

Biofeedback: A Practitioner's Guide

From Schwartz, Mark S. (EDT)/ Andrasik, Frank (EDT)



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The definitive text in the field, this comprehensive volume provides state-of-the-science coverage of biofeedback research, applications, clinical procedures, and biomedical instrumentation. With contributions from leading experts, the volume offers a unique combination of practical know-how and scholarly expertise. A wealth of information is presented in an accessible, streamlined style, including helpful glossaries throughout. Featured are detailed protocols for helping patients cultivate lower physiological arousal and for addressing an array of specific clinical problems: headaches, temporomandibular disorders, Raynaud's disease, essential hypertension, neuromuscular problems, elimination disorders, and much more.



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Editorial Review

Review

"Biofeedback, 3rd Edition, is the essential guide to contemporary biofeedback treatment. It provides practical, state-of-the-art treatment protocols and also includes the references to supportive research that are required by today's evidence-based clinician. As a rehabilitation professional, I found the chapters on neuromuscular reeducation, musculoskeletal pain, and pelvic floor disorders to be both interesting and clinically relevant."--Susan J. Middaugh, PhD, PT, Department of Anesthesia & Perioperative Medicine, Medical University of South Carolina, Charleston, SC

"The new edition of Biofeedback: A Practitioner's Guide is the classic, encyclopedic text on the practice of biofeedback. The book is well organized, comprehensive, readable, and well-documented and should be on the bookshelf of every student, practitioner, researcher, and instructor in the field of applied psychophysiology."

(Applied Psychophysiology and Biofeedback 2005-06-22)

"For anyone entering the biofeedback field, seeking a comprehensive reference or update on the field, or studying for BCIA certification, this text should be consulted first....The biofeedback practitioner who consults this book may feel as if a wise and experienced biofeedback clinician were sitting in the room as a coach....It is informative and thought-provoking even for the most experienced biofeedback practitioner, yet it is accessible to the intelligent beginner."

(Biofeedback and Self-Regulation 2005-06-22)

About the Author

Mark S. Schwartz, PhD, is on the Mayo Clinic Emeritus Staff; has a private practice in Jacksonville, Florida; and is Adjunct Professor at the University of North Florida.

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