



PRACTITIONER TERMINOLOGY

The INDIGO/SCIO System utilizes five comfortable, conductive straps that envelop the wrists, ankles and forehead. Once the Calibration process is complete, a three-minute Electro Dermal Response stress reaction test is performed with results displayed on the INDIGO/SCIO computer software interface.

Through the use of the biofeedback training programs, Certified Biofeedback Technicians and Specialists can train their clients with stress reduction training programs for muscle re-education, relaxation training, pain management and brainwave training to improve the quality of their lives.

The programs are 'relaxation trainings for trivector signatures'. Trivector signatures appearing on the program should not be discussed with clients.



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Certified Biofeedback Technicians and Certified Biofeedback Specialists and Unlicensed Practitioners are trained to be professional providers, but are not qualified to diagnose, treat, cure or prevent any medical or psychological condition, disease, or disorder. By law, it is illegal in the US, Canada and most other jurisdictions in the world for unlicensed practitioners to diagnose, treat, cure or prevent any medical or psychological disease, disorder or condition. In these same jurisdictions, it is legal for qualified professionals to practice Biofeedback as long as they do not claim to diagnose, treat, cure or prevent any medical or psychological disorder, disease, or condition. In addition, they may not use any terms that implies any of the aforementioned.

The following are guidelines for practicing with safe terminology:

DO NOT Assess
DO NOT Counsel
DO NOT Cure
DO NOT Detect
DO NOT Diagnose
DO NOT Evaluate
DO NOT Heal
DO NOT Identify

DO NOT Make Claims or Promises
DO NOT Prescribe
DO NOT Recommend
DO NOT Repair
DO NOT Scan
DO NOT Test
DO NOT Treat
DO NOT Use the word "Disease"

- The items mentioned above are not within the scope of biofeedback.
- We use biofeedback stress reduction training programs for muscle re-education, relaxation training, pain management and brainwave training.
- We explain that health is an individual matter with many approaches to healing and no guarantees.
- Biofeedback is a practice that enables an individual to learn how to change some physiological activities for the purpose of improving health.
- Biofeedback instrumentation uses mild electrical impulses that measure skin temperature known as (EDR) Electro Dermal Response. Electro Dermal response has replaced the term (GSR) Galvanic Skin Response as the collective term. Therefore, instead of saying to clients that we are running a "Test", you can say that "I will now begin the biofeedback training program that will measure the Electro Dermal Response (to measure skin temperature)." The change in temperature is caused by the degree to which a person's sweat glands are active. Stress tends to make the glands more active and this lowers the skin's resistance. The more relaxed you are, the dryer your skin will be and the higher the skin's electrical resistance. When you are under stress your hands sweat and therefore the resistance goes down.



EDUCATIONAL LANGUAGE

Example #1: A client reports: “I have a sore throat. What can I do for it?”

A **diagnostic** response would be: “Your sore throat is probably strep, because that is what has been going around.” The practitioner is diagnosing what is wrong, by telling the client why she has a sore throat.

A **prescriptive** response would be: “Take vitamin C three times a day for a week, and drink slippery elm tea to soothe your throat and you will feel better.”

An **educational** response would be: “When I feel like that, I take extra vitamin C, and drink tea made from slippery elm bark. If you look up and read material on these two substances you can learn about their relationship to building the immune system and how the bark of the slippery elm has been used to soothe mucous membranes throughout the body and ease the soreness of my throat. I find that it also tastes good.”

Example #2: A client reports: “My knee hurts”. It has been hurting every once in a while ever since high school when I injured it playing football. But lately, it just hurts all the time. I’m tired of taking painkillers all the time. What else can I do?”

A **diagnostic** response would be: “You probably have arthritis in your knee.” Or, “Arthritis usually starts several years after an injury.”

A **prescriptive** response would be: “Try taking Glucosamine three times a day, to decrease the swelling in your knee, and the pain will subside.”

An **educational** response would be: “Some of my other clients have told me that some dietary supplements are reported to reduce the swelling and decrease the pain in their joints. You might want to read up on the effects of adding Glucosamine to a daily routine.”

