**Postgraduate/Ph.D.**

**Lecture 11\ biofeedback**

**Prepared by doctoral student Doaa Hussien Ali, under the supervision of Prof Dr.** **Prof.Dr. Luma Samer Hamoodi**

**1444 H / 2023 AD**

Biofeedback is an alternative therapy that helps you take control of certain involuntary bodily functions, like your heart rate and breathing. There are several types of biofeedback therapy. It can help manage conditions like chronic pain, anxiety and incontinence.Biofeedback (biofeedback therapy) is an alternative medicine approach that teaches you to change the way your body functions. It’s a mind-body therapy that may improve your physical and mental health.

During a biofeedback session, a healthcare provider uses noninvasive monitoring equipment and instruments to measure your body’s involuntary functions. This includes things like your heart rate, breathing and muscle tension. Based on feedback from the instruments, your provider suggests how you can create voluntary (conscious) changes for these mostly involuntary functions. With education and practice, you can learn to make those bodily changes without equipment.

Healthcare providers don’t use biofeedback as a standalone treatment for most conditions. But it can help manage symptoms of certain conditions.

Many different healthcare providers can offer biofeedback therapy, including:

Psychologists.

Physical therapists.

Primary care providers.

Providers who perform biofeedback should be certified by the Association for Applied Psychophysiology and Biofeedback (AAPB) to use the therapy. Make sure your provider has certification before starting therapy.