



# Advanced Biofeedback Training for Migraine Relief

## Practical self-regulation skills for improving your wellbeing

### What is Biofeedback?

Biofeedback is an interactive process where the practitioner learns to recognize how their body is functioning during “normal states” (work, home, in the car, at play, etc.), and how their body functioning changes in response to stress. The practitioner will learn to identify how their mental states affect their body states and will learn different techniques for restoring their body to its normal functioning state. Learning these biofeedback self-regulation skills can increase wellbeing by learning to control the body’s reactions to stress.

### Biofeedback Helps with Migraine Pain

Much research has been done on migraines and tension-type headaches, to evaluate treatments that target both the biological and psychological risk factors. The biofeedback skills taught in this course when used in conjunction with relaxation training, were found to be effective for migraine reduction and are recommended as a migraine treatment. Moreover, biofeedback has also been shown to be effective for anxiety disorders including anxiety associated with medical conditions such as chronic pain and migraines.

### What does the course include?

The course is open to **5-6 people**, and is offered **once a week** for **eight weeks**, **1.5-2 hours** long each session. Each participant receives the biofeedback sensors used in the course, session handouts, and session recordings. The topics taught include: breathing skills, heart Coherence skills for wellbeing, overcoming depleting emotions, skin temperature biofeedback, and much more.

### Requirement for participation:

- Completion of the Resources for Migraine Management basic course.
- Signing the disclaimer for the course.
- Commitment to participate in **ALL eight weekly** sessions.
- Schedule an interview with Dan Kaufmann prior to the course.
- Fill questionnaires before and at the end of the course.
- Commitment to practice the skills taught on a daily basis.

For more information contact Elizabeth at: [Elizabeth@daniellefoundation.org](mailto:Elizabeth@daniellefoundation.org)



Dan Kaufmann, Ph.D. is a Research Assistant Professor at the Department of Neurology, University of Utah. In his private practice, Dan helps people cope with migraines, tension-type headaches, anxiety, and depression with hypnosis, NLP, and biofeedback. Clients rely upon him for techniques and cues to take control of their anxiety and pain. With each new healing skill he acquires, his clients learn to enjoy life more.