Professional Biofeedback Program Schedule (Days 1-3)
In Class Outline - 9:00 AM to 5:30 PM

Day 1: Introduction to Biofeedback and Diaphragmatic Breathing
- Introductions
- Course Description: Classroom & Online Format
- Introduction to Biofeedback (Pg. A-1)
- Introduction to Temperature Modality (Demo)
- Temperature Lab 1
- Lunch
- Introduction to Respiration Modality (and Diaphragmatic Breathing video)
- Lab: Respiration Lab 1: Breath Rate (Demo)
- Diaphragmatic Breathing (Pg. B-1)
- Lab: Respiration Lab 2: Breath Rhythm (Demo)

Day 2: Electrode Placement (sEMG), Introduction to EMG and EEG
- Vagal Tone (Pg. C 1)
- Human Stress Response (Pg. D-1)
- Introduction to sEMG Modality (Demo)
- EMG Electrode Placement (Pg. E-1)
- Lunch
- Introduction to sEMG Lab (Pg. F-1)
- EMG Lab 1
- Introduction to EEG (Pg. G-1)
- EEG Hook Up - Demonstration
- EEG Lab – Alpha Training

Day 3: Introduction to Heartrate Variability
- Introduction to Neurofeedback Therapy by Dr. Mary Tracy, PhD
- Introduction to HRV Biofeedback (Pg. H-1)
- HRV Lab (Alive) and Demo (BioTrace)
- HRV Review: (Pg. I-1)
- Lunch
- What is next: Online Training through Stens HUB
- Introduction to EDA Modality (Pg. J-1)
- EDA Lab 1 - Word Association
- How To Do A Stress Profile (Pg. K-1)
- Questions and Closure
Professional Biofeedback Program Schedule (Days 4-5)

Online Class Outline on the Stens Hub

Online days must be completed within a 90-day period *

Online Day 1: 4th Course Study Date

Session #1 (1 hr. and 27 min)
- Introduction and Orientation to Online Class
- Intake: 3 Levels

Session #2 (1 hr. and 10 min)
- 5-Session Biofeedback Treatment Protocol

Session #3 (1 hr. and 9 min)
- Introduction to Waves
- Resonant Frequency Assessment Demo (Recorded)
- RF Assessment: Scoring and Interpretation

Session #4 (1 hr. and 9 min)
- Blood Volume Pulse (BVP) Sensor
- Spectral Analysis and Resonant Frequency
- Introduction to EMG -- Biological Basis

Online Day 2: 5th Course Study Date

Session #1 (1 hr. and 30 min)
- Introduction and Orientation to Online Class -- Short Review
- 5-Session Protocol Review
- Teaching Strategies for Clients

Session #2 (1 hr. and 7 min)
- Entrainment
- Case Review "Alex"
- Headache Power Point

Session #3 (1 hr. and 31 min)
- TMP: Biological Basis and Protocol
- Sleep -- Architecture of Sleep and Insomnia

Session #4 (1 hr. and 8 min)
- Business of Biofeedback and BCIA Certification
- Steven Porges and the Poly-Vagal Theory

*Additional fees required if online course is not completed within 90 days.