



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

Inna Z. Khazan

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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

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