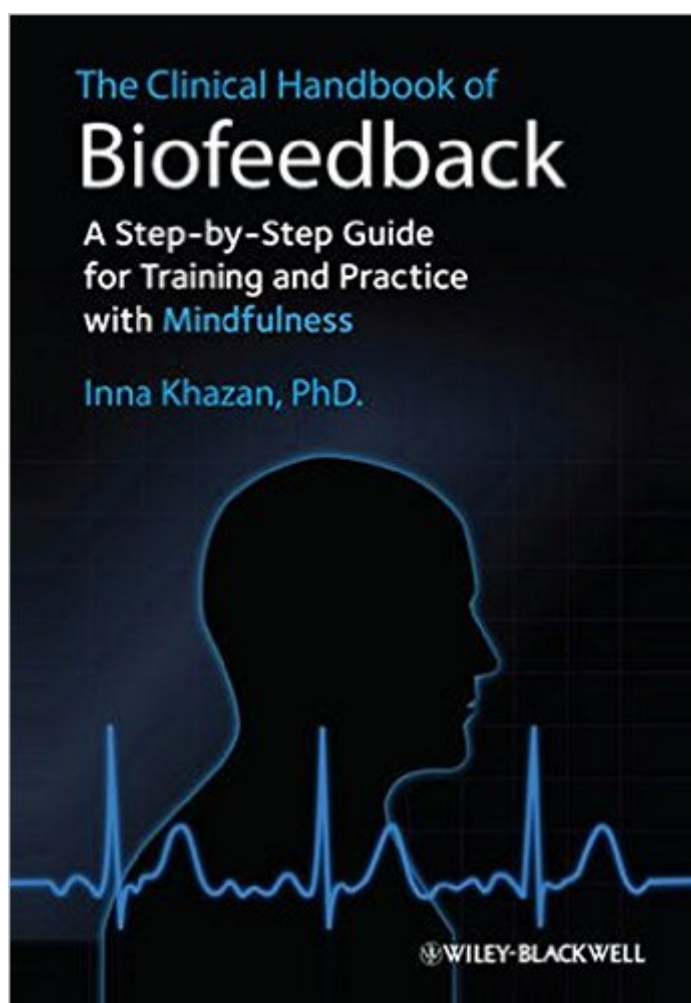


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# The Clinical Handbook Of Biofeedback: A Step-by-Step Guide For Training And Practice With Mindfulness



## 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

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## 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. It's 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 mindfulness Biofeedback, 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 book's ordered and organized step-by-step format. Some books are mainly theoretical and offer little that is clinically usable. By contrast, Dr. Khazan'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 Robbins  
Biofeedback Practitioner  
Northampton, Ma.

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