

Biofeedback Matters®



109 Croton Ave.
2nd Floor, Suite #240
Ossining, NY 10562
Web:

www.biofeedbackinternational.com

Phone: 877-669-6463/914-762-4646

Fax: 914-762-2281

E-mail: info@biofeedbackinternational.com

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Pain Management Biofeedback Applications



In recent years we have had a great deal of interest in neurofeedback (EEG Biofeedback). Even though it may not be talked about as much, peripheral biofeedback still has a wide range of applications, many of which fall under pain management. I will highlight a few of the diagnoses that are most commonly billed for in biofeedback.

Chronic Musculoskeletal Pain (M54.5, M79.1, etc.)

Musculoskeletal pain, especially chronic low back pain (M54.50) and myofascial pain syndrome (M79.1), is one of the most common conditions treated with biofeedback. Patients with persistent back or muscle pain are often helped by EMG (electromyographic) biofeedback, which helps them learn to

relax tense muscles and correct postural abnormalities contributing to their pain symptoms.

Tension-Type Headaches and Migraines (G44.1, G43.9)

Biofeedback, especially thermal or EMG biofeedback, is widely used for tension headaches (G44.1) and migraines (G43.909). These conditions are often related to stress and muscle tension. Biofeedback can help patients notice early physiological changes and prevent them from leading to full headache episodes by using relaxation techniques.

Temporomandibular Joint Disorders (TMJ) (K07.6, M26.6)

Patients with TMJ dysfunction often experience jaw pain, headaches, and facial mus-

cle tightness. Biofeedback helps reduce the muscle clenching and tension associated with these symptoms, making it a well-supported intervention for this diagnosis.

Fibromyalgia (M79.7)

A person with Fibromyalgia has widespread musculoskeletal pain and higher than usual pain response to pressure. Fibromyalgia is complex, but studies show that biofeedback, when combined with cognitive behavioral therapy and physical therapy, can improve pain and quality of life. Billing for biofeedback under this diagnosis is common, particularly in integrative or interdisciplinary pain clinics.

Complex Regional Pain Syndrome (CRPS) (G90.50, G90.51)

CRPS, a chronic pain condition affecting a

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Amir, Arian, and Nova

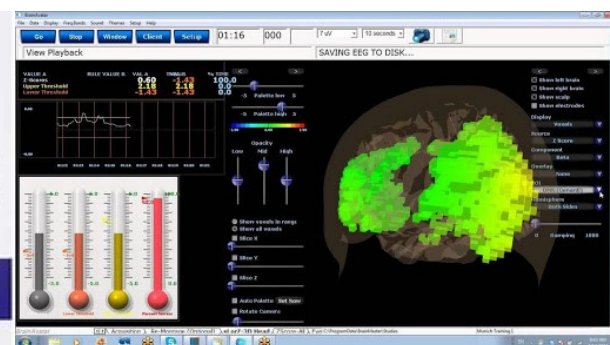


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Mini Product Catalog



Brainmaster Discovery 24 Channel Brain mapping and Neurofeedback system
Emerald Package including amplifier, Avatar Software, 4 EEG Caps, QEEG Pro Brain mapping service, and supplies Order for \$21,730



DeStress Solution System —
T4509
\$1,600

Our top of the line physiological biofeedback system combines the versatile 8 channel ProComp Infiniti device with a full array of sensors, BioGraph Infiniti and the 360 suite. This complete system, which combines classic physiological biofeedback, HRV training, neurofeedback and passive infrared biofeedback into one set of tools is the wise choice for universities, hospitals and private clinics who want to have the widest selection of psychophysiological options. Including EMG, Temperature, Skin Conductance, HRV, Respiration, and EEG sensors.



Thought Technology T7500M – ProComp Infiniti Encoder – 8 Channel \$8,445



The CES Ultra is a medical device for the treatment of stress and stress-related disorders including anxiety, insomnia, and depression. It employs gentle electrical stimulation to the head (cranial electrical stimulation) to help normalize brain functioning. **\$299**



The **DAVID Delight Plus** is an innovative portable handheld device that offers a non-pharmaceutical approach to wellness using Audio-Visual Entrainment (AVE) technology. By using flashing lights and pulsing tones, the Delight Plus provides a non-invasive way to

achieve peak mental and physical well-being

The Delight Plus features 28 sessions (five sessions in each of the following categories plus 3 gamma sessions in the user-designed category – see description below):

- Energize
- Meditate
- Brain Booster
- Sleep
- Feeling Better

\$485



emWave-Pro Using a pulse sensor plugged into your USB port, emWavePro collects pulse data and translates coherence information into user-friendly graphics displayed on your computer screen. emWave Pro helps you create a coherent state through coherence techniques, interactive exercises and games, building resilience, increasing energy, and promoting focus, mental clarity and emotional balance.
\$299

limb, can be partially managed with biofeedback techniques aimed at increasing blood flow, reducing sympathetic nervous system overactivity, and enhancing self-regulation. Thermal biofeedback may be especially useful in this population.

