

# What is Biofeedback Therapy/Training?

Different feelings we have can cause changes in our bodies. For example, when we feel angry or scared our heart beats faster. Our muscles become tense, we breathe faster and our breaths are shorter. In biofeedback therapy, you work with a health professional to learn how to gain more control over the way your body responds to certain feelings.



## HOW DOES BIOFEEDBACK WORK?

We don't completely understand how biofeedback works. But we do know the body reacts to thoughts, feelings, and emotions. Learning how to change these reactions can help treat many different health problems. All types of biofeedback work by connecting you with a device that measures one of your body's functions. Some use temperature, heart rate, brain waves, or muscle tension. Often you will watch at the measurements on a big screen as your body is responding. Then you will learn how to use breathing and relaxation techniques to help regulate that function.

## WHAT IS BIOFEEDBACK USED FOR?

These are just some of the health problems biofeedback can be used for:

- Headaches
- Migraines
- Seizure Disorders
- Anxiety
- ADHD
- Chronic Pain
- Urinary Incontinence
- Constipation
- Raynaud's Disease
- Rheumatoid Arthritis
- High Blood Pressure
- Asthma

## ARE THERE ANY SIDE-EFFECTS FOR BIOFEEDBACK?

In biofeedback, you are an active player in the process. Sometimes you could be asked to think about something stressful. This can help you understand better how you respond to stress. The professional you are working with will be able to support you if the experience feels too difficult. Biofeedback is extremely safe.

## DO I NEED TO PREPARE FOR SESSIONS AND WHAT SHOULD I EXPECT WHEN GOING TO MY FIRST SESSION?

You do not need to prepare before getting biofeedback. The sessions usually last around 30 minutes. Benefits from biofeedback may be seen within 10 sessions or less. Some conditions may take more than 20 sessions to see benefits.



For more information, scan the QR code below, or visit [nciph.org/biofeedback](http://nciph.org/biofeedback)