Using educational language verbally throughout your session, and using only educational and “client” language throughout all of your written forms, notes and materials in your record-keeping is important both legally and ethically. It is not illegal to inform and educate about wellness and health, yet the interpretation of how the information is conveyed can make the difference between being viewed by some as “practicing medicine without a license” or not. Educating and empowering the client is the ultimate goal of the practitioner. Practicing with high professional integrity and competency is imperative.

PRACTITIONER TERMINOLOGY

INCORRECT TERM	CORRECT TERM	COMMENTS
Cure	Re-educate and Relax	<p><u>Cure</u>: to correct, heal, mend, regenerate, rehabilitate, relieve, remediate, repair, restore, treat or otherwise help a person recover from any medical or psychological condition. It is illegal for any unlicensed professional to cure or treat any condition, disease or disorder.</p> <p>It is illegal for any unlicensed professional to cure a medical or psychological condition, disease or disorder.</p> <p><u>Re-Educate</u>: to educate again, as for new purposes; to re-develop or re-train.</p> <p><u>Relax</u>: to make less tense, rigid, or firm, make lax; to relax the muscles; to release or bring relief from the effects of nervous and tension and anxiety; to become less intense.</p>
Diagnose	Relaxation training programs managing the stress related to the reactivity of a trivector signature.	<p><u>Diagnose</u>: to analyze, appraise, assay, assess, calculate, evaluate, estimate, examine, experiment, gauge, guess, investigate, judge, probe, rank, rate or reckon any medical or psychological condition, disease or disorder.</p> <p>It is illegal for any unlicensed professional to diagnose a medical or psychological condition, disease or disorder.</p> <p><u>Relax</u>: to make less tense, rigid, or firm, make lax; to relax the muscles; to release or bring relief from the effects of nervous and tension and anxiety; to become less intense.</p> <p>Biofeedback is a practice that enables an individual to learn how to relax and change some physiological activities for the purpose of improving health.</p>

Disease	Stress	<p><u>Disease</u>: a disordered or incorrectly functioning organ, part, structure, or system of the body resulting from the effect of genetic or developmental errors, infection, poisons, nutritional deficiency or imbalance, toxicity, or unfavorable environmental factors; illness; sickness; ailment.</p> <p>Only licensed healthcare professionals can treat a disease.</p> <p><u>Stress</u>: a biological reaction to physical, emotional, mental, psychological or spiritual stimuli, whereby normal functioning is compromised.</p>
Patient	Client	<p><u>Patient</u>: the term 'Patient' is applied to clients under the care of a licensed healthcare professional.</p> <p>Certified Biofeedback Technicians and Specialists use the term 'Client'.</p> <p><u>Client</u>: a customer; a person that engages the professional services of another.</p>
Prescribe	Educate and Coach	<p><u>Prescribe</u>: to advise, apply therapies, coerce, counsel, manipulate, promote, recommend, require, suggest or otherwise treat a client.</p> <p><u>Educate</u>: to train by formal instruction and supervised practice; to provide with information.</p> <p><u>Coach</u>: one who instructs or trains.</p> <p>As Certified Biofeedback Technicians and Specialists, we educate and coach the clients to increase their awareness.</p>

Test	Electro Dermal Response Stress Reaction	<p><u>Test</u>: a particular process or method for trying and assessing; to exam or evaluate.</p> <p><u>Electro Dermal Response (EDR)</u>: a technique by which sensors monitor the skin's electrical resistance. Biofeedback devices measure the voltage, current and resistance of the skin.</p> <p>Certified Biofeedback Technicians and Specialists are trained to use biofeedback equipment to measure the Electro Dermal Response stress reactions and to teach their clients how to relax and re-educate their muscles, so they can manage their stress and pain.</p>
Therapies	Training Programs	<p><u>Therapies</u>: the treatment of disease or disorders, as by some remedial, rehabilitating, or curative process; a curative power or quality.</p> <p><u>Training Programs</u>: for the purpose of correct verbiage, we will refer to the biofeedback programs as training programs. Trained practitioners can teach clients how to relax, re-educate their muscles, in order to manage their stress and pain.</p>
Therapist	Certified Biofeedback Technician or Specialist	<p><u>Therapist</u>: one who specializes in the provision of a particular therapy; one specializing in therapy especially a person trained in methods of treatment.</p> <p><u>Certified Biofeedback Technician or Specialist</u>: a person trained to use biofeedback equipment to measure the biological activities of their clients, in order to teach their clients how to relax and re-educate their muscles, so they can manage their stress and pain.</p>

