

Self-Regulation Interventions for Pediatric Patients: Biofeedback & Clinical Self-Hypnosis

Resource List

BIOFEEDBACK

Organizations

- Association for Applied Psychophysiology and Biofeedback
- Midwest Society for Behavioral Medicine and Biofeedback
- Biofeedback Certification International Alliance (BCIA)
- International Society for Neurofeedback and Research

Certification

BCIA-approved health care fields include psychology, medicine, dentistry, nursing, physical therapy, occupational therapy, social work, counseling, marriage family therapy, rehabilitation, chiropractic, recreational therapy, physician's assistant, exercise physiology, speech pathology, and sports medicine. *Summary of requirements:*

- Anatomy & physiology course
- 42-hour biofeedback didactic education
- 20-hour practical biofeedback training
- Certification exam

Books

- A Practitioner's Guide — Biofeedback, Fourth Edition: A Practitioner's Guide edited by Mark S. Schwartz and Frank Andrasik
- The Clinical Handbook of Biofeedback: A Step-by-Step Guide for Training and Practice with Mindfulness 1st Edition by Inna Z. Khazan
- Biofeedback and Mindfulness in Everyday Life: Practical Solutions for Improving Your Health and Performance by Inna Khazan

Handouts

- Children's Minnesota – Ways to Wellness handout
<https://www.childrensmn.org/downloads/2015/12/careservices.integrativemedicine.biofeedback.pdf>
- GI Kids – Biofeedback <https://gikids.org/tests-procedures/biofeedback-training/>
- American Migraine Foundation – description of biofeedback for patients
<https://americanmigrainefoundation.org/resource-library/biofeedback-and-relaxation-training/>
- Biobehavioral Strategies for Pediatric Pain (Mayday Foundation & Lurie Children's)
<https://www.luriechildrens.org/globalassets/media/pages/for-healthcare-professionals/prn-curriculum/core/biobehavioral/april2020/2020.pediatricprn.biobehavioral.final.pg.pdf>
- UW School of Medicine & Public Health – biofeedback handout for patients (adult)
<https://www.fammed.wisc.edu/files/webfm-uploads/documents/outreach/im/handout-biofeedback.pdf>

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CLINICAL SELF-HYPNOSIS

Organizations

- American Society of Clinical Hypnosis (ASCH)
- National Pediatric Hypnosis Training Institute (NPHTI)
- American Psychological Association, Division 30, Society of Psychological Hypnosis
- The International Society of Hypnosis
- Milton H. Erickson Foundation
- American Society of Clinical Hypnosis
- The International Society of Hypnosis
- Minnesota Society of Clinical Hypnosis

Certification

To obtain Certification of Clinical Hypnosis through ASCH, you must hold at least a masters degree in a health care discipline considered appropriate by the Society and have licensure/certification in the state/province which they practice, membership in a professional society consistent with a degree, and Licensure or Certification by the state or province in which you practice to practice independently. *Summary of requirements:*

- Complete Level 1 and Level 2 ASCH approved Clinical Workshop training;
- Minimum of 20 hours of individualized training/consultation with an ASCH Approved Consultant;
- Minimum of two years of independent practice utilizing clinical hypnosis (2 years from the completion of the basic course).

Books

- Hypnosis with Children 5th Edition by Daniel P. Kohen, and Karen Olness
- Therapeutic Hypnosis with Children and Adolescents, Second Edition Hardcover by Laurence Sugarman, William Wester II, William Wester
- Harry, the Hypno-potamus: Metaphorical Tales for the Treatment of Children and Harry the Hypno-potamus: More Metaphorical Tales for by Linda Thomson

Handouts

- Meg Foundation – Magic Glove <https://www.megfoundationforpain.org/2022/07/22/the-magic-glove-hypnotic-pain-management-for-children/>
- GI Kids – Clinical Hypnosis handout <https://gikids.org/digestive-topics/clinical-hypnosis/>
- UW School of Medicine & Public Health – Clinical Self-Hypnosis handouts
 - https://www.fammed.wisc.edu/files/webfm-uploads/documents/outreach/im/handout_self_hypnosis_clinician.pdf
 - https://www.fammed.wisc.edu/files/webfm-uploads/documents/outreach/im/handout_self_hypnosis_patient.pdf