an athlete to teach them how to relax while performing under pressure and how to use the proper muscles while relaxing muscles not

necessary for specific movements. It could be used to teach a musician to play their instrument without unnecessary muscle tension which might normally cause pain after long practice sessions. It can be used to help office workers to type without undue tension in neck and back muscles. It could be used to help first responders to destress regularly to recover from the constant stress that they encounter on a day to day basis.

I think that even if you are licensed to work with diagnosed conditions that you should at least consider adding some non clinical cases to your mix to give yourself some variety and a break from only working with clinical problems, which can sometimes be draining.

So in summary there are three broad areas of application of biofeedback and neurofeedback, mental health, medical, and non-clinical. Which type you do may depend on your license and patient population. This can affect which billing code you use with the insurance companies. Also there are many non-clinical applications for non licensed people and as an option for those who are licensed.



#### Biofeedback/Neurofeedback

##### Seminar Schedule

##### BCIA Certification

##### Biofeedback

November 12-14, 2019 – Boston, MA

January 11-13, Las Vegas, NV

February 6-8, 2020 – Miami, FL

Fees: \$1,195

##### Neurofeedback

Feb 10-12, 2020, Miami, FL

- Fees: \$995

*Health Training Seminars is approved by the American Psychological Association to offer continuing education for psychologists and maintains responsibility for the program.*

##### Conference Schedule:

*Northeast Region Biofeedback Society*

*November 15, 2019 - November 17, 2019*

*Boston, MA*







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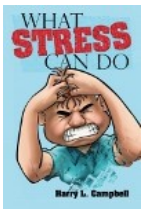


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**Harry L. Campbell**



If you are reading this I can bet that you have an interesting story to share. How are you using biofeedback?

What is your specialty and how did you become involved in it?

What client population do you work with?

Have you written a book? Are you doing research? I would like to find out more about it and share it with my audience. Check out our YouTube channel



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Here's how it works. We have a quick conversation about what we will talk

about. I send you a list of potential questions I'll ask for you to OK and add to. We do a test call and recording on Skype to reduce the possibility of technical difficulties. We schedule a time for the video interview that works for both of us and then do the call and record it. I edit if necessary, let you preview it if you want and then I post it and make it live for the world to see. Are you ready? Give me a call and let's get started. ☆