

Neurotherapy Practice and Guidelines

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Who Can Do Biofeedback in Nevada?

- Medicaid Chapter 400
 - **Neurotherapy section**

Neurotherapy is individual psychological therapy incorporating biofeedback training combined with psychotherapy as a treatment for mental health disorders. Medicaid will reimburse for medically necessary neurotherapy when administered by a licensed QMHP within the scope of their practice and expertise. A certified Biofeedback Technician may assist in the provision of biofeedback treatment; however, a QMHP must provide the associated psychotherapy. Reimbursement for biofeedback treatment provided by a biofeedback technician is imbedded in the QMHP rate.

1. Attention Deficit Disorders – 40 sessions
Current ICD Codes: F90.0, F90.8 and F90.9
2. Anxiety Disorders – 30 sessions
Current ICD Codes: F41.0 and F34.1
3. Depressive Disorders – 25 sessions
Current ICD Codes: F32.9, F33.40, F33.9, F32.3, and F33.3
4. Bipolar Disorders - 50 sessions
Current ICD Codes: F30.10, F30.9, F31.0, F31.10, F31.89, F31.30, F31.60, F31.70, F31.71, F31.72, F31.9, and F39
5. Obsessive Compulsive Disorders – 40 sessions
Current ICD Codes: F42
6. Opposition Defiant Disorders and/or Reactive Attachment Disorders – 50 sessions
Current ICD Codes: F93.8, F91.3, F94.1, F94.2, F94.9, and F98.8
7. Post Traumatic Stress Disorders – 35 sessions
Current ICD Codes: F43.21, F43.10, F43.11, and F43.12
8. Schizophrenia Disorders – 50 sessions
Current ICD Codes: F20.89, F20.1, F20.2, F20.0, F20.81, F20.89, F20.5, F25.0, F25.1, F25.8, F25.9, F20.3 and F20.9

Neurotherapy - AKA Biofeedback

- A therapy designed to improve self-regulation skill set
- Identify physiological biomarker indicative of “state”
- Operant conditioning of physiological behavior
- Utilize simple feedback tasks responsive to subtle and instantaneous changes in physiology
- Brain-Computer Interphase, “BCI” technology
- Conscious and subconscious involvement
- Particularly useful in adjusting physiological arousal
- Multimodal intervention

Biofeedback Modalities Popular in Nevada

- Neurofeedback - EEG Biofeedback. Clinician monitors 1-20 channels of EEG information from client. Real-time feedback is delivered to client, typically through media application, informing client when EEG activity has reached particular “threshold”. Repeated trials results in change of EEG activity and characteristic. Client is taught to attend to physiological “state” during participation as they are alerted to various shifts via interactive feedback.
- Heart Rate Variability (HRV) - Client cardiophysiology actively monitored through simple HR devices integrated with software designed to identify shifts within ANS behavior. HRV behavior, like CNS behavior has been shown to respond to operant conditioning paradigm. A result of improve flexibility of physiological states, improved self-regulation, attenuate states of arousal.

Evidence for Biofeedback

- PubMed.gov Search Results yield - 6303 publications with keyword “Biofeedback” in Title/Abstract
- PubMed.gov Search Results yield - 1141 publications with keyword Neurofeedback
- Biofeedback devices have acquired FDA approval - 510(k)
- Neurofeedback has FDA approved normative qEEG value database
- Biofeedback studies do lack in well designed blinded clinical trials
- Clinicaltrials.gov - 131 studies in database with keyword “neurofeedback”
- Overwhelming anecdotal and published evidence to support biofeedback has influence on physiological and behavioral parameters
 - Neuroimaging studies have yielded significant alterations in CNS physiology and structure

Biofeedback Certification

- BCIA - Gold Standard for BFB/NFB certification
- Established Curriculum, Policy and Ethics board
- 3 step process + caveats
- Masters degree or higher in selective clinical fields to qualify for Certification
- Technician Certification does not require specific degree
- Didactic Course work (36 hours)
- Mentorship (10 T or 25 C Hours)
- Exam
- Additional Coursework required, i.e. A&P, Neurophysiology
- Other States with requirements in order to bill - Texas & Washington



Path to BCIA Certification

- 3 steps
 - Didactic Training Course - Online or In Class
 - 36 hour course
 - Many approved vendors
 - \$800-\$1500 before Travel Expenses
 - B) Mentorship - 25 hours
 - 1 on 1 with Approved BCN or BCB professionals
 - \$75-\$300/Hr cost
 - C) 100 Question Exam
 - Covering history, technology, fundamentals, philosophy, ethics

TOTAL COST ~ \$2,000-\$5,000 and about 3 Mo - 1 year

Proposed Solution to Reducing Misuse and Abuse

- Develop specialty enrollment for practitioners (Proposed specialty 309)
- Enrollment packet should contain credentials of providers with appropriate BCIA or “Equivalent” certification.
- Clinically BCIA certified (BCN) individual to serve auxiliary “supervisor” support.
- Enroll Technicians in Medicaid (minimum requirement QMHA)
- Require clinicians to uphold “Scope of Expertise” typically requiring x units of CEU in subject matter.
- Ensure quality of service to Medicaid beneficiaries

Thank You For your Attention 😊

For additional Information please visit my website:

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