

Integrity Biofeedback Academy
and the
Natural Therapies Certification Board

Biofeedback Certification Requirements

Integrity Biofeedback Academy offers all the courses you need to complete your NTCB approved Technician and Specialist Certifications. We help you step-by-step through the entire process.

Technician Biofeedback Certification Training

I. Basics of Biofeedback (10 CEUs)

✓ **Principles of Energetic Intervention -- \$195**

The course includes a fascinating discussion of the latest scientific research using energy intervention validating the basic premise of how biofeedback systems work. The basic premise of energy intervention based on the latest research.

- The history and scientific basis of energy intervention
- How energy intervention works (*Quantum Physics 101*)
- The validity of energy intervention from a medical perspective
- What determines energy intervention success ratios
- Key components of energetic practices and natural healing

➤ **Required Textbook:** The Field: The Quest for the Secret Force of the Universe by Lynn McTaggart

II. Professional Conduct Correspondence Courses (40 CEUs) -- \$195 for all 3

- ✓ Professional Practices (10 CEUs)
- ✓ Professional Ethics (10 CEUs)
- ✓ Informed Consent Form (20 CEUs)

For a complete description of these courses visit www.Academy4C.com

III. Clinical Skills (45 CEUs)

✓ **Proficiency Training -- \$249**

Five hours of instruction including client intake skills, initial assessments, and training protocols using the L.I.F.E. System: how to navigate the L.I.F.E. System *emphasizing the skills you need within your particular scope of practice – from the moment the client walks through your door through the entire session.* Includes 50 page full color manual.

✓ **Stress for Success -- \$195**

STRESS - the root cause of ALL physiological symptoms, and thus the place to begin! “*Stress for Success*” will explain:

- The positive healthy response of your body when experiencing a stressful situation
- The effects of emotional stress on the autonomic nervous system and the central nervous system, including the HPA Axis and related hormones
- Why and how accumulative stress impacts the various body systems creating “dis-ease” and “dis-orders” (*Research shows that at least 90% of illness is stress induced!*)
- The impact your thoughts and spiritual beliefs have on the relief or acceleration of stress-induced symptoms – *the spirit/mind/body connection*
- How to energetically balance the key “stress players” on your LIFE Biofeedback System for chronic stress issues

➤ **Required Textbook:** Mind Over Medicine by Lissa Rankin, M.D.

✓ **Practicum in Biofeedback -- \$249**

- 5 Sessions of “Shadowing” with instructor
- Weekly supervision tele-conference calls

IBA Total Cost for Technician training: \$1,083

(Excludes any required textbooks for courses which can be purchased on Integrity Biofeedback Academy’s website - “bookstore” tab)

Plus Application to the NTCB for “Technician” certification -- \$65

NOTE: Upon enrollment in the Biofeedback Certification Program through Integrity Biofeedback Academy, you have one year to complete the Biofeedback TECHNICIAN requirements. There will be a \$120 application renewal fee to IBA if extended time is needed to complete TECHNICIAN requirements.

Biofeedback Technicians have one year to complete their requirements to become Biofeedback Specialists. Contact the NTCB to renew for an additional year if needed.

Specialist Biofeedback Certification Training (Pre-requisite: Technician Certification)

I. Basic Skills Coaching Workshop (45 CEUs) -- \$195

By following the guidelines you will learn in this course, you will be able to describe what you are certified to accomplish for your client by using language that does not imply diagnosing, treating, curing or attempting to cure any medical, emotional, mental, psychological or physical condition, disease or disorder of any kind.

A. Licensed Healthcare Therapists May Be Exempt

1. If Biofeedback is within their scope of practice - this may include those licensed as medical doctors, chiropractors, counselors, dentists, licensed counselors, and veterinarians.
2. If their license is approved by their State or Provincial government and clearly states that biofeedback is within their scope of practice. Naturopathic Doctors, for example (please consult your state or provincial laws) (Does not include Licensed Massage Therapists).