Billing Information:

CPT Code: The primary CPT code used for biofeedback is 90901 (Biofeedback training by any modality). Additional codes may apply if biofeedback is part of a larger physical therapy or behavioral health plan.

Medical Necessity: Documentation should always demonstrate the medical necessity of biofeedback, including the specific diagnosis, symptoms, and patient goals.

Insurance Coverage: Coverage varies significantly by payer, and prior authorization is often recommended to ensure reimbursement.

Some of the settings that I have had experience with using biofeedback for pain management include offices that specialize in chiropractic care and physical therapy. Some of the offices that I have done work in served patients who had pain related to car or work accidents. In many

of these situations the insurance companies that were paying for the biofeedback and other therapies were the car insurance or workers compensation rather than health insurance companies.



Training

Opportunities

Our new style of seminar is designed to teach clinicians biofeedback fundamentals and cutting-edge applications. For better use of your time, the seminar will be a combination of 3-day classroom and web-based training.

The didactic educational requirement for BCIA peripheral biofeedback certification is 42 hours. The requirement for neurofeedback is 36 hours. With a course approved for APA continuing education credits for biofeedback or neurofeedback, a psychologist can receive a large number of required hours in a short amount of time while learning an exciting and effective skill.

This can be a great opportunity for psychologists to gain required hours while learning an evidenced based therapy tool that can also bring some variety to their work and help their clients as well.

More information is available on the American Psychological Association (APA) contin-

uing education program on the APA website: <https://www.apa.org/education/ce/index>

Information on an approved biofeedback training that offers 42 credits is at: <https://biofeedbackinternational.com/biocert/>

Information on an approved neurofeedback training offering 36 credits is at: <https://biofeedbackinternational.com/neurocert/>

Teaching relaxation exercises to clients is helpful. Being able to use biofeedback and neurofeedback to show clients the changes that are going on with their muscle tension, heart rate, breathing, brain and other activity amplifies the learning by helping them understand what is happening in ways that cannot easily be put into words. They are able to learn from themselves through the instruments. Some of what they learn is at a subconscious level. It can also help to speed up the learning process because the information that is fed back to the client is faster than you could explain it to them.



Seminar Schedule

BCIA Certification

Biofeedback

July 25-27, 2025 – Tarrytown, NY

October 22-24, 2025 –

Tarrytown, NY

On-line

June 3, 10, 17, 24, July 1, 2025

Fees: \$1,295

Neurofeedback

May 7-9, 2025 – Tarrytown, NY

August 15-17, 2025 –

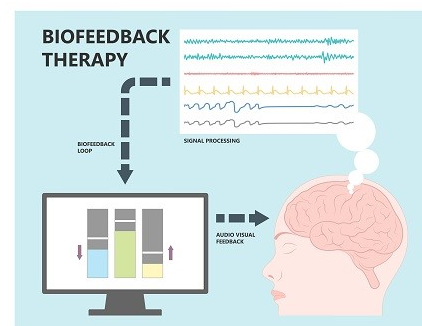
Tarrytown, NY November 12-14, 2025 – Tarrytown, NY

Fees: \$1,095

Please visit

www.biofeedbackinternational.com for our most current information

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



Ask us about our



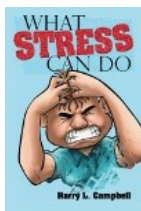
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Deep States Neurofeedback Training



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QUANTITY ORDERS.

Harry L. Campbell



Alpha and Alpha/Theta neurofeedback training are considered deep states training. Most training protocols for things like ADHD are done eyes open and the visual feedback that is used is important. Neurofeedback providers often use games, movies, animations, or puzzles for reinforcement feedback. When you are doing Alpha or Alpha/Theta training, most of the work is done with the client's eyes closed. Some of the applications for deep states training include anxiety, PTSD, and substance abuse. The client is usually sitting in a comfortable reclined chair. The lights are low and the room is quiet. The feedback that the client receives is audio. It can be a single tone for Alpha training that turns on when the goal is achieved

(alpha increasing above threshold). The tone can also change in pitch or volume as the amplitude increases as an added layer of feedback. You could use music or nature sounds instead of a tone. With Alpha/Theta training, you would provide two different tones or sounds indicating Alpha or Theta increasing. Alpha training is often used for helping people with anxiety since Alpha is associated with a relaxed brain state. You encourage the brain to produce more Alpha waves to increase the relaxed state. Some protocols also inhibit or discourage faster Beta or High Beta waves that go along with thinking and anxiety and possibly Delta which would indicate drifting into sleep. The Alpha/Theta protocol is often used for substance abuse and PTSD. An event that is sought during Alpha/Theta training is called a crossover. This is when the The-

ta amplitude increases so that it is higher than Alpha. It is not usually a total reversal of amplitude but it happens more often and for longer times as the person achieves a deeper state. This is the time when suggestions and imagery are introduced because the mind tends to be more receptive in this brain state. One thing to think about before starting this type of training is whether the client is ready to train with eyes closed for long periods yet. It is advisable to start with eyes open training like SMR to give some basic regulation and allows the client to get used to the training experience. I also suggest letting the client know it is OK to open their eyes if they feel uncomfortable especially during early stages of training.