

BIOFEEDBACK TUTOR™ GUIDE

To start

1. Click on this [link](#) to access Biofeedback Tutor when you have an internet connection. Enter your username and password when requested. Firefox and Safari are currently the most compatible browsers for displaying our videos.

2. Then, you will see the following opening screen.



Core: Home Concepts History Research Psychophysiology Ethics Stress Electricity Relaxation

Anatomy: Skeletal Muscles Cardiovascular Electrodermal EEG Respiration Pain

Hardware: EMG Cardiovascular Electrodermal Respiration EEG

Applications: Musculoskeletal Neuromuscular Cardiovascular Pain Autonomic Respiration CNS Glossary

Welcome to Biofeedback Tutor!

This multimedia tutorial is one of the **Biofeedback Certification International Alliance's** Recommended Readings for its Biofeedback Certification exam.

Proceeds from sales of this product support undergraduate research at Truman State University through the **Shawn and Jacqui Bergman Research Fund**.



Select a Tutorial

1. Click on one of the 26 tutorials on the **Home** menu to open it in your browser.



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Try Out the Links

1. Biofeedback Tutor has links to internet videos in the body of each unit and to journal article abstracts or full-text articles in the Reference section. Just click on them to review their content.



The electroencephalograph, feedback thermometer, photoplethysmograph, and surface electromyograph are probably the most widely-used modalities in clinical biofeedback. In addition, both casual and elite athletes increasingly use electrocardiographic and photoplethysmographic sensors built into activity trackers, clothing, and exercise equipment to guide their workouts. Check out the Mind Media YouTube video, [What is Biofeedback and Neurofeedback?](#) and the Lynda Thompson YouTube video, [Neurofeedback: The Experts' Point of View](#), when you are connected to the internet.

REFERENCES

Adams, S. (2006, October 24). Good news day. Retrieved November 22, 2006 from http://dilbertblog.typepad.com/the_dilbert_blog/.

Birbaumer, N., & Flor, H. (1999). [Applied psychophysiology and learned physiological regulation](#). *Applied Psychophysiology and Biofeedback*, 24(1), 35-37.

2. These links will only work when you have a live internet connection and their server is working. Please contact us at fredricshaffer@gmail.com if a link breaks and we will provide you with a replacement link.
3. Most content providers have monetized their video links with advertisements. We believe that their value greatly exceeds the annoyance created by these advertisements, many of which you can skip after a few seconds.

Search Units or the Comprehensive Glossary Using Find

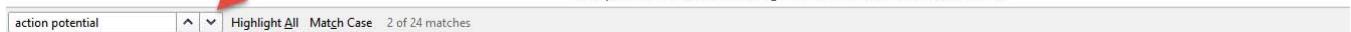
1. Your browser's search function (CTRL+F in FireFox) will allow you to look up key terms. For example, you could look up **action potential** in our Glossary. You can use the up or down arrows to find the instance of action potential you want.

action potential: propagated electrical signal that usually starts at a neuron's axon hillock and travels to presynaptic axon terminals.

activated states: in Barrett and Russell's structural model, high-intensity affective states like tenseness and alertness are placed in the upper hemisphere.

activation: Duffy's term for arousal that originated with Cannon's fight-or-flight response.

active electrodes (ECG): negative (yellow) and positive (blue) ECG electrodes that may be placed on the right upper chest and below the sternum, above the palmar surface of the right and left wrists, or above the palmar surface of the right wrist and above the left knee.



Test Your Mastery of Each Unit

1. Click on the link to the Blackboard testing site after the Glossary on each unit by clicking on the CourseSites icon.

TEST YOURSELF ON BLACKBOARD COURSESITES

Click on the Blackboard CourseSites logo below to take a 10-question exam over this entire unit. The password for each exam with in the Biofeedback Tutor folder is tutor.



2. Alternatively, you may access the Blackboard testing site at:

https://www.coursesites.com/webapps/login/?new_loc=/webapps/portal/frameset.jsp

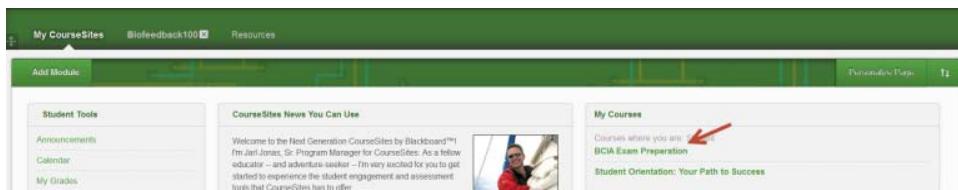
3. Click Login on the opening screen.