B. Some Unlicensed Professionals May Be Exempt

1. Life Coaches certified by a recognized authority
2. International Coach Federation Certified Life Coaches

II. Anatomy and Physiology (30 CEUs) -- \$125

This **self-study** course will provide you with a practical, basic approach to learning physiological structures, processes and functions. A step-by-step study guide will take you through Barron's Essential Atlas of Physiology and the Barron's Essential Atlas of Anatomy in preparation for an open book 165 multiple choice test and essay. This course covers the Integumentary System (*Skin*), The Digestive System (*including basics in Nutrition and Metabolism*), Respiratory System, Circulatory System, Nervous System, The Musculoskeletal System (*both muscles and skeleton and their interconnections*), Urinary System, Endocrine System, Immune System, Genetics, and the Senses, as well as, the *NTCB physiological objectives as it relates to stress*. The course and text **provides applicable information for whatever type of accreditation you are seeking.**

➤ **Required Textbooks:** Barron's Essential Atlas of Physiology
Barron's Essential Atlas of Anatomy

A. Possible Substitutions for this Requirement

1. A Three Semester Hour (3 SH) course in anatomy from an approved college or university
2. A Three Semester Hour (3 SH) or twenty continuing education units (20 CEU) course in the meridian system and acupuncture points
3. Certification or license in reflexology, acupressure or acupuncture from an approved educational organization

B. Accredited A & P Providers

1. All accredited colleges and universities
2. All accredited health occupations education institutions
3. The Institute for Quantum Biofeedback Natural Medicine
4. The California Institute for Human Science
5. Any provider using NTCB certified instructors or the equivalent
6. Natural Therapies Coaching Workshops

III. Internship: 500 Hours of Supervision (50 CEUs) -- \$300

- 500 hours of logged time with clients/patients
- 10 in-depth case studies
- 1 year of weekly tele-conference support calls

Licensed Healthcare Therapists May Be Exempt

1. If Biofeedback is within their scope of practice
2. If their license is approved by their government
3. If their license requires a college degree

IV. Intermediate & Advanced Clinical Skills (40 CEUs)

✓ Stress Reduction Techniques (20 CEUs) -- \$195

- Preparation of the practitioner and the client for an effective biofeedback stress reduction session
- Practical and effective stress reduction techniques/skills for clients during sessions and for “self-maintenance” between sessions
- The demonstration of several biofeedback devices to be used both by the practitioner and the client/patient for stress reduction
- Recommended client/patient forms

➤ **Required Textbook:** Recommended reading list

✓ Anatomy of Emotion (20 CEUs) -- \$195

An in-depth yet practical teaching on the power of emotions, addressing such questions as...

- How do emotions impact my physiological health and well being
- How does my ancestral emotional baggage influence my conscious and unconscious decisions
- How can I identify my belief systems about God, myself, and my relationships that are sabotaging my life
- How can I “reprogram” my thinking from negative to positive in a short period of time

Rooted in quantum physics and the latest in scientific research, this course will help you identify the reasons **why** you experience negative physical and emotional issues, and **how**

to transform your core emotions on the cellular level using **practical** techniques and biofeedback.

➤ **Required Textbooks:** Feelings Buried Alive Never Die by Karol Truman
Heal Your Body by Louise Hay

V. Biofeedback Examination/Test -- \$200

IBA Total Cost for Specialist training: \$1,210

(Excludes any required textbooks for courses which can be purchased on Integrity Biofeedback Academy's website - "bookstore" tab)

Plus Application to the NTCB for "Specialist" certification -- \$65

TOTAL COST FOR BIOFEEDBACK CERTIFICATION: \$2,293

(Excludes Technician and Specialist application fees to the NTCB and any required textbooks for courses)

10% discount for ordering entire program: \$2,063 (a savings of \$230 – based on fees paid directly to IBA; excludes application fees to NTCB)

Pain or Stress Management Certification:

When biofeedback candidates complete the requirements of the Biofeedback Blueprint, and pass the required certification examination, they may also choose to be certified as a biofeedback specialist, a pain management specialist and/or a stress management specialist/coach for an additional fee. The Biofeedback Blueprint includes all the necessary requirements to become certified as a Certified Pain and/or Stress Management Specialist.

Recertification:

Twenty (20) continuing education units (CEU) are required for recertification every year provided by Integrity Biofeedback Academy and other certified institutions.

Optional Additional Training:

One-on-one "hands on" training on specific biofeedback device is available @ \$90 per hour with Integrity Biofeedback Academy instructors