

BIOFEEDBACK AND THE BIOFEEDBACK PROCESS

Biofeedback is the process of recording physiological signals (such as muscle tension, respiration, heart rate and rhythms, skin temperature, brain waves, and more) and displaying them, often via a computer screen, in real time as they are being recorded.

The biofeedback process is used by coaches and educators to help people function better and by clinicians as part of treatments for many disorders such as anxiety of all kinds (including performance and test-related anxiety), urinary incontinence, headaches, stress, ADHD, ADD, all forms of chronic pain, TMJ, Irritable Bowel Syndrome and other gastrointestinal conditions, non-cardiac chest pain, high blood pressure, insomnia, worry and over thinking, and many others. Biofeedback treatments work by teaching people to recognize how their bodies are functioning and how to learn skills and strategies to gain better health and improve performance. As an example, headache treatments might include teaching people to control blood flow and muscle tension patterns which cause or worsen the headaches.

My biofeedback process training includes all of the following strategies which have been proven to improve health as well as athletic and academic performance:

- Diaphragmatic breathing
- Progressive Muscle Relaxation
- Visualization of success
- Release of negative thoughts (including fears that worsen health or performance)
- Practice and reinforcement of positive thoughts
- Self-regulation of muscle tension and the stress response
- Practice eliciting the Relaxation Response
- Learning the skills and strategies to regulate blood flow, respiration, heart rate and rhythm, and incessant thinking.

Sometimes the biofeedback process involves the use of sophisticated computer programs and equipment. However, there are times that the process succeeds without the use of such technology. The process is non-invasive and non-pharmaceutical, and often it involves a commitment to as few as ten sessions and brief, daily exercises. The number of sessions and the kinds of strategies recommended for each person depends upon an office evaluation and your level of commitment to learn and practice those strategies recommended for you.