

Integration in Healthcare

It is hoped that as healthcare delivery becomes more rational, cost effective methods such as biofeedback and behavioral healthcare will be integrated into all of medical care. It is expected that these methods will become more a part of healthcare delivery, probably at the primary care level. By doing so, the patient may be trained in such a way that they are able to avoid expensive procedures later on, such as cardiac operations (for \$10,000) compared with biofeedback to improve their lifestyle (for \$1000). With future studies, which most certainly will be conducted examining these treatment paths, it is very likely that biofeedback and behavioral healthcare will prove the most cost-effective and humane alternatives. This will necessitate that professionals master this technology and acquire the specific knowledge of the medical conditions under question. Let us hope that future psychologists and other mental health professionals may be able to attain these skills.

Given the applications of biofeedback in the treatment of medical and psychological disorders, it is amazing that this expertise is not available in every healthcare office. Although the research is far from definitive with most disorders, there is certainly evidence that such therapeutic work can be beneficial. We owe it to our patients to offer these treatment methods which may improve their health through self-regulation of their own physiology while lowering medical care costs.

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