

Integrity Biofeedback Academy
and the
Natural Therapies Certification Board

Stress Management 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.

NOTE: Practitioners using the iNfinity app must complete the iNfinity Proficiency Training Course before enrolling in the Stress Management Certification Program.

Technician Stress Management Certification Training

Basic Skills Training (45 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 healin

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

✓ **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 iLife iNfinity app and LIFE Biofeedback Systems for chronic stress issues (*The course includes two free stress panels for your iNfinity app*)

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

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

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.

IBA Total Cost for Technician training: \$780

(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.

All Technicians must upgrade to the Specialist designation within two years of initial certification with the NTCB. No one will be allowed a renewal past two years.

Specialist Stress Management Certification Training **(Pre-requisite: Technician Certification)**

Supervision / 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

Intermediate Level course (20 CEUs)

✓ Stress Reduction Techniques -- \$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

Advanced Level course (20 CEUs)

✓ Anatomy of Emotion -- \$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

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

IBA Total Cost for Specialist training: \$815

(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 STRESS MANAGEMENT CERTIFICATION: \$1,595

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

10% discount for ordering entire program: \$1,435 (a savings of \$160)

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