BIOFEEDBACK TUTOR™ GUIDE
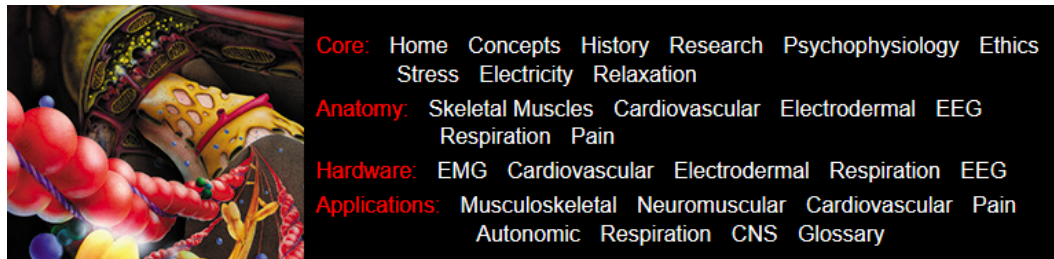
To start

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.

Select a Tutorial

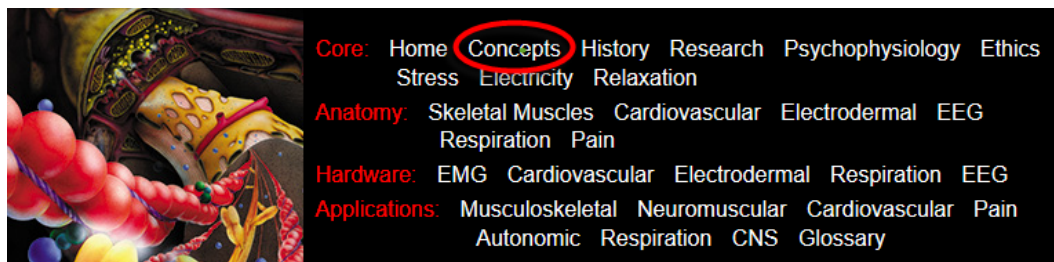1. Click on one of the 26 tutorials on the **Home** menu to open it in your browser.

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.

action potential   ∧ ∨   Highlight All   Match Case   2 of 24 matches

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.

2. Alternatively, you may access the Blackboard testing site at:
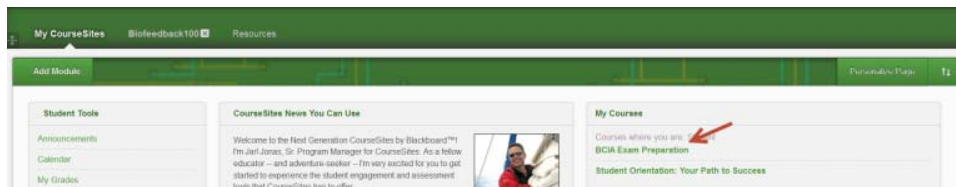 https://www.coursesites.com/webapps/login/?new_loc=/webapps/portal/frameset.jsp
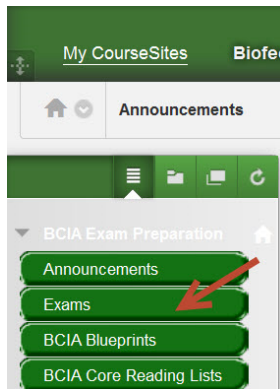
3. Click Login on the opening screen.

4. Enter your username and password we sent you in an accompanying email and then press **Login**. Do not select **Sign-Up**!
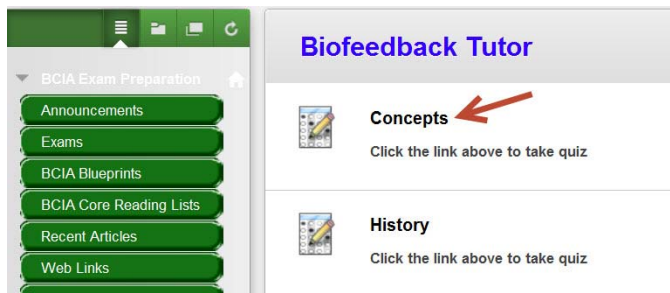
5. Click on the **BCIA Exam Preparation** link.

