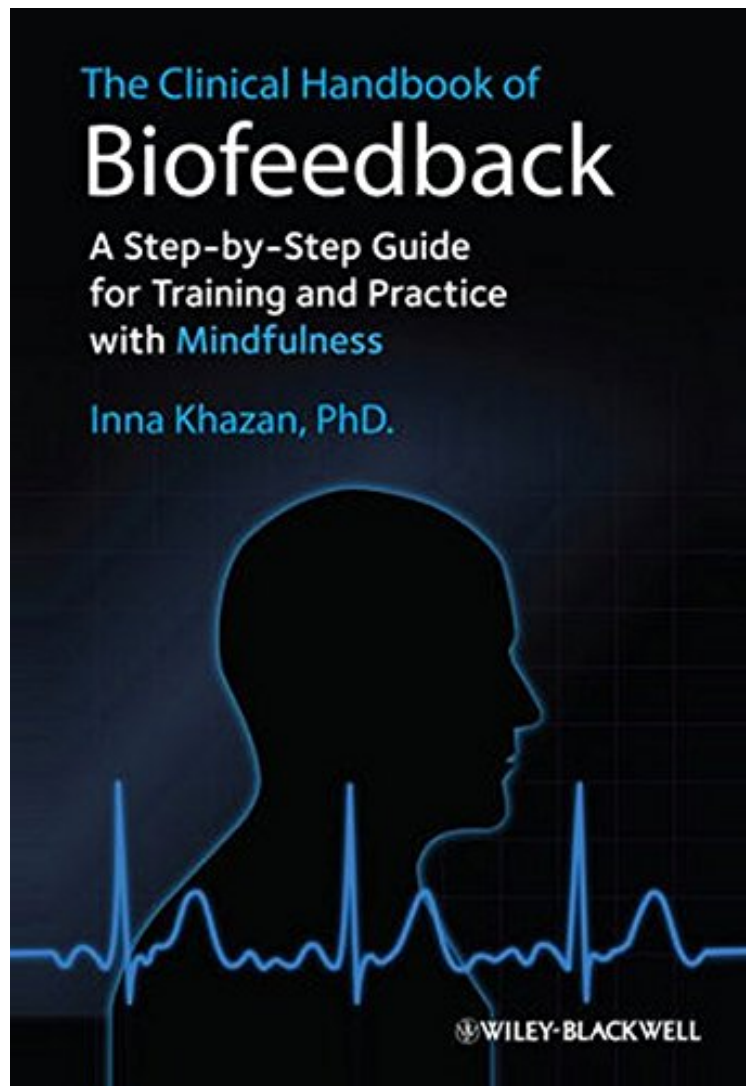


(Read free) The Clinical Handbook of Biofeedback: A Step-by-Step Guide for Training and Practice with Mindfulness

The Clinical Handbook of Biofeedback: A Step-by-Step Guide for Training and Practice with Mindfulness

Inna Z. Khazan

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#334863 in Books Wiley-Blackwell 2013-04-22 Original language: English PDF # 1 9.70 x .62 x 6.751, 1.20
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Inna Z. Khazan : The Clinical Handbook of Biofeedback: A Step-by-Step Guide for Training and Practice with Mindfulness before purchasing it in order to gage whether or not it would be worth my time, and all praised The Clinical Handbook of Biofeedback: A Step-by-Step Guide for Training and Practice with Mindfulness:

9 of 9 people found the following review helpful. Save your clients time and frustration...read this book!By KRI purchased the Kindle version of Dr. Khazan's book. I found her writing style to be clear and concise with an easy flow

to it. Dr. Khazan shared insights obviously gathered through experience in real therapeutic encounters, without advancing untested theories. I appreciated the contents of the appendix and found myself using the scripts in my personal mindfulness practice and with my clients. One simple yet profound lesson that I learned from *The Clinical Handbook of Biofeedback* justified the purchase price of this book. Dr. Khazan explained that EFFORT creates sympathetic arousal and when someone TRIES to relax, they are initiating the stress response. I smacked my head, "Of course...duh!" Perhaps I knew this intuitively, but Dr. Khazan supplied an alternative way to describe mindfulness and relaxation to a client that could move them from self-judgement and effort to the states of "allowing" and "compassionate presence". I am only half way through the book and there are more digital highlights and notes that I have written than white space. I recommend this book.

3 of 3 people found the following review helpful. Best book I've found on subject

By James Tankersley As a mindfulness and biofeedback practitioner for the Department of Veteran Affairs this is the best book I have found for novices and experienced clinician alike interested in combining these approaches. I have also had the pleasure of communicating with Dr. Khazan and she has always been willing to take to answer questions about her book and provide guidance. I highly recommended this book! There was one error, however, I discovered after talking with Dr. Khazan which will be corrected in an updated version. In the Heart Rate Variability Chapter pg. 110 the LF peak and HRV max-min graphs were inadvertently reversed in the description. The RF breathing rate is still between 5.5 and 6bpm, but the breathing rates for highest LF peak and highest HRV are reversed.

