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## **Biofeedback Therapy**

Biofeedback is a treatment technique that allows you to improve your health by using clues from your own body. Chances are that you have used biofeedback yourself in your own life, such as when you step on a scale. The scale functions as a biofeedback instrument that tells you whether you've gained or lost weight, and as such, "feeds back" information about your body condition.

In the treatment of illnesses, you use biofeedback instruments with the help of a biofeedback therapist to detect your internal bodily functions with great sensitivity and precision. The instrument acts as a kind of "sixth sense" which allows you to recognize activity inside your body. One commonly used type of instrument picks up electrical signals in the muscles; another measures skin temperature. The instrument will translate these signals into something that you will be able to experience and understand.

As a biofeedback trainee, you will be learning a technique which will teach you to relax. A sensitive thermistor will be placed on your finger to monitor skin temperature, a body response which can change to indicate stress. The thermistor is attached to an instrument gauge which records these changes. The biofeedback therapist is present during your session to teach you to understand these changes, to improve your biofeedback technique, and to set goals and limits.

You will need to examine your day-to-day activities to learn what factors are contributing to your distress. You will be practicing biofeedback techniques on a daily basis. You will accept that much of the responsibility for maintaining your health belongs to you.

Doctors believe that relaxation techniques are the key components of biofeedback, especially when treating symptoms brought on or made worse by stress. Stressful events produce strong emotions which can arouse physical responses, such as headaches.

Our biofeedback program is under the direction of Kenneth Citak, M.D. Our biofeedback therapist, Geraldine Fee, Ph.D. is certified by the Biofeedback Certification International Alliance. Biofeedback sessions are typically one hour in duration with the first session two hours in length because of intake procedures. Most people find that 12-20 sessions are generally sufficient. To arrange biofeedback, please call our office. If you have any questions prior to setting up an initial appointment, Dr. Fee will be happy to speak with you.