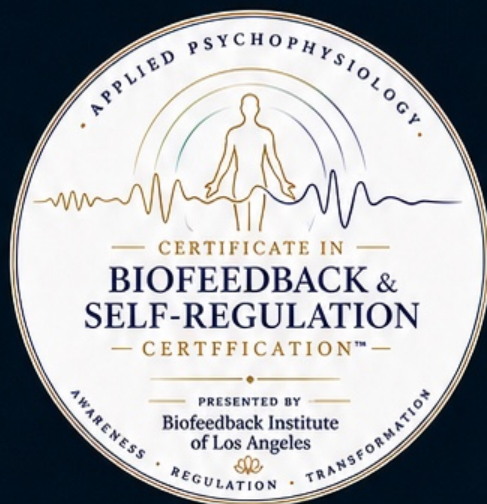




BIOFEEDBACK SKILLS CERTIFICATION

Course Curriculum Guide

Learn the language of physiology and translate observation into practical coaching skills.

Hybrid Certification • Online + In-Person Practicum • Certificate of Completion





WELCOME

Learn to observe what has always been there.

Every thought, emotion, decision, relationship, and performance challenge is accompanied by physiology. Most of us experience these changes without ever seeing them. Biofeedback changes that.

Through guided observation, scientific measurement, and practical application, you will learn to recognize the body's signals, understand what they reveal, and help yourself and others cultivate healthier patterns of regulation.

You will not simply learn how to operate instruments. You will learn to observe differently - to notice when the body is activated, when it recovers, when subjective experience and physiology align, and when the signal invites a better question.

Once physiology becomes visible, regulation becomes teachable. That is where meaningful change begins.

*The technology reveals the signal.
The learning changes the person.*



WHY I TEACH

Helping people see what has always been invisible.



For more than two decades, Dr. Stephanie DuPont has worked at the intersection of psychology, applied psychophysiology, biofeedback, neurofeedback, human performance, and consciousness research. Her teaching is organized around one central question: How can physiological measurement help people understand themselves and those they serve more accurately?

As Director of Training for the Biofeedback Institute of Los Angeles, she has educated clinicians, coaches, educators, and health professionals in translating physiological information into practical learning, ethical communication, and measurable self-regulation.

Rather than presenting biofeedback as a collection of devices, Dr. DuPont teaches it as a disciplined way of observing the living nervous system - combining scientific understanding, compassionate inquiry, and hands-on practice.

STEPHANIE DUPONT, PSY.D.

Director of Training, BILA

Psychophysiolgist

BCIA Certified

HeartMath Certified

25+ years in applied biofeedback

The goal of biofeedback is not merely to measure physiology. It is to help people recognize their capacity for awareness, regulation, learning, and transformation.



THE BILA LEARNING METHOD

From observation to skillful guidance.

The curriculum follows a deliberate progression. Each stage adds a new responsibility: first to notice accurately, then to understand context, measure carefully, practice regulation, integrate evidence, and guide another person ethically.

01 **OBSERVE**

Notice what is present.

02 **UNDERSTAND**

Place the signal in context.

03 **MEASURE**

Make change visible.

04 **PRACTICE**

Experiment and learn.

05 **INTEGRATE**

Connect signal and experience.

06 **APPLY**

Guide with skill and restraint.

People first. Physiology second. Technology third.

The instruments support learning; they do not replace observation, judgment, or relationship.

MODULE 1

Learning to Observe the Invisible

Everything begins with observation.



WHY THIS MATTERS

Before physiology can be changed, it must first be noticed. This module develops disciplined observation: the ability to recognize subtle changes in breathing, muscle tone, attention, emotion, and bodily state without rushing to explanation.

WHAT YOU WILL LEARN

- Biofeedback as a learning process
- Observation before interpretation
- The BILA Inquiry Loop
- Physiology, feedback, awareness, and adaptation
- Responsible, non-diagnostic interpretation

HANDS-ON EXPERIENCE

Guided observation laboratories help trainees distinguish what they can directly see from what they infer.

HOW YOU WILL APPLY IT

Provides the perceptual and ethical foundation for every instrument and professional conversation that follows.

MODULE 2

Reading the Living Nervous System

Your nervous system is always adapting.

MODULE 2

Reading the Living Nervous System

Understanding how your body responds, adapts, and regulates.

Every thought, emotion, and experience unfolds through the nervous system. This module helps you recognize the patterns of activation, stress, recovery, and resilience that shape how you think, feel, perform, and connect.