2 of 2 people found the following review helpful. A unique contribution - A must for the biofeedback practitioner

By Dr. Arnon Rolnick Dr. Khazan book is unique in the field from two perspectives: a) the unique integration of biofeedback with mindfulness; b) its ordered and organized step-by-step format. I discuss each of these perspectives separately.

a) Unique integration with mindfulness Biofeedback, developed in the last quarter of the 20th century, aims to bring about change. And change, it used to be thought, implies control, which in turn suggests that the aim of biofeedback is to regain control over our symptoms. In particular, the aim was to acquire conscious mastery over what used to be considered autonomous functions of our nervous system. Indeed many books have been written on mind over body; namely, how we can help our clients gain control over their physiological process. However, as clinicians we noticed that many of the problems of our clients lie not in their symptoms, but in their reactions to their symptoms. By trying to forcefully restrain their symptoms, our clients experienced ever-increasing stress and a deep sense of losing control. The result was a vicious cycle of fear and avoidance, followed by a gradual exacerbation of symptoms, eventually resulting in a full-blown pathology. Dr. Khazan has integrated concepts of the new generation of Cognitive Behavior Therapy (CBT) with biofeedback. As she explains it, biofeedback allows us to peek into the inner process. For example, we might ask what happens when we fail to relax? Paradoxically, when our clients fully accept their failures, something in them stirs and begins to move, almost by itself. Employing this deep technique of observing, acknowledging, and letting go, self-moderation is learned faster, and symptoms quietly subside. Change begins by embracing what already is there.

b) The books ordered and organized step-by-step format Some books are mainly theoretical and offer little that is clinically usable. By contrast, Dr. Khazan's *Clinical Handbook of Biofeedback* definitely deserves its full title, which is *A Step-by-Step Guide for Training and Practice*. The book is totally practical, walking the reader through clear protocols for various disorders. Therapeutic strategies and homework assignments are provided for the patients. The book takes the additional steps both of identifying aspects of their treatment with which clients might have had difficulty and presenting strategies for helping clients overcome these difficulties. Its highly structured format makes this book a must for the beginning biofeedback practitioner. At the same time, it is an indispensable reference for senior biofeedback experts and experts in behavioral Medicine

A practical guide to the clinical use of biofeedback, integrating powerful mindfulness techniques. A definitive desk reference for the use of peripheral biofeedback techniques in psychotherapeutic settings, backed by a wealth of clinical research. Introduces mindfulness and acceptance techniques and shows how these methods can be incorporated into biofeedback practice. Step-by-step instructions provide everything a clinician needs to integrate biofeedback and mindfulness including protocols, exemplar logs for tracking symptoms, and sample scripts for mindfulness exercises. Includes scientifically robust treatment protocols for a range of common problems including headaches, hypertension and chronic pain

Dr. Khazan has done a masterful job of taking the essence of biofeedback protocols and presenting them in a clear, understandable manner. She captures most of the current practice and techniques in applied psychophysiology/biofeedback.

Professor Richard Gevirtz, Distinguished Professor of Psychology, CSPP @ Alliant International University This masterful book belongs on the desk of every clinician and educator interested in biofeedback. It is the only book that takes biofeedback beyond learning how to attach the sensors to how to do clinical treatment/training. It offers a structured approach to optimize clinical success and is filled with pragmatic clinical instructions and pearls of wisdom which will significantly improve clients outcome. It is the much awaited clinical teaching manual that complements our own book, *Biofeedback Mastery- An Experiential Teaching and Self-Training Manual*.

Professor Erik Peper, San Francisco State University. This book has it all! It is a remarkably comprehensive,

clearly-written, practical guide to all the ins and outs of biofeedback. If you were ever curious exactly what we mean by overbreathing or heart rate variability, what specifically to ask in a biofeedback evaluation, how to treat irritable bowel or migraine headache, or exactly where to place electromyography sensors, this is the sourcebook you've been waiting for. Dr. Khazan has done the work for us. A unique contribution is the mindfulness perspective which helps clients to release self-judgment and the struggle to control their symptoms that undermines treatment and leads to many psychophysiological disorders in the first place. I highly recommend this insightful book for students of both biofeedback and mindfulness-based therapies, and for seasoned clinicians who wish to stay at the cutting-edge of their craft.

Professor Christopher Germer, PhD, Clinical Instructor, Harvard Medical School

From the Back Cover

This practical handbook guides clinicians step by step through the processes of applying biofeedback in a clinical setting, providing proven and effective methodologies for those new to the technique as well as offering established practitioners a means of enriching their work and improving patient outcomes. Integrating powerful mindfulness approaches into biofeedback practice, the book's clearly defined sections cover core aspects of the peripheral biofeedback method, now widely recognized as one of the most scientifically robust applications of psychophysiology and behavior therapy. Beginning with a clear and authoritative introduction to mindfulness and acceptance, the author describes proven and effective ways of integrating these approaches with biofeedback, as well as dealing with general aspects such as instrumentation. She moves on to protocols on assessment, providing step-by-step instructions and guidelines on interpretation. Next is detailed coverage of five peripheral biofeedback modalities including heart rate variability, surface electromyography, and temperature. Finally, a section on psychophysiological disorders brings the material and approach together across a range of conditions for which biofeedback has been shown to work as an efficacious treatment option, including sample scripts for use with patients.

About the Author

Inna Khazan is a Clinical Instructor of Psychology at Harvard Medical School, USA, where she teaches biofeedback. A clinical psychologist specializing in health psychology and biofeedback, Dr. Khazan also maintains a private practice in Boston, working with clients presenting with various psychophysiological disorders, using both biofeedback and mindfulness-based approaches to psychotherapy.