

UCR | Counseling and Psychological Services

HOW LONG WILL IT TAKE TO RELAX ON MY OWN?

While each person is unique, most clients attend six sessions, meeting once a week for 45 minutes with their technician.

Provided you do your exercises at home, within a few short weeks you will be better in tune with your body. Not only will you become aware of physiological signals you hadn't noticed, you will also learn to react to these signals so as to reduce stress, reduce tension, and lead a more relaxed life.

HOW MUCH DOES THE BIOFEEDBACK PROGRAM COST?

We offer free, confidential services to registered students.

Our services include individual, couples, and group psychological counseling for personal concerns, vocational counseling for career decision-making, and biofeedback for relaxation or treatment of phobias.

Our staff includes licensed psychologists, licensed marriage and family therapists, psychology interns, and a psychiatrist.



05/16

UCR | Counseling and Psychological Services

HOURS

Monday through Friday • 8 a.m. – 5 p.m.

FOR AN APPOINTMENT

Call UCR's Counseling and Psychological Services during regular office hours

(951) UCR-TALK • (951) 827-8255

Or (951) 827-5531

On Campus: 2-TALK (2-8255)

COUNSELORS ARE ALSO AVAILABLE BY PHONE

24-hours Daily

(951) UCR-TALK • (951) 827-8255

Or 951-827-5531

On Campus: 2-TALK (2-8255)

ADDRESS

UC Riverside Counseling and Psychological Services

Veitch Student Center, North Wing

Riverside, CA 92521

counseling.ucr.edu

Made available by UCR's Counseling and Psychological Services

counseling.ucr.edu

counseling.ucr.edu

CRITICAL RESOURCES

RIVERSIDE HELPLINE 1-800-686-HELP

1-(800) 686-4357 • (24 Hours)

NATIONAL SUICIDE HOTLINE 1-800-SUICIDE

1-(800) 784-2433 • (24 Hours)

STUDENT HEALTH SERVICES (951) 827-3031

be well | STUDENT HEALTH AND WELLNESS SERVICES

BE MENTALLY HEALTHY

BE LESS STRESSED

BE WELL

Biofeedback



CALL 24-HOURS A DAY:
(951) UCR-TALK
(951) 827-8255

UCR | Counseling and Psychological Services

Life is stressful!

But with biofeedback, you can learn to exert more control over your body's response to stressful events.

Accredited by

The International Association of Counseling Services, Inc.

BIOFEEDBACK

STRESSED MUCH?

Life is stressful! But unhealthy levels of stress can affect your physical health, emotional well-being and day-to-day functioning. High levels of stress can lead to problems such as headaches, muscle tension, sleep problems, test anxiety, and anxiety in general. The Counseling Center biofeedback program, which incorporates relaxation and stress management techniques, may be helpful to you.

WHAT IS STRESS?

Stress is the body's response to an event or occurrence.

It is important to recognize that the same event can elicit very different responses from different people. What one person may find highly stressful may not cause another person to feel stress at all.

Today, stress has become a focal point of health in the United States. In fact, diseases associated with stress have been reported to be the leading cause of death in the U.S. today. Diseases and disorders such as hypertension (high blood pressure), coronary heart disease, stroke, migraine headaches, stomach and duodenal ulcers, colitis, asthma, and mental and emotional problems all have been linked to stress. But with procedures such as biofeedback, we can learn to detect physiological cues that will aid in self regulation, thus reducing the chance of reaching the stress exhaustion stage.



HEART RATE

WHAT EXACTLY IS BIOFEEDBACK?

Biofeedback is the use of sensors to give information about very subtle psychophysiological processes within the body. Usually individuals are not as aware of these processes and are not aware that people can learn to bring these under voluntary control. For instance, you can learn to voluntarily warm your hands and feet, or slow and deepen your breathing. Measured from sensors on the appropriate sites of the body, biofeedback displays this information, giving immediate feedback. With biofeedback, you learn to recognize the relationship between psychological processes and physiological changes. You can exert more control over your bodily response to stressful events. By making you more aware of conditions within your body, you can become a more aware and active participant in your own stress management and health maintenance.

HOW ARE THE PHYSIOLOGICAL CONDITIONS MEASURED?

Your biofeedback technician, using a computer, will measure several biological processes: respiration, heart rate and blood volume pulse, electrodermal response, and skin temperature.

RESPIRATION: Respiration signals are measured in two ways. Both the number of breaths per minute and diaphragm expansion are measured via the use of a rubber strain gauge. This tube is wrapped around the mid-section just below the ribcage and attached with a strip of velcro.

HEART RATE AND BLOOD VOLUME PULSE: Heart rate and blood volume pulse are measured by the use of a photoplethysmograph (PPG). The PPG sensor is usually attached to a thumb or finger with a velcro strip and uses a light source and a photo detector to monitor the change in blood flow in the vessels beneath the skin. Heart rate is measured by the computer on a beat-to-beat basis and expressed as beats per minute. Blood volume pulse is often expressed as a wave. As the individual relaxes, the wave becomes more regular, with deeper peaks and valleys.

ELECTRODERMAL RESPONSE: This is a measure of the amount of moisture or perspiration on the skin where the sensors are attached. Usually sensors are attached to two fingers. A small amount of electrode gel is placed on the sensors to obtain a better reading. As relaxation increases, skin perspiration decreases.

SKIN TEMPERATURE: Skin temperature measurement is obtained by the use of a wire thermometer which is taped onto a single finger. As relaxation increases skin temperature will also increase.

WHAT WILL TAKE PLACE IN A BIOFEEDBACK SESSION?



At your first biofeedback session, the technician will explain the nature of the training, and then attach the instruments that will measure your biological processes. In addition, the technician will explain the various exercises that will be used in subsequent sessions to aid your voluntary self-regulation. Some of the exercises that might be used are:

BREATHING: Your technician will teach you various breathing exercises to relax and center your body. These exercises can be very helpful and can be practiced at any time during the day to reduce stress.

TENSE-RELAX: The purpose of this exercise is to learn to become aware of and to control small changes in muscle tension levels. During this exercise you will progressively tighten and relax various muscle groups in your body, comparing the different bodily sensations produced by tension and by relaxation. With practice, this exercise can be effective in helping you recognize tension in your body when it first begins to build.

AUTOGENIC TRAINING: In autogenic training you will teach your body to respond effectively to your verbal commands to relax. Your technician will instruct you using various phrases that will aid in this communication with your body. Phrases such as "I am very quiet" and "My body is very heavy and warm" will be used to induce greater relaxation.



VISUALIZATION: In a visualization exercise you might imagine yourself in a very pleasant scene, one in which you feel very comfortable and relaxed. You will make yourself feel as though you are actually there, vividly imagining all five of your senses at work.

counseling.ucr.edu