Central Connecticut State University (CCSU) Health Psychology program offers unique opportunities to engage in Biofeedback and Stress Management training.

Biofeedback is an ideal clinical health tool because it harnesses the mind–body connection to help people to improve disease conditions and even achieve optimal health. With its capability to teach self-regulation, to treat a variety of chronic disease conditions, to blend the technical and the humanistic, coupled with its budding research profile, biofeedback can offer clinically and cost-effective, interventions that fit nicely into the primary care delivery system. Biofeedback offers an opportunity to invigorate a clinician’s practice so patients will benefit from effective holistic mind–body practices. We work to teach and train students (and mental health professionals) to apply psychophysiology and biofeedback to achieve and maintain health and the quality of life through research, education and practice.

**Purpose**

CCSU is BCIA-approved training facility provides face-to-face training in biofeedback [http://www.bcia.org/i4a/pages/index.cfm?pageid=3428](http://www.bcia.org/i4a/pages/index.cfm?pageid=3428). We offer both didactic and practical training. Our Health Psychology program can help graduate students and mental health practitioners to complete the requirements for certification in general biofeedback, accredited by the Biofeedback Certification International Alliance (BCIA).

**Didactic Training:** Our Psychology 544 course is based on BCIA’s “Blueprint of Knowledge,” for general biofeedback. The course fulfills the 45 hour didactic educational requirement to become BCIA certified. It covers the fundamentals of the science, history, and theory of biofeedback specific to the certificate program.

**Practical Training:** Our graduate level Internship provides practical experience. Our state of the art equipment is available for student use. Our BCIA certified faculty member(s) guides you through hands-on equipment training in the Biofeedback Center and in outside community related facilities. The internship provides the 20 contact hours spent with a BCIA-approved mentor to learn to apply clinical biofeedback skills. BCIA requires 20 hours of mentoring by a BCIA-certified professional. The mentor will oversee your practical experience requirements.

Our M.A. level students who gain Technician certification are job ready to apply for available jobs working with a professional who has a license to practice and wishes to use biofeedback and employ someone who is qualified/certified. Biofeedback has much potential for future practice in health care. If routinely incorporated into behavioral health care practice, it can enhance health care by providing clinically and cost-effective behavioral interventions. Biofeedback can help people to make lifestyle changes by teaching them to self-regulate their physiological processes, to handle life stressors more effectively, to cope with and improve chronic medical conditions, and to enhance overall performance. Psychologists are particularly well suited to assume a leadership role in promoting the use of this beneficial intervention which can promote holistic care within the American health care system.