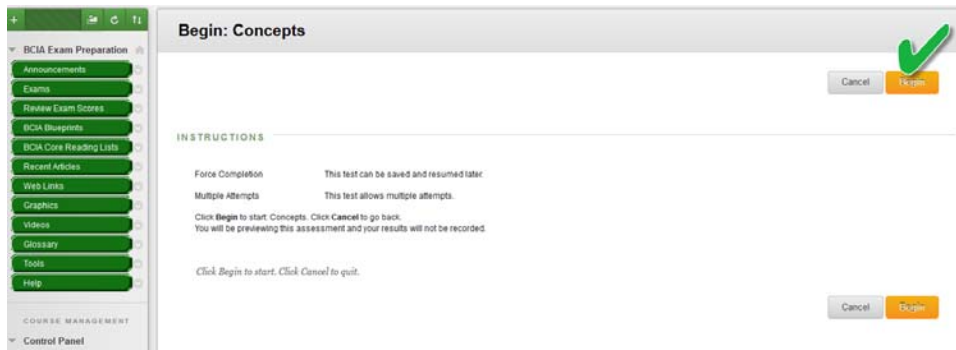
6. Click on **Exams** on the left side of the screen.

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.
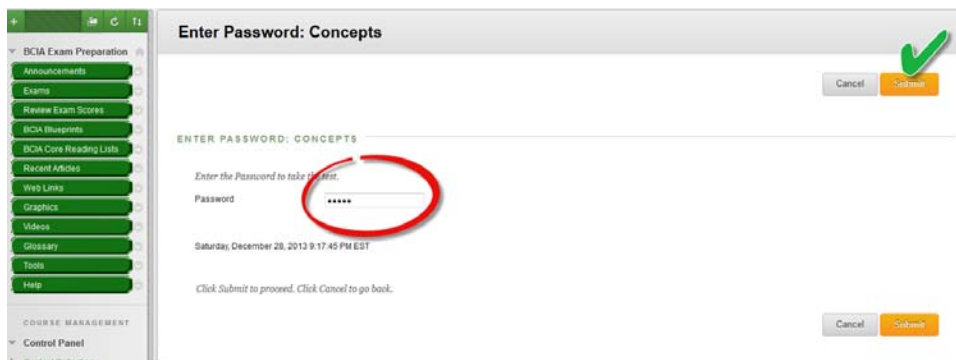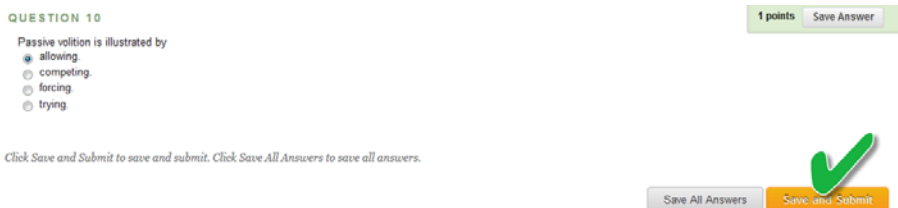
8. Click on an exam link.
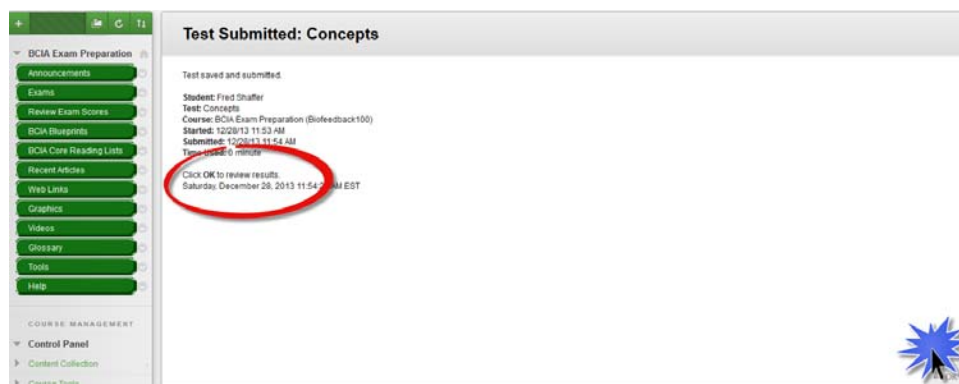

9. Click on **Begin**.

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.
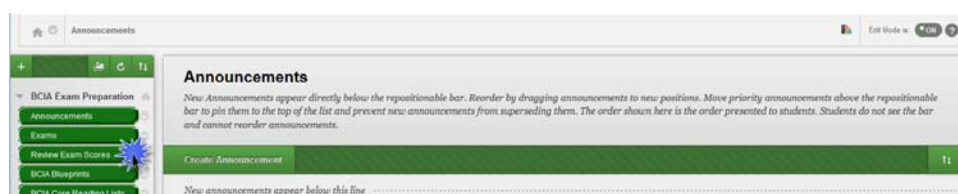

11. Click on **Save and Submit** followed by **OK** on a pop-up screen.

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

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

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. <mark>Please direct questions about product content to our staff, since Blackboard only hosts our testing services.</mark>

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