COUN 5560 Biofeedback Practicum
Course Syllabus

I. **Catalog description:** Experiential training and practice utilizing biofeedback interventions and instrumentation in counseling. The course will require personal experience in using therapeutic biofeedback methods for self and others.

II. **Goals of the Course:** For the student to gain experiential training and practice utilizing biofeedback interventions and instrumentation in counseling. The course will require personal experience in using therapeutic biofeedback methods for self and others.

III. **Learning Objectives:** The student will be assisted to:
   a. Obtain personal experience in self-regulation using biofeedback training.
   b. Obtain experience in the treatment of clients with biofeedback therapy under clinical limited to the following: (CACREP II.K.5.a,b,c,f,g)
      i. Demonstration of biofeedback equipment.
         1. Thermal conductor
         2. Electromyograph (EMG)
         3. Electrodermograph (EDG)
         4. Pneumograph (PNG)
         5. Pulse/Heart Rate, Photolethysmograph (PPG)
         6. Electroencephalograph (EEG)
      ii. Review of thermistor/electrode placements and treatment protocols.
         1. Relaxation training and anxiety reduction
         2. treatment of tension and migraine headaches and chronic pain
         3. Raynaud’s disease and hypertension
         4. Attention deficit disorder
         5. Addiction disorders
      iii. Perform a psychophysiological assessment (PPA).
      iv. Self-regulation training.
      v. Clinical intervention with ongoing supervision, observation and case conferences.

IV. **Methods of instruction:** Instruction will be through lecture, seminar and supervised practical application of applied psychophysiology and biofeedback methods. Emphasis will be on supervision of student enactment of biofeedback techniques in actual therapy sessions with a classmate and/or client.

V. **Required texts and/or readings:**

VI. **Student performance evaluation criteria and procedures:**
Attendance and proper participation at supervision and case conferencing:35%
Clinical training of clients and self-regulation training: 60%
Reading assignments: 5%