Therapy	Relaxation Training	<p><u>Therapy</u>: the treatment of disease or disorders, as by some remedial, rehabilitating, or curative process; a curative power or quality.</p> <p><u>Relaxation Training</u>: to help make less tense, rigid, or firm, make lax; to help relax the muscles; to help release or bring relief from the effects of nervous and tension and anxiety; to help become less intense.</p> <p>Replace the word therapy, treat or treatment with Train or Training Program. Biofeedback is the process of helping clients measure and change their biological activities by relaxing and re-educating their muscles in order to help them manage their stress and pain.</p>
Treat	Train	<p><u>Treat</u>: to deal with a disease or a patient in order to relieve or cure; to care for or deal with medically or surgically.</p> <p><u>Train</u>: to form by instruction or discipline; to teach so as to make fit, qualified or proficient; to make prepared (as by exercise) for a skill.</p> <p>Biofeedback training programs use electrical impulses to reduce Electro Dermal Response stress reactions. To treat is to attempt to cure by various means. In most jurisdictions, it is illegal for any unlicensed professionals to treat any medical or psychological condition, disease or disorder.</p>

Through the use of the biofeedback training programs, Certified Biofeedback Technicians and Specialists can train their clients with stress reduction training programs for muscle re-education, relaxation training, pain management and brainwave training to improve the quality of their lives. The programs listed below are ‘relaxation trainings for trivector signatures’. Trivector signatures appearing on the program should not be discussed with clients.



NEW PANEL NAMES

PREVIOUS PANEL	NEW PANEL
Allergy Test + Treatment (Allergy Program)	Allersode Hyper-Reactants Provocative (This program is only visible after the ‘EDR Test’ is performed. EDR = Electro Dermal Reactivity.)
Auto Focus Zap	Auto Focus Bio-Resonance Training
Auto Meridian Program	Biofeedback Meridian Program
Dental	Dental – Oral Muscular Re-Education
DNA Therapy	Stress + DNA Reactivity
EEG ECG FREQ	Electro-Physiological Oscillation FREQ
Homeopathic Activation	Feedback Homeopathic Activation
Muscles Panel	Muscular Re-Education for Athletes
Muscular Re-Education for Sportsmen	Muscular Re-Education for Athletes
NLP Emotional Growth	NLP Emotional Growth Stress Reduction
Nutrition And Homeopathy	Nutrition And Homeopathy Feedback
Pain Program	Pain Cybernetic Feedback Analysis



NEW PANEL NAMES

PREVIOUS PANEL	NEW PANEL
Patient Superconscious Reduction Panel	Client Superconscious Reduction Panel
Quick Therapy-Sport Therapy Sports Injury Panel	Quick Training-Muscle Re-Education for Athletes
SCIO (Top Menu)	Special Adjunct INDIGO/SCIO Programs
SCIO 3D Body Viewer Activate	Device 3D Body Viewer Activate
Short Sarcode Rx	Short Sarcode Feedback Program
Spinal and Sarcodes	Spinal Muscular-Education, Sarcode Feedback
Spiritual Healing	Spiritual Healing Resonance
Sport Programs	Muscle Re-Education for Athletes
Sports Therapy	Muscle Re-Education for Athletes
Stem Cell Analysis + Treatment	Stress Reactivity Stem Cell (Need to access the Homotoxicology or Dark Field Programs first to activate this program.)
Test Matrix Panel	Main Matrix Panel (Trivector Signatures)
Therapy Program	Universal Biofeedback Training
Timed Therapies	Timed Cybernetic Feedback
Timed Therapy, Music, Superlearning	Timed Cybernetic Feedback Training, Music, Superlearning
Treatments	EPR Enhancements
Universal Holistic Biofeedback	Universal Biofeedback Training
Zap	Train