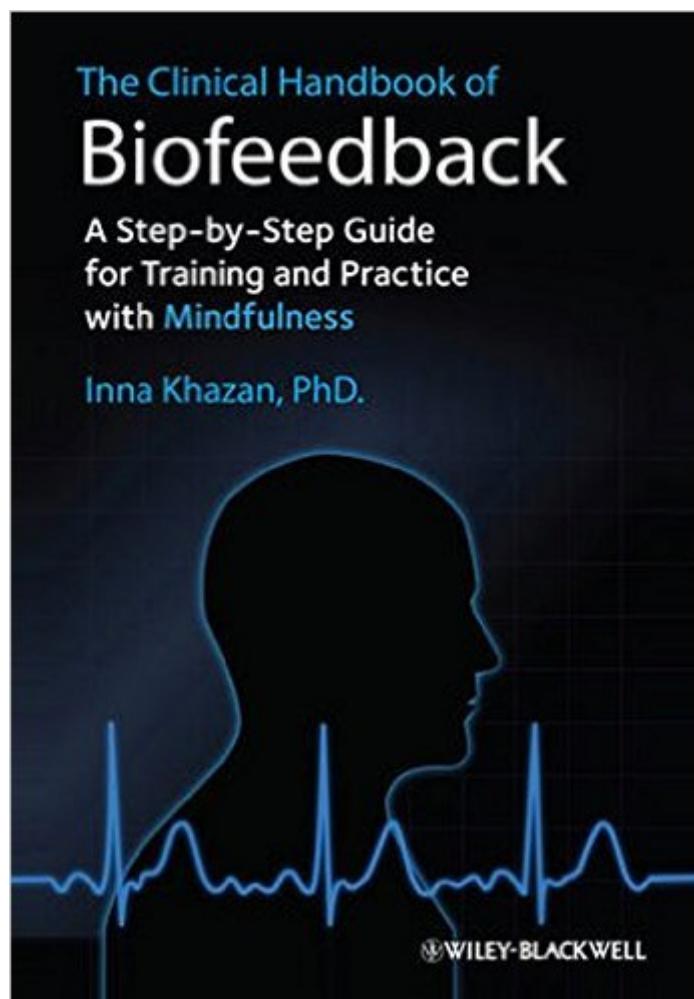


The book was found

# The Clinical Handbook Of Biofeedback: A Step-by-Step Guide For Training And Practice With Mindfulness



## **Synopsis**

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.

## **Book Information**

Paperback: 354 pages

Publisher: Wiley-Blackwell; 1 edition (April 22, 2013)

Language: English

ISBN-10: 1119993717

ISBN-13: 978-1119993711

Product Dimensions: 6.8 x 0.6 x 9.7 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars Â See all reviews Â (18 customer reviews)

Best Sellers Rank: #316,124 in Books (See Top 100 in Books) #33 in Books > Textbooks > Medicine & Health Sciences > Medicine > Biotechnology #172 in Books > Engineering & Transportation > Engineering > Bioengineering > Biotechnology #696 in Books > Textbooks > Social Sciences > Psychology > Clinical Psychology

## **Customer Reviews**

I 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.

This is an excellent, clearly written presentation of the background and methods used in peripheral biofeedback. It also includes references to relevant research. Its innovation is the integration of biofeedback with mindfulness training. Dr. Khazan deserves much credit for her leadership in so articulately connecting mindfulness with biofeedback. Applications to health problems that respond to biofeedback are nicely described, again, with the integration of mindfulness training. Dr. Khazan has written a very helpful and accessible text that will enhance the practice of biofeedback newcomers and old masters. I hope that her academic work with her trainees at Harvard will help to disseminate these valuable methods.

Khazan's Clinical Handbook of Biofeedback has become an essential part of my biofeedback practice. She has included thorough explanations of biofeedback modalities and the conditions for which they can be used, referencing current research along the way. Step-by-step protocols are provided for biofeedback assessment and training. For each health condition addressed, Khazan offers excellent suggestions for how to educate the client on their condition and the biofeedback training they will receive. Useful meditation scripts and examples of client logs are provided. Clinicians wanting to integrate mindfulness into their work will find those sections of the book very helpful.

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 mindfulnessBiofeedback, 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 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 bookÃ¢Â™s ordered and organized step-by-step formatSome books are mainly theoretical and offer little that is clinically usable. By contrast, Dr. KhazanÃ¢Â™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

I have just finished reading Inna Khazan's newly released book on biofeedback and it is brilliant, digestible ,an instantaneous friend to the practitioner in its sequence and deconstructions, She delivered years of experience so concisely and wisely..She shares her scripts she uses with patients and there are forms in the appendices provided for you in the back. Given her mindfulness training she knows how essential it is to repeat concepts in different variations like a leitmotif-recurring theme in music, to indelibly imprint an idea. She has an uncanny ability to take complex concepts and simplify them. I can't laud this book enough. This is worthy of being disseminated to every student and practitioner studying this field. Its a Mindful gift.Julie RobbinsBiofeedback PractitionerNorthampton, Ma.

[Download to continue reading...](#)

The Clinical Handbook of Biofeedback: A Step-by-Step Guide for Training and Practice with Mindfulness Dog Training: A Step-by-Step Guide to Leash Training, Crate Training, Potty Training, Obedience and Behavior Training Puppy Training Guide 4th Edition: The Ultimate Handbook to Train Your Puppy in Obedience, Crate Training, and Potty Training Mindfulness: 50 Easy Mindfulness Exercises for Beginners to Live in the Moment and the Art of Letting Go Creative

Animals Coloring Book: The Mindfulness Animal Coloring Book for Adults (Mindfulness Coloring Book, Art Therapy Coloring Book) (Volume 1) The Mindfulness Coloring Book: Anti-Stress Art Therapy for Busy People (The Mindfulness Coloring Series) The Mindfulness Coloring Engagement Calendar 2017: Color Your Way to Calm Week by Week (The Mindfulness Coloring Series) Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program from Jon Kabat-Zinn Bone Densitometry in Clinical Practice: Application and Interpretation (Current Clinical Practice) Handbook of Clinical Anesthesia (Barash, Handbook of Clinical Anesthesia) What I'd Teach Your Horse: Training & Re-Training the Basics (Horse Training How-To) (Volume 8) Starting a Medical Practice: The Physician's Handbook for Successful Practice Start-Up (Practice Success! Series) Minecraft: Master Minecraft Handbook Guide (Minecraft Handbook Essential Guide Books for Kids) (Secret Minecraft Handbook Guide) Minecraft Handbook: The Ultimate Creations Guide, For Beginners to Advanced (Minecraft Handbook Guide Book with Building Videos) (Secret Minecraft Handbook Guide) Insider's Guide to Graduate Programs in Clinical and Counseling Psychology: 2016/2017 Edition (Insider's Guide to Graduate Programs in Clinical & Counseling Psychology) Training Guide Installing and Configuring Windows Server 2012 R2 (MCSA) (Microsoft Press Training Guide) Training Guide Installing and Configuring Windows Server 2012 R2 (MCSA): MCSA 70-410 (Microsoft Press Training Guide) Training Guide Programming in HTML5 with JavaScript and CSS3 (MCSD) (Microsoft Press Training Guide) Building Handbook: The Amazing Island Castle: Step By Step Guide (The Unofficial Minecraft Building Handbook) A Clinical Guide for Contraception (Clinical Guide for Contraception (Speroff))

[Dmca](#)