BOOK REVIEW


Review by Donald Moss, PhD, College of Integrative Medicine and Health Sciences, Saybrook University

Mark and Frank have done it again! Mark Schwartz and Frank Andrasik are both past-presidents of the Association for Applied Psychophysiology and Biofeedback, and leaders in the field of biofeedback for over three decades. Once again, they have produced an encyclopedic reference book on the practice of biofeedback and neurofeedback, covering the latest emergent developments, as well as solid overviews of the fundamentals in each area of biofeedback practice.

The text is organized into ten parts:

I. Orientation to Biofeedback
II. Instrumentation
III. Adjunctive/Complementary Interventions
IV. Relaxation Interventions
V. Practice Issues
VI. Clinical Applications: Traditional General Biofeedback Practice
VII. Clinical Applications: Electroencephalographic, Neuromuscular, and Pelvic Floor Biofeedback Specialties
VIII. Optimization
IX. Other Special Populations and Applications
X. The Frontier and a Nod to the Future

This fourth edition includes 42 chapters, by a range of widely respected authors, ranging Susan Middaugh, to Angele McGrady, Vietta Sue Wilson, Ute Strehl, Joel Lubar, Keith Block, and Fredrick Shaffer.

As in the previous editions, the book covers almost every imaginable topic in biofeedback and neurofeedback practice: the history and definition of biofeedback, the process of entering the field and assuring competence, a review of instrumentation/technology, a wide range of adjunctive techniques, the process of assessment and preparing the client for biofeedback therapy, and applications to disorders from headache to hypertension, irritable bowel, ADHD, pelvic floor disorders, traumatic brain injury, substance abuse, and pediatrics.

Schwartz and Andrasik set out to produce a fourth edition more lean than the last edition, and managed to cut almost 170 pages. Yet in the process, they somehow greatly expanded the coverage of neurofeedback assessment and treatment, and added many other important new chapters, for example on quantitative EEG, relaxation training, and consumer biofeedback products.

This work is well-indexed, well-written, well-referenced, and user friendly. The book remains the go-to source for comprehensive information on almost every topic in biofeedback and neurofeedback. I highly recommend it to beginners and experienced practitioners alike. It belongs in every college syllabus for every course on biofeedback and neurofeedback, and on the office shelf of every practitioner and researcher in the fields of biofeedback, neurofeedback, and applied psychophysiology.

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