



# BIOFEEDBACK

Biofeedback assessment and training may be applied to a multitude of physical, emotional, and psychological problems. It may also be utilized to enhance performance and quality of life.

Biofeedback requires specialized training and knowledge of anatomy and physiology. Professions using biofeedback include physicians, nurses, social workers, counselors, psychologists, physiologists, coaches, educators, and many others.

For information concerning research about Biofeedback, please see our professional brochure.

Your local BIOFEEDBACK practitioner is:

**Mental Training & Coaching Centre**  
800 5 AVE SW  
Calgary, AB T2P 3T6

Email: [info@mentaltcc.ca](mailto:info@mentaltcc.ca)

Phone: 403.473.5603

## BIOFEEDBACK

Physiological systems and areas studied include:

- The Brain
- Muscles
- Heart Rate
- Blood Pressure
- Blood Flow
- Respiration
- Stress Response
- Skin Temperature
- Bowel / Bladder

Biofeedback, the road to health and wellness...

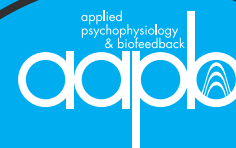
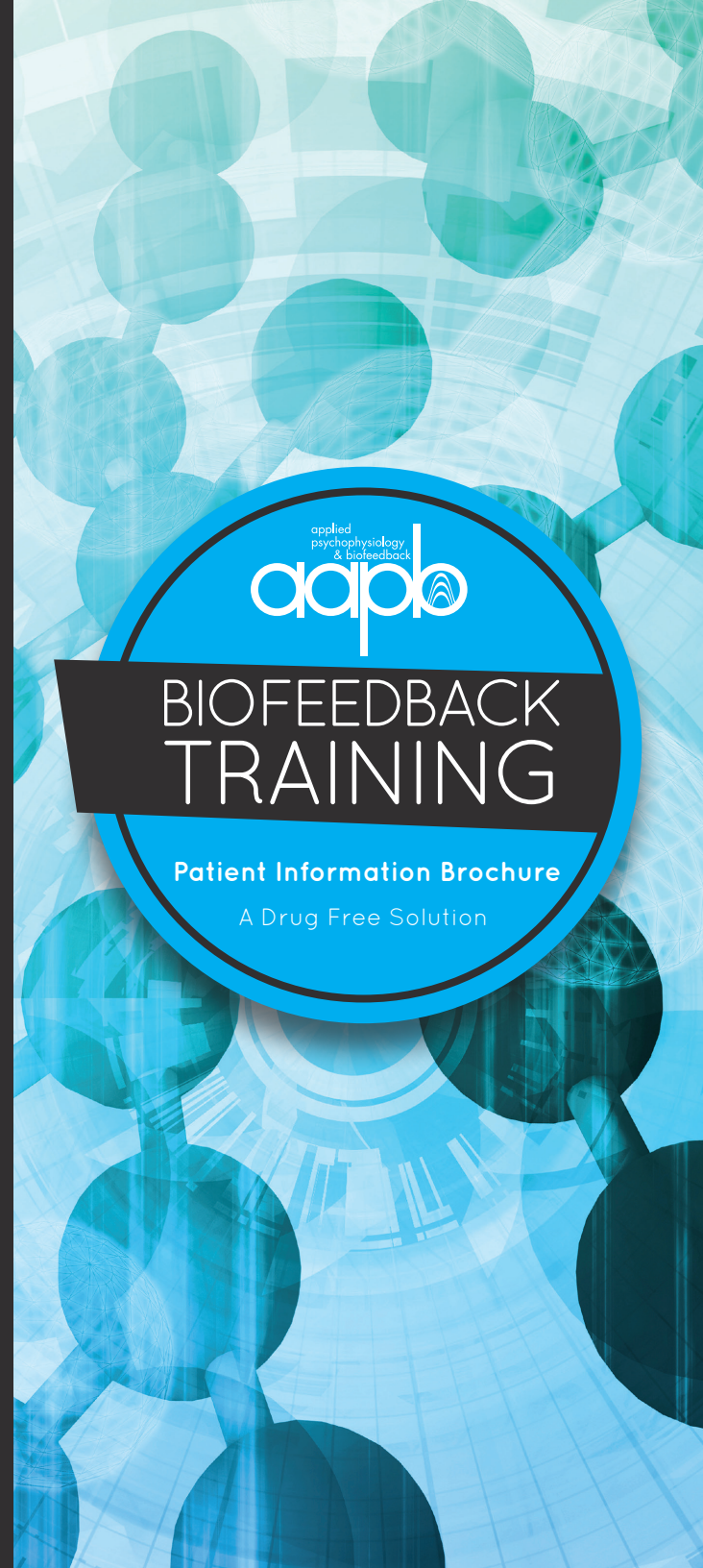
For information about who is trained in your area contact:

Association for Applied Psychophysiology and Biofeedback  
10200 W 44 Ave., #304  
Wheat Ridge, CO  
80033-2840  
(303) 422-8436  
(800) 477-8892  
[info@aapb.org](mailto:info@aapb.org)

[www.aapb.org](http://www.aapb.org)



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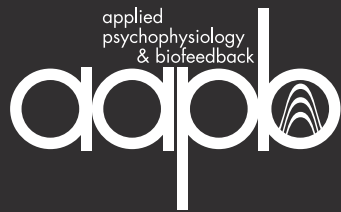


## BIOFEEDBACK TRAINING

Patient Information Brochure

A Drug Free Solution





## Biofeedback

Can reduce symptoms associated with:

### Chronic Pain

- Headaches
- Neck Pain
- Shoulder Pain
- Back Pain
- Carpal Tunnel
- Leg Pain

### Emotional Issues

- Anxiety
- Depression
- PTSD
- Addictions
- Stress

### Brain Dysfunction

- ADHD
- Autism
- Mild brain injury
- Learning Disorders



## Biofeedback Can:

- Help teach muscles to tense or relax
- Help Improve Focus & Concentration
- Reduce stress, quiet emotional issues

# BIOFEEDBACK

Biofeedback is a process where information about the body is provided to an individual.

This information is not readily accessible to our conscious selves.

Specialized computer programs are used for this purpose.

Usually computers are used to collect and display results which are presented visually or by sound.

This information is then used to train a new, better or healthier way to function. The data provides an objective measure showing if you are doing it in a safe and effective way. It eliminates guessing.



## Biofeedback

Examples of Special Applications

### Motor Skills Training

- Helps people learn correct movement, ie: cerebral palsy; stroke rehabilitation

### Peak Performance Training

- Elite athletes / Executives
- "Making the Good... Great"

### Heart & Breath Training

- Heart Rate Variability
- Optimal breath training for relaxation
- Stress management
- Cardiac issues

### Incontinence Training

- Because sometimes we lose control