



Pediatric Psychology Biofeedback Service

What Is Biofeedback?

Biofeedback teaches patients techniques to reduce their body's stress response, balance their nervous system, increase relaxation, and increase control over pain and other physical symptoms.

Biofeedback is a safe, painless technique to help children understand:

- How their mind and body interact
- How their mind can control their body so they feel better

With practice, children can use different relaxation techniques to change these signals, like deep breathing or calming their muscles. Biofeedback is often used to help kids manage things like stress, pain, or anxiety and help them feel more in control of their bodies and emotions.

How Do I Get Started?

A referral to pediatric psychology from your child's WCM doctor is required for biofeedback.

A scheduler from psychology will contact you to schedule an appointment.

In addition to biofeedback, we offer a number of other psychological services specifically for children with acute and chronic medical conditions.



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Psychology Services
available