The Biofeedback Certification Institute of America provides a certification program for biofeedback practitioners treating disorders of the pelvic floor. This certification requires the entry-level practitioner to demonstrate extensive knowledge, skills, and supervised experience, and creates a new practice standard.

The Biofeedback Certification Institute of America (BCIA) launched a certification program in Pelvic Muscle Dysfunction Biofeedback (PMDB) in 2004. A multidisciplinary committee of experts assembled to formulate academic, professional, didactic, and mentoring requirements for a certification program encompassing the use of behavioral, applied psychophysiological, and biofeedback modalities to treat diagnoses within this area.

PMDB is a specialized biofeedback treatment area that covers elimination disorders and chronic pelvic pain syndromes. These disorders include incontinence (urinary and fecal), incomplete emptying (bowel or bladder) due to dysfunctional elimination patterns, and a variety of chronic pelvic pain disorders (such as vulvodynia and interstitial cystitis). Treatment of these diagnoses using behavioral, applied psychophysiological, and biofeedback modalities is recognized as efficacious and is possibly the most widely supported of all applications of these modalities in our field.

The first phase of this certification—Certification by Prior Experience—invited pelvic floor specialists who demonstrate an elevated level of professionalism and commitment to the field. People who applied for this first phase of certification were licensed/credentialed clinicians from the areas of medicine, nursing, psychology, and physical and occupational therapy who could demonstrate their education, training, and experience through postprofessional instruction/training, clinical experience and/or relevant teaching, and research or publication.

The second phase, providing certification for entry-level professionals, was launched in 2005. This certification requires 24 hours of didactic education, a 4-hour supervised practicum, 48 hours of mentored biofeedback training, an academic course on human anatomy and physiology, and a written examination. Certificants completing these requirements demonstrate that they possess the basic fund of knowledge and skills necessary for expert treatment of pelvic floor disorders.

BCIA certification demonstrates your commitment to professionalism and to the necessity of establishing standards of care for the provision of biofeedback and applied psychophysiology services. It also assures that you have met basic competency standards in the delivery of this modality. Please visit the BCIA Web site at www.bcia.org or contact the BCIA office at (303) 420-2902 if you have questions about this certification or would like to receive further information.

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