

CERTIFICATION PROGRAMS FREQUENTLY ASKED QUESTIONS

Which certification program is right for me?

- If the only biofeedback system you are using is the **LIFE Biofeedback System**, the program you would be qualified to take is the **“Biofeedback Specialist Certification”**.
- If the only biofeedback system you are using is the **iLife iNfinity app**, the program you would be qualified to take is the **“Stress Management Technician and Specialist” certification**.

What is the difference in the content of the two certification programs?

The course work and internship requirements are exactly the same in both programs. The only difference is the Biofeedback Certification Program includes seven hours of hands on training with the LIFE System, *“Proficiency Training”*, and a final test upon the completion of the entire program.

Do I need special qualifications to pursue certification?

Any expertise you may bring from another field of study as it relates to integrative health care is helpful but not necessary. We often find that “unlearning” can be more difficult than “learning”, so if you have no experience or knowledge in the biofeedback world, it may work to your advantage! If you are already a practitioner in other modalities, biofeedback education will enhance your expertise and abilities in extraordinary ways!

Do I need to complete any part of the certification program at your offices?

Although you may wish you would have to come to Florida to complete your course work, *especially in the winter months*, all certification requirements can be done on-line. All courses are taught “live” periodically throughout the year, and all are recorded and can be ordered at any time. So, whenever you are ready to begin the program, you can order the courses immediately!

How long does it take to complete?

All courses are 3-4 sessions, 1 to 1 ½ hours per session. Since the courses can be accessed at any time either “live” or by recorded video, you can complete the course requirements at your own pace. You have an unlimited amount of time to complete your “technician” requirements, and once you are a Certified Biofeedback Technician, you have one year to complete your “specialist” requirements. If you need an additional year, you can apply for an extension with the Natural Therapies Certification Board.

The most time consuming part of either program is “internship” which consists of 500 logged hours with clients/family members/friends as part of the “Specialist” requirements. This, too, is done at your own pace.

When can I begin taking clients?

Once you have completed your “Technician” requirements and have applied to the NTCB for “Technician” certification, you can begin receiving remuneration from clients for your services.

I have certifications and licensing in other fields of study related to health care. Would any of this count towards certification?

Perhaps. We would submit your education/qualifications to the NTCB for approval to see what requirements from which you may be exempt.

Is there a national board from which this certification is approved?

Yes! Integrity Biofeedback Academy and its instructors are approved under the Natural Therapies Certification Board both in North America and Europe. All certifications and courses that IBA offers meet the specific CEU requirements as outlined by this board. IBA has been in excellent standing with the NTCB since IBA’s inception in 2008. To read more about the NTCB, visit: www.NTCB.org

What kind of quality can I expect from IBA courses and instructors?

All courses include a professional power point presentation and student notes. Required and recommended textbooks for each course are authored by the most well respected experts in their field. IBA instructors bring many years of experience in biofeedback with clients and students worldwide to their course topics.

What if I begin with the Stress Management Certification Program and then want to switch to the Biofeedback Certification Program?

That is NOT a problem! Any course work or internship hours that you have successfully completed can be transferred from one certification program to the other at no additional cost within a year’s time.

Do you offer any discounts if I sign up for the entire certification program instead of course by course?

Yes! We offer 10% off if you order the entire program! *(This excludes any required textbooks and two \$65 fees to the NTCB, one for “Technician” certification and one for “Specialist” certification.)* You can find all certification and course descriptions, prices, and discounts on the “Biofeedback Certification” tab and “Stress Management Certification” tab.

I'm sold! Where do I sign up and pay?

Go to the "order/registration" tab on this website and you can either order course by course and pay as you go, or order the entire program and save some money!

What happens once you receive my order?

After we give you an energetic "high five", we contact you by email within the next business day, *(no holidays or weekends)* to verify we have received your order. You will also receive a step by step guide of how to complete your certification program with course dates, times, etc.

Believe it or not, I have more questions! Who can I talk to about my personal and professional education goals so I know if this is right for me?

You can call us anytime during business hours, Monday – Friday, excluding holidays, to talk to one of our staff personally. We realize it often helps to talk with someone "live" to make sure what you're registering for is going to meet your professional and personal goals. Call (239) 221-8977 *(we are in Eastern Standard Time)* or email us at integritybiofeedback@gmail.com and we will do our best to facilitate your "learning journey"!