

Institute for Neurofeedback and Biofeedback

Biofeedback Professional Training Program

Training Plan 2026/27

One-year professional training program leading to a diploma as a certified Biofeedback Therapist in accordance with ASCA, EMR, and the Swiss Professional Association BBNS, with complementary health insurance accreditation in Switzerland at the I-NFBF.

Course Location	TBD
Course Times	TBD
Duration	43 course days: 37 in-person and 6 online
Graduation Requirements	Guided self-study including self-experience exercises, homework, and supervision. During the final two months, students complete a diploma thesis based on three patient case studies.
Tuition Fees	Basic Training: CHF 9,990 ASCA & EMR-accredited Training: CHF 18,990

Day	Topic / Learning Content	Type	Date	Basic Training	ASCA & EMR Training
	BASIC TRAINING — Module 1				
1	Introduction, Fundamentals, History, Clinical Evidence & Applications, Current Research	T	TBD	✓	✓
2	First Recordings in BF & First Steps with Various NF/BF Hardware & Software	CU	TBD	✓	✓
3	Neuroanatomy and Physiology I (Neuronal Learning, Correlation of Symptoms with Neuronal Networks) — ONLINE	T	TBD	✓	✓
4	Neuroanatomy and Physiology II (Neuronal Learning, Correlation of Symptoms with Neuronal Networks) — ONLINE	T	TBD	✓	✓
5	Peripheral BF and Stress Profiling (Reading Data & Curves, Assessment, Treatment Protocols)	T	TBD	✓	✓
6	Peripheral BF and Stress Profiling (Reading Data & Curves, Assessment, Treatment Protocols)	CU	TBD	✓	✓
7	Subjective Assessment Methods and Objective Diagnosis with Neurobiological Markers	T	TBD	✓	✓
8	Subjective Assessment Methods and Objective Diagnosis with Neurobiological Markers	CU	TBD	✓	✓
9	Neurofeedback Monopolar Training Protocols for Various Disorders	T	TBD	✓	✓
10	Neurofeedback Monopolar Training Protocols for Various Disorders	CU	TBD	✓	✓
11	Neurofeedback Bipolar Training Protocols for Various Disorders	T	TBD	✓	✓
12	Neurofeedback Bipolar Training Protocols for Various Disorders	CU	TBD	✓	✓
13	Psychology & Psychopathology, Neurobiology of Psychological Disorders — ONLINE	T	TBD	✓	✓
14	Pharmacology: Medication Effects on ANS, CNS & EEG — ONLINE	T	TBD	✓	✓
15	Practice Management, Billing, Marketing, Ethics & Professional Identity, Precautions — ONLINE	T	TBD	✓	✓

Day	Topic / Learning Content	Type	Date	Basic Training	ASCA & EMR Training
16	Signal Processing / Psychophysiology (Practical Use of Hardware and Software)	CU	TBD	✓	✓
17	Stress-Related Disorders I (Depression, Psychological Instabilities)	T	TBD	✓	✓
18	Stress-Related Disorders I (Depression, Psychological Instabilities)	CU	TBD	✓	✓
19	Executive Function Disorders (ADHD, Impulsivity, ...)	T	TBD	✓	✓
20	Executive Function Disorders (ADHD, Impulsivity, ...)	CU	TBD	✓	✓
21	Review Session — Basic Training — ONLINE	T	TBD	✓	✓
	Basic Training Diploma Examination (4h T / 3h CU) – Basic Training participants only	T/CU	TBD	✓	
	ASCA & EMR-ACCREDITED TRAINING — Module 2				
22	Stress-Related Disorders II (Stress, Anxiety, Blockages, Exhaustion, Sleep & Memory Disorders)	T	TBD		✓
23	Stress-Related Disorders II (Stress, Anxiety, Blockages, Exhaustion, Sleep & Memory Disorders)	CU	TBD		✓
24	Pain Syndromes (Acute and Chronic Pain & Syndromes, Migraine, Tension)	T	TBD		✓
25	Pain Syndromes (Acute and Chronic Pain & Syndromes, Migraine, Tension)	CU	TBD		✓
26	Dyslexia / Dyscalculia and Learning Blockages	T	TBD		✓
27	Dyslexia / Dyscalculia and Learning Blockages	CU	TBD		✓
28	Anxiety Disorders / Post-Traumatic Stress Disorder (PTSD)	T	TBD		✓
29	Anxiety Disorders / Post-Traumatic Stress Disorder (PTSD)	CU	TBD		✓
30	Cognitive Dysfunctions / Dementia	T	TBD		✓
31	Cognitive Dysfunctions / Dementia	CU	TBD		✓
32	Addiction & Obsessive-Compulsive Disorders	T	TBD		✓
33	Addiction & Obsessive-Compulsive Disorders	CU	TBD		✓
34	Autism / Developmental Disorders	T	TBD		✓
35	Autism / Developmental Disorders	CU	TBD		✓
36	Tinnitus & Phantom Perceptions	T	TBD		✓
37	Tinnitus & Phantom Perceptions	CU	TBD		✓
38	Rehabilitation Training for Stroke & Brain Injuries	T	TBD		✓
39	Rehabilitation Training for Stroke & Brain Injuries	CU	TBD		✓
40	Indications and Treatment of Complex Cases	T	TBD		✓
41	Indications and Treatment of Complex Cases	CU	TBD		✓
42	Review Session — ASCA & EMR Training — ONLINE	CU	TBD		✓
43	ASCA & EMR Diploma Examination (4h T / 3h CU)	T/CU	TBD		✓

Legend: T = Theory — Students learn the theoretical and scientific foundations. | CU = Clinical Unit — Students acquire all competencies in assessment, protocol development, and safe patient treatment. | From course day 6 onwards, students may practice what they have learned under I-NFBF supervision. | The Basic Training qualifies for independent biofeedback practice. | The ASCA/EMR-accredited Training enables health insurance recognition.