

PROFESSIONAL CONDUCT

Section 201 - All biofeedback equipment is limited by law as to what it can and cannot do:

- a. Unless the lawful registration states otherwise, all biofeedback equipment can only be used to help clients relax in order to reduce their stress, and re-educate their muscles in order to reduce their pain; but
- b. Licensed medical doctors, chiropractors, dentists and veterinarians may use any biofeedback device, lawfully registered or not, for any purpose allowed by their license; and
- c. Licensed homeopaths, naturopaths, nurses and psychotherapists may use any lawfully registered biofeedback device for any purpose allowed by their license; and
- d. In some jurisdictions, licensed oriental medicine practitioners, certified homeopaths and naturopaths may use any lawfully registered biofeedback device for any purpose allowed by their license (it is the responsibility of the therapist to determine if and when such laws apply); and
- e. Any licensed biofeedback therapist working under the supervision of any licensed person may provide such allowable services as that licensed provider requests.

Section 202 - The use of biofeedback equipment is contraindicated under specific circumstances:

- a. Biofeedback is contraindicated for individuals with seizures and who experience seizure activity; and
- b. Biofeedback is contraindicated for individuals who experience anxiety or unpleasant feelings associated with biofeedback; and
- c. Biofeedback is contraindicated for individuals who are unwilling or unable to understand the general principles and goals of the feedback used, including individuals with excessive behavioral problems or low IQ; and
- d. Biofeedback is contraindicated for those individuals unable to learn to reduce their stress and/or pain, relax or re-educate their muscles after several sessions of biofeedback; and
- e. Licensed medical doctors, dentists or veterinarians may treat seizures and seizure activity with biofeedback; and
- f. Licensed psychotherapists may treat seizures and seizure activity with biofeedback if seizures and seizure activity is within their scope of practice; and
- g. Qualified biofeedback therapists operating under the license of a medical doctor, dentist, veterinarian or psychotherapist may provide such allowable services as that licensed provider requests.

Section 203 - All biofeedback equipment may cause deleterious side effects:

- a. Anxious, depressed or angry clients may experience an increase in their anxiety, depression or anger during a biofeedback session; and
- b. Clients recovering from addictions may experience abreactions such as extreme anger, depression or grief during the biofeedback session; and
- c. Other deleterious side effects are theoretically possible; and
- d. All approved educational agencies are instructed to teach candidates how to handle these situations when they arise; and
- e. Licensed Biofeedback Therapists are required to take appropriate action immediately whenever any deleterious side effects are observed in any client; and
- f. Licensed Biofeedback Therapists unable to help any clients through these temporary side effects are required to immediately refer those clients to an appropriate professional.

Section 204 - All biofeedback equipment may cause beneficial side effects:

- a. Biofeedback research indicates biofeedback may result in a reduction of anger, anxiety, blood pressure, bowel irritability, bruxism, depression, dizziness, fibromyalgia, heart rate, heart rate variability, hypertension, jaw clenching, palsy, pathological symptoms, reaction times, sleep problems, spasms, tics, TMJ, tooth grinding, and vertigo; and
- b. The literature suggests biofeedback may also result in an improvement of the ability to pay attention, concentrate and focus; and
- c. The literature suggests biofeedback may also result in improved short and long term memory, mental dexterity, physical dexterity, physical mobility, feelings of well-being, happiness, joy, courage and peacefulness; and
- d. Other beneficial side effects may be experienced by some clients; and
- e. Licensed biofeedback therapists are legally restrained from attempting to help their clients resolve these symptoms, disorders or diseases unless they are working under the supervision of a licensed professional whose scope of practice includes these interventions.

Section 205 - Code of Professional Ethics a. Licensed Biofeedback Therapists are required to post their professional code of ethics in their work place and/or to give each client a copy of their code of professional ethics; and

- b. The code of professional ethics shall include information stipulating the Licensed Biofeedback Therapist will maintain confidentiality of all information obtained from any client unless released by written consent of the client or required by court order; and

- c. The professional code of ethics shall include information concerning the exact services offered by the Licensed Biofeedback therapist; and
- d. The professional code of ethics shall stipulate that chiropractic, dental, medical, psychotherapy and veterinary services are not included in the services provided by the Licensed Biofeedback Therapist, unless otherwise licensed to provide any of these services, or unless under the supervision of a licensed practitioner lawfully entitled to provide such services; and
- e. The professional code of ethics shall stipulate the Licensed Biofeedback Therapist is in full compliance with all local, regional, state, provincial and federal laws governing biofeedback services and business operations; and
- f. The professional code of ethics shall set forth the mission of the Licensed Biofeedback Therapist in easily understood terms.

Section 206 - Informed Consent Form a. Licensed Biofeedback Therapists shall require the signature of any prospective client on an informed consent form prior to providing any biofeedback services; and

b. The Licensed Biofeedback Therapist shall provide all clients with a signed copy of said informed consent form; and

c. The Licensed Biofeedback Therapist shall maintain a signed copy of said informed consent form in each clients confidential folder for at least seven years following the termination of services to that client; and

d. Unless otherwise licensed to do so, Licensed Biofeedback Therapists must include the information from Section 201a of these regulations in their informed consent forms; and

e. Unless otherwise licensed to do so, Licensed Biofeedback Therapists must include the information from Section 202a, b, c and d of these regulations in their informed consent forms; and

f. Licensed Biofeedback Therapists must list the possible deleterious side effects in Section 203a, b and c of these regulations in their informed consent forms; and

g. Licensed Biofeedback Therapists may indicate any of the deleterious side effects in Section 203a, b and c of these regulations which they are trained to manage during biofeedback sessions; and

h. Licensed Biofeedback Therapists may list the possible side effects discussed in Section 204a-e of these regulations in their literature only if such listing includes a disclaimer indicating there is no guarantee a client may experience any of these beneficial side effects.

Section 207 - Professional Conduct a. Licensed Biofeedback Therapists may not advise, analyze, assess, counsel, cure, denigrate, diagnose, discourage, disparage, endorse, evaluate, manage, medicate, prescribe, prevent, recommend, remedy,

suggest or treat any medical, dental, chiropractic, veterinary, or psychological condition, disease or disorder unless otherwise licensed to do so; and

b. The Licensed Biofeedback Therapist shall at all times be in full compliance with all local, regional, state, provincial and federal laws governing biofeedback services and business operations; and

c. The Licensed Biofeedback Therapist shall continue biofeedback services only as long as it is reasonably clear clients are benefiting from such services; and

d. The Licensed Biofeedback Therapist shall not counsel or advise clients on nutrition or health concerns unless authorized to do so by the scope of practice of any other license in force at the time; and

e. The Licensed Biofeedback Therapist shall be truthful in all verbal and written communications with the public and shall not mislead the public in any way whatsoever; and

f. The Licensed Biofeedback Therapist shall report to the proper authorities, with copies of any supporting documentation, any illegal, false or misleading claims made by any other professional whether licensed or unlicensed; and

g. The Licensed Biofeedback Therapist shall protect the rights, welfare and consent of their clients at all times and will not discriminate against any client or prospective client on the basis of age, disability, national origin, sex, sexual preferences, race or religion; and

h. The Licensed Biofeedback Therapist shall not inappropriately touch any client for any reason, and shall immediately report to the authorities any person reported by a client to inappropriately touch that client; and

i. The Licensed Biofeedback Therapist shall not enter into a personal relationship with any client and shall professionally rebuke any attempt by any client to enter into a personal relationship with them; and

j. The Licensed Biofeedback Therapist shall maintain a public professional demeanor at all times.