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**BIOFEEDBACK AND APPLIED PSYCHOPHYSIOLOGY  
HEALTH PSYCHOLOGY AND ASSESSMENT**

***A Note of Caution: The Association for Applied Psychophysiology & Biofeedback (AAPB) has issued this Consumer Warning:***

***"About Devices: ...You are not getting biofeedback if a device is sending signals into your body to change it. Devices claiming to be biofeedback devices which send signals into the body to change its functioning are not doing biofeedback. Such claims should be reported to the FDA (Food and Drug Administration).***

***If a device is said to be able to directly assess organ diseases, blood impurities/imbbalances and similar problems from readings taken from the surface of the skin, you should check with the FDA or your state's health department before exposing yourself to such a device.***

***About Practitioners: You should be very wary of any person offering biofeedback services who either does not use the concept of biofeedback as [a training technique in which people are taught to improve their health and performance by using signals from their own bodies] or cannot describe the training they have had to provide biofeedback. Proper training takes months or even years, not hours. Even people with professional degrees such as R.N., M.S., M.D. and Ph.D. normally do not receive significant training in biofeedback while getting their degrees. They must have additional training to knowledgably and ethically incorporate biofeedback into their work. Possession of a biofeedback device does not indicate training to use it.***

***There are many types of biofeedback techniques. Be sure that the person proposing to work with you is trained to provide biofeedback for your problem.***

***For medical/psychological diagnoses: Only people who are licensed or otherwise credentialed by their state can treat diagnosed medical [or psychological] disorders independently. People trained in biofeedback but not state credentialed can work under the supervision of an appropriately credentialed provider. Be sure any uncredentialed provider is working under appropriate supervision.***

***You need to check that a person offering biofeedback services has both the appropriate type of training in biofeedback and the appropriate state credential to work with your diagnosis.***

***Biofeedback certification is not a license to practice..."***

***Go to [www.aapb.org](http://www.aapb.org) for further information.***