



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

By Khazan, Inna Z.

Wiley-Blackwell, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: 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 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...



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