

# PATHWAY TO HRV BIOFEEDBACK CERTIFICATION



**Board certification is the mark of distinction for providers of Bio/neurofeedback services.**

Candidates who apply to become certified by BCIA are required to hold a BA/BSc degree or higher from an accredited academic institution, in a BCIA approved health care field, including psychology; medicine; nursing (including two-year RNs); physical, occupational, recreational, and respiratory therapy; social work; counselling; marriage family therapy; rehabilitation; chiropractic; physician's assistant (with certification or license); speech pathology; and sports medicine.

A Masters degree is required for the disciplines of Music Therapy; Counselling Education (M Ed Counselling) and Life Coaching certified by ICF, BCC and ICCHWC. For the field of optimal performance a degree in sport psychology, exercise physiology, kinesiology, biomechanics or physical education is required.

Applicants must hold a current licence for independent practice in a BCIA approved health care field issued by the HPCSA or the governing board of the relevant discipline in which you practice. Unlicensed practitioners or those holding supervised practice status must agree to work under the supervision of an appropriately credentialed health care professional who has training and experience with HRV biofeedback and the populations and disorders being treated.

We advise that you verify if your degree and clinical certification in SA is recognised by BCIA before you embark on this certification journey.

Recertification takes place at four-year intervals and serves to assure that clinicians have undergone continuous peer review of ethical practice and have continued to acquire knowledge of recent developments in the field.

Application fees: BFSAs Members will be allowed a special fees structure with BCIA for the certification process. Applications are valid for two years during which one needs to complete all required steps in the journey to certification.

## The journey to certification

### **STEP 01** Human Anatomy/Physiology or Neuroanatomy Course

A comprehensive course in human anatomy, human physiology, or human biology covering the organization of the human body and all 11 systems or a course in biological/physiological psychology or neuroanatomy/neuroscience from a regionally-accredited academic institution is required. Candidates should complete a course that best supports their HRV biofeedback practice. If this was part of your undergraduate education proof of course content needs to be sent to BCIA for approval and verification that the course covered the foundational knowledge base.

### **STEP 02** Didactic HRV Biofeedback Education

Candidates can meet this requirement by completing a three semester-hour university course or its equivalent or completing a course from a BCIA-accredited training program that covers the HRV blueprint. (see Dr Fred Schaffer's online course - <https://biosourcesoftware.com/hrv-tutor/> or <http://bfe.org/topics/hrv-training/>)

Additionally, the applicant must provide a certificate of completion from either a BCIA-accredited biofeedback or neurofeedback didactic course.



## **Required Didactic Hours (Course content approved by BCIA)**

**I** - HRV Anatomy & Physiology - **3hrs**

**II** - Heart Rate Variability - **2hrs**

**III** - HRV Instrumentation - **3hrs**

**IV** - HRV Measurements - **2hrs**

**V** - HRV Biofeedback Strategies - **4hrs**

**VI** - HRV Biofeedback Applications - **2hrs**

**Total 16 Hrs**

### **STEP 03 Practical Biofeedback Training**

You are required to complete 10 contact hours with a BCIA-approved mentor to review:

- 10 sessions of personal HRV biofeedback, demonstrating own self-regulation.
- 20 sessions of patient/client treatment using HRV, including BVP or ECG, and respirometer training
- 5 case studies.

Each session with your mentor needs to be 20 minutes or longer to be logged.

### **STEP 04 Written Examination**

A three-hour objective examination covering the Blueprint areas is required of all candidates and is offered in various locations or by special online examination after the exam fee has been paid.

## **Certification by Prior Experience**

Appropriately licensed health care professionals who can demonstrate at least 100 hours of accredited, blueprint-relevant CE that includes a 16-hour didactic course, human A&P, and 2,000 patient/client hours using HRV biofeedback across a minimum of 5 years may use this option.