WHY THIS MATTERS

Every thought, emotion, relationship, and performance demand unfolds through a living nervous system. Trainees learn to recognize patterns of activation, recovery, safety, attention, and resilience as dynamic processes rather than fixed traits.

WHAT YOU WILL LEARN

- Sympathetic and parasympathetic function
- Stress activation and recovery
- Arousal, attention, and performance
- Adaptation and autonomic flexibility
- State before story

HANDS-ON EXPERIENCE

Trainees map activation and recovery across ordinary daily experiences and identify the conditions that help the system reorganize.

HOW YOU WILL APPLY IT

Builds client-friendly language for explaining nervous-system patterns without reducing a person to a diagnosis.

MODULE 3

Awareness Before Measurement

Attention is the first instrument you learn to use.



WHY THIS MATTERS

Technology can reveal physiology; awareness gives it meaning. This module cultivates the inner skills needed to notice breath, muscle effort, distraction, emotion, and presence before introducing measurement.

WHAT YOU WILL LEARN

- Focused attention and open monitoring
- Interoceptive awareness
- Breath and body observation
- Presence and co-regulation
- The 14-day Observer Project

HANDS-ON EXPERIENCE

Daily digital observations and brief guided practices develop the capacity to notice change without chasing an outcome.

HOW YOU WILL APPLY IT

Prepares trainees to interpret physiological data within lived experience rather than treating numbers as the whole person.

MODULE 4

Skin Conductance (SCR)

Emotion leaves a measurable signature.



WHY THIS MATTERS

Skin conductance makes shifts in sympathetic arousal visible in real time. Trainees observe emotional engagement, novelty, anticipation, recovery, and autonomic vitality while learning that a signal informs inquiry rather than proving a psychological conclusion.

WHAT YOU WILL LEARN

- Tonic level and phasic responses
- Activation, peak, and recovery
- Emotional engagement and novelty
- Signal vitality and flat responding
- Movement and contact artifact

HANDS-ON EXPERIENCE

Trainees place palm sensors, establish a baseline, introduce mild experiential tasks, and observe how the signal follows - or does not follow - the moment.

HOW YOU WILL APPLY IT

Useful in stress education, psychotherapy, coaching, performance work, emotional awareness, and recovery training.

MODULE 5

Temperature Biofeedback

Your hands may register safety before your mind does.



WHY THIS MATTERS

Peripheral temperature reflects changes in vascular tone and blood flow. As the nervous system shifts away from defensive constriction, the hands often warm, offering an accessible window into relaxation and recovery.

WHAT YOU WILL LEARN

- Peripheral circulation and vasoconstriction
- Environmental and postural influences
- Hand-warming and autogenic strategies
- Slow trends and delayed response
- Responsible interpretation

HANDS-ON EXPERIENCE

Trainees secure a thermistor to the palm side of the distal index finger, record baseline temperature, and guide a gradual warming exercise.

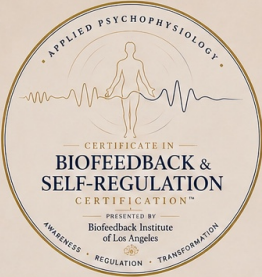
HOW YOU WILL APPLY IT

Applicable to relaxation training, stress recovery, sleep preparation, autonomic awareness, and selected headache-support protocols.

MODULE 6

Heart Rate Variability (HRV)

Resilience can be observed.



MODULE 6

HRV Biofeedback

Heart-Rate Variability for Coherence and Regulation

CURRICULUM OVERVIEW

Learn to measure and guide heart coherence, breath-heart synchrony, and autonomic balance.



HEART RATE VARIABILITY • LIVE

HEART COHERENCE

AMPLITUDE

3.0

2.0

1.0

0

0:00 1:00 2:00 3:00 4:00 5:00

TIME (MIN)

COHERENCE

0.82

HIGH

HR

68

BPM

RESPIRATION

6.0

BREATHS/MIN

Slow, smooth breathing can increase heart coherence.

WHY THIS MATTERS

HRV reveals the moment-to-moment relationship among breathing, heart rhythm, and adaptability. Trainees learn to guide comfortable pacing without forcing the breath and to recognize the difference between coherent regulation and strained performance.