4. Enter your username and password we sent you in an accompanying email and then press **Login**. Do not select **Sign-Up!**



5. Click on the **BCIA Exam Preparation** link.



The screenshot shows the Biofeedback100 CourseSites homepage. At the top, there are links for 'My CourseSites', 'Biofeedback100', and 'Resources'. Below these are 'Student Tools' (Announcements, Calendar, My Grades) and 'CourseSites News You Can Use' (a welcome message from the program manager). On the right, there's a 'My Courses' section with a link to 'BCIA Exam Preparation' (which is highlighted with a red arrow). At the bottom right, there's a link to 'Student Orientation: Your Path to Success'.

6. Click on **Exams** on the left side of the screen.



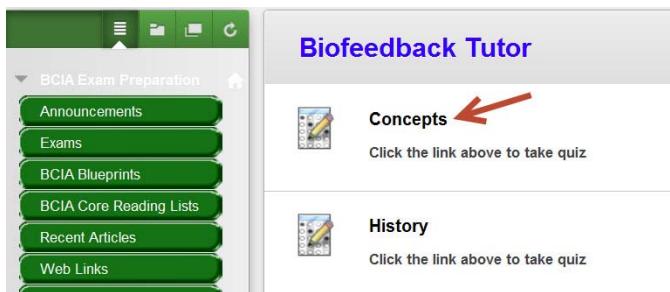
The screenshot shows the 'BCIA Exam Preparation' module. On the left, there's a sidebar with links: 'Announcements', 'Exams' (which is highlighted with a red arrow), 'BCIA Blueprints', and 'BCIA Core Reading Lists'. The main content area is currently empty.

7. Click on the **Biofeedback Tutor folder** to select its 10-question tests. The other folders are locked and access to them may be purchased separately.



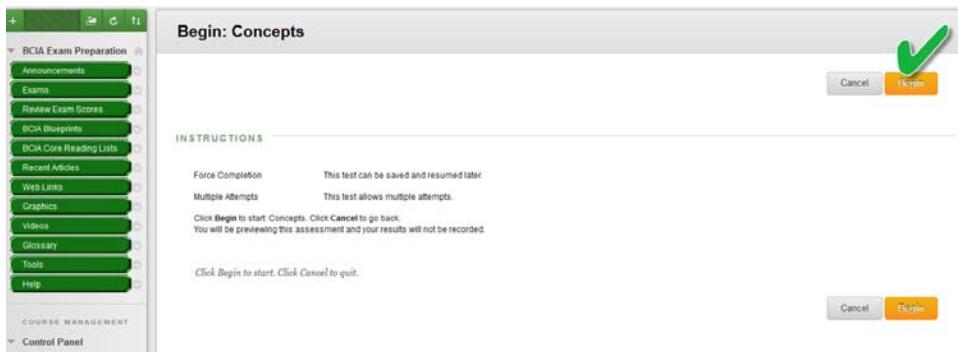
The screenshot shows the 'Exams' module. On the left, there's a sidebar with links: 'Announcements', 'Exams' (which is highlighted with a red arrow), 'BCIA Blueprints', 'BCIA Core Reading Lists', 'Recent Articles', 'Web Links', 'Videos', 'Glossary', 'Tools', and 'Help'. The main content area shows two folder icons: 'Biofeedback Certification' and 'Neurofeedback Certification'. Below them is a folder icon for 'Biofeedback Tutor' (which is highlighted with a red arrow).

8. Click on an exam link.



The screenshot shows the Biofeedback Tutor interface. On the left, a sidebar menu under 'BCIA Exam Preparation' includes 'Announcements', 'Exams', 'BCIA Blueprints', 'BCIA Core Reading Lists', 'Recent Articles', and 'Web Links'. The 'Exams' link is highlighted. The main content area is titled 'Biofeedback Tutor' and contains two sections: 'Concepts' (with a pencil icon) and 'History' (with a document icon). A red arrow points to the 'Concepts' link.