WHAT YOU WILL LEARN

- Beat-to-beat variability and respiratory sinus arrhythmia
- Comfort-based paced breathing
- Coherence and resonance concepts
- Over-breathing and effort
- Recovery and interpretation cautions

HANDS-ON EXPERIENCE

Using a wireless ear-clip PPG sensor, trainees establish a baseline, compare natural and paced breathing, and adjust the pace for comfort and stability.

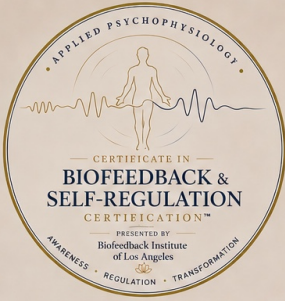
HOW YOU WILL APPLY IT

Useful in stress regulation, burnout prevention, leadership, athletics, sleep preparation, recovery, and performance training.

MODULE 7

Surface EMG (sEMG)

Tension is information.



MODULE 7

sEMG Biofeedback

Muscle Activity, Tension, and Postural Awareness

CURRICULUM OVERVIEW

Learn to observe and guide muscle activity, reduce unnecessary tension, and support relaxed strength and postural balance.



MUSCLE ACTIVITY (µV) ● LIVE



CHANNEL 1	PEAK	CURRENT	STATUS
18.6 µV LOW	82.4 µV @ 01:58	21.3 µV LOW	RELAXED

Lower, steady muscle activity reflects reduced tension and improved self-regulation.

WHY THIS MATTERS

Many people carry unnecessary muscular effort without recognizing it. Surface EMG translates muscle activity into immediate feedback, revealing patterns of bracing, posture, recruitment, release, and recovery.

WHAT YOU WILL LEARN

- Microvolts and surface muscle activity
- Upper trapezius and frontalis placement
- Resting tone, activation, and recovery
- Posture and breathing effects
- Artifact and electrode contact

HANDS-ON EXPERIENCE

Trainees prepare the skin, place a three-electrode triode on the muscle belly, compare contraction and release, and coach a return toward baseline.

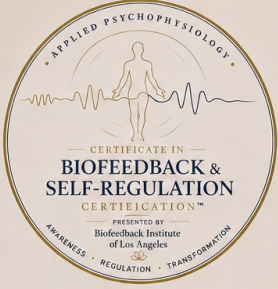
HOW YOU WILL APPLY IT

Applicable to tension reduction, posture, neuromuscular reeducation, headache support, rehabilitation, ergonomics, and performance.

MODULE 8

nirHEG Biofeedback

Train the brain that guides every decision you make.



MODULE 8

nirHEG Biofeedback

Cortical Blood Flow, Activation, and Mental Performance

CURRICULUM OVERVIEW

Learn to observe and guide prefrontal activation, mental focus, and emotional regulation using near-infrared hemoencephalography (nirHEG).



WHY THIS MATTERS

Near-infrared HEG provides feedback related to prefrontal blood-flow dynamics during attention. Trainees compare efficient engagement with over-effort and learn how focused practice can support the functions associated with prefrontal performance.

WHAT YOU WILL LEARN

- Prefrontal activation and oxygenation concepts
- Focused engagement versus strain
- Attention stamina and cognitive fatigue
- Training trend lines and epochs
- Consumer-device limits and scope

HANDS-ON EXPERIENCE

Trainees use a forehead sensor and simple visual feedback task, observing how relaxed focus, effort, distraction, and recovery affect performance.

HOW YOU WILL APPLY IT

Relevant to attention training, executive functioning, learning, impulse regulation, cognitive endurance, and performance.

MODULE 9

Brain Rhythms and Self-Regulation

Your brain is always communicating.



WHY THIS MATTERS

EEG provides a window into changing patterns of attention, relaxation, mental effort, and meditation. Trainees learn how brain activity can complement subjective experience without assuming that a single pattern defines the person.

WHAT YOU WILL LEARN

- EEG foundations and frequency bands
- Two-channel placement and contact quality
- Feedback displays and training games
- Artifact from eyes, jaw, and movement
- Limits of interpretation

HANDS-ON EXPERIENCE

Trainees prepare a two-channel montage, verify signal quality, and observe how attention and relaxation alter audiovisual feedback.

HOW YOU WILL APPLY IT

Introduces neurofeedback foundations for meditation, attention, relaxation, cognitive training, and peak-performance applications.

MODULE 10

Becoming a Biofeedback Practitioner

Measurement becomes meaningful through relationship.



WHY THIS MATTERS

The final module integrates observation, physiology, instrumentation, communication, ethics, and professional judgment. Competence is demonstrated not by operating equipment alone, but by helping another person learn from physiology safely and clearly.

WHAT YOU WILL LEARN

- Selecting a signal for the learning goal
- Multimodal pattern recognition
- Session structure and documentation
- Coaching language and informed consent
- Scope, ethics, referral, and readiness

HANDS-ON EXPERIENCE

In the integrated practicum, trainees prepare sensors, record baselines, mark phases, coach regulation, interpret cautiously, and document the session.

HOW YOU WILL APPLY IT

Prepares graduates to use introductory biofeedback skills responsibly in clinical, educational, coaching, wellness, organizational, and performance settings.



THE CERTIFICATION JOURNEY

A progressive path from awareness to professional application.

1

FOUNDATIONS

Modules 1-3

Observation, nervous-system literacy, awareness

2

INSTRUMENTATION

Modules 4-7

SCR, temperature, HRV, and sEMG

3

BRAIN TRAINING

Modules 8-9

nirHEG and two-channel EEG

4

INTEGRATION

Module 10

Multimodal reasoning, ethics, and practicum

5

CERTIFICATION

Completion

Demonstrated knowledge and introductory competence



LEARNING RESOURCES

A complete learning environment.

01 Professionally Narrated Lessons

Clear instruction that connects physiology, observation, and practical application.

02 Field Guides

Expanded scientific content, reflective exercises, laboratory records, and professional prompts.

03 Guided Laboratories

Structured baseline, activation, regulation, recovery, and interpretation experiences.

04 Knowledge Checks

Progressive scientific, applied, and professional-reflection assessment.

05 Instrument Demonstrations

Setup, placement, signal-quality, artifact, troubleshooting, cleaning, and safety guidance.

06 Instructor Feedback

Optional review of case reasoning, session planning, and practicum performance.

07 Downloadable Resources

Slide decks, handouts, digital observation tools, and practice forms.

08 Optional In-Person Practicum

Supervised experience for placement, coaching, documentation, and competency review.



CERTIFICATION REQUIREMENTS

What completion represents.

The certificate recognizes completion of a rigorous introductory pathway in biofeedback and self-regulation. It does not independently confer professional licensure or authorize practice beyond the trainee's existing scope.

●	60-70 HOURS	Estimated total learning commitment
●	FIELD GUIDES	Completion of guided written and digital work
●	KNOWLEDGE CHECKS	Demonstrated conceptual and applied understanding
●	SIGNAL LABS	Documented observation and self-regulation practice
●	INSTRUMENT COMPETENCY	Setup and interpretation where applicable
●	FINAL CASE INTEGRATION	A structured, ethically reasoned session plan
●	CAPSTONE PRACTICUM	In-person or recorded competency review

Observe with curiosity. Measure with integrity.
Apply with wisdom.

A CLOSING INVITATION

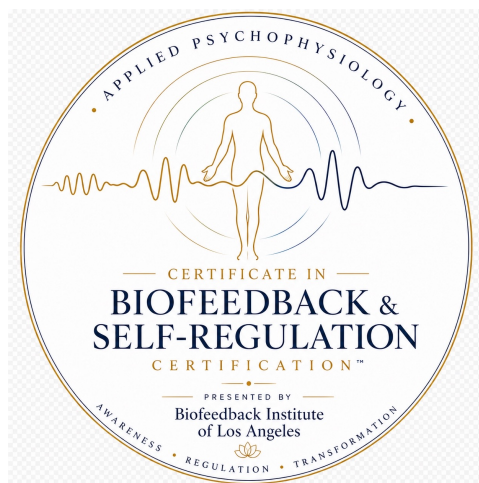
The most important instrument you will ever learn to use is yourself.

Biofeedback is more than technology. It is a disciplined way of observing human experience.

The instruments measure physiology. The learning comes through curiosity. The transformation comes through practice.

Whether you continue into clinical work, coaching, education, research, organizational wellness, performance, or personal development, the ability to recognize physiological patterns - and respond with clarity, compassion, and skill - will remain one of the most valuable tools you carry.

Learning physiology is not merely learning to operate instruments. It is learning to observe the invisible processes that shape thought, emotion, behavior, and health. When those processes become visible, meaningful change becomes possible.



Welcome to applied psychophysiology.

BIOFEEDBACK INSTITUTE OF LOS ANGELES