9. Click on **Begin**.



The screenshot shows a 'Begin: Concepts' dialog box. It includes an 'INSTRUCTIONS' section with information about force completion and multiple attempts, and a note that the test can be previewed. At the bottom are 'Cancel' and 'Begin' buttons, with a green checkmark over the 'Begin' button.

10. Enter the exam password. The password for each test in this folder is **tutor**. Click on **Begin** to start an exam and **Submit** to complete it.



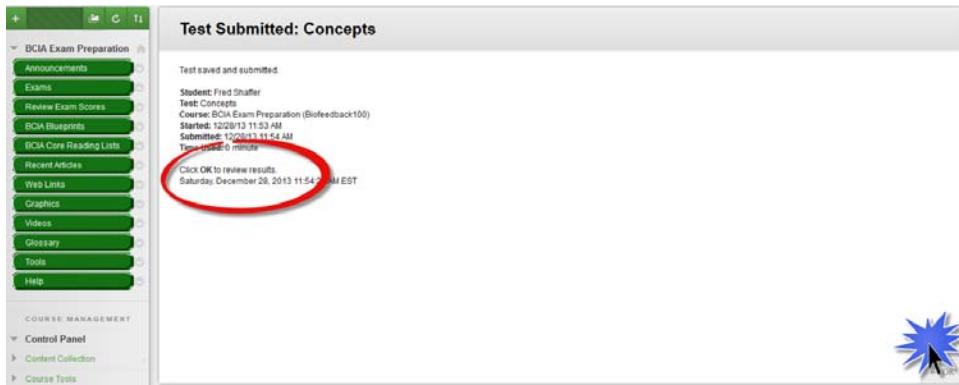
The screenshot shows an 'Enter Password: Concepts' dialog box. It has a password input field with a red circle around it, a 'Cancel' button, and a 'Submit' button with a green checkmark over it. The password 'tutor' is entered in the field.

11. Click on **Save and Submit** followed by **OK** on a pop-up screen.



The screenshot shows a question interface for 'QUESTION 10'. The question is: 'Passive volition is illustrated by' with options: 'allowing' (selected), 'competing', 'forcing', and 'trying'. The 'Save Answer' button is at the top right, and a '1 points' box is also present. At the bottom, there are 'Save All Answers' and 'Save and Submit' buttons, with a green checkmark over the 'Save and Submit' button.

12. To receive feedback, click on the [OK] button at the bottom-right corner of the screen. You may retake each exam as often as you choose.



The screenshot shows the Blackboard interface for a course titled 'BCIA Exam Preparation'. The left sidebar includes links for Announcements, Exams, Review Exam Scores, BCIA Blueprints, BCIA Core Reading Lists, Recent Articles, Web Links, Graphics, Videos, Glossary, Tools, and Help. The main content area is titled 'Test Submitted: Concepts' and displays the following message: 'Test saved and submitted' followed by 'Student: Fred Shaffer' and 'Course: BCIA Exam Preparation (Biofeedback100)'. It shows the test was started at 12/28/13 11:53 AM, submitted at 12/28/13 11:54 AM, and took 0 minute. A red circle highlights the 'Click OK to review results' button, which is followed by the text 'Saturday, December 28, 2013 11:54:20 AM EST'. A blue starburst icon is located in the bottom right corner of the main content area.

13. You can review scores on all your exams by clicking on **Review Exam Scores**.



The screenshot shows the Blackboard interface for a course titled 'BCIA Exam Preparation'. The left sidebar includes links for Announcements, Exams, Review Exam Scores, BCIA Blueprints, and BCIA Core Reading Lists. The main content area is titled 'Announcements' and contains a message: 'New Announcements appear directly below the repositionable bar. Reorder by dragging announcements to new positions. Move priority announcements above the repositionable bar to pin them to the top of the list and prevent new announcements from superseding them. The order shown here is the order presented to students. Students do not see the bar and cannot reorder announcements.' A blue starburst icon is located on the left side of the announcements bar.

Support

You may phone Blackboard support at 1-888-383-7003 if you have difficulty logging into or using this testing service. Their support hours are M-F 8 am- 8 pm EDT and Sat-Sun 9 am – 5 pm EDT. Please direct questions about product content to our staff, since Blackboard only hosts our testing services.

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<http://www.biosourcesoftware.com>