Location

The Biofeedback and Health Psychology Center is part of the Psychology Services Center located on the main campus of Nova Southeastern University.

Maltz Building
3301 College Avenue
Fort Lauderdale, Florida 33314-7796
About Our Program
The Biofeedback and Health Psychology Center (BHPC) offers services designed to enhance mental and physical wellness and to assist with illness management. We provide treatment for individuals who are motivated to engage in healthier lifestyles. Services are available to children, adolescents, and adults. Individual treatment is typically offered, and occasionally, groups focusing on coping with chronic illness or weight management are conducted.

What is Biofeedback?
Some treatments we provide are enhanced by including physiological monitoring and biofeedback training. Our biofeedback equipment can be used to help someone become more aware of bodily responses, such as muscle tension or temperature change, that occur during periods of stress and relaxation. Using biofeedback, people can learn to control bodily responses of which they are not usually aware.

Health Psychology
By helping people increase healthy behaviors, health psychology treatments can reduce illness risks and promote good health. Over a lifetime, unhealthy habits such as reacting too strongly to stress, overeating, excessive intake of unhealthy/high-fat foods, and physical inactivity can compromise health if they are not changed. We assist individuals who are motivated to improve their health status.

Psychology Services Center
The Nova Southeastern University Psychology Services Center is a state-of-the-art training facility where highly dedicated graduate students pursuing their degrees in the field of psychology are supervised by highly qualified professionals in their fields. Services are available to child, adolescent, adult, and elderly clients regardless of race, color, sex, age, nondisqualifying disability, religion or creed, sexual orientation, or national or ethnic origin.

Services Provided
The problems that we treat most often with biofeedback and other health psychology approaches include
- anxiety
- migraine and tension headaches
- chronic pain
- TMJ
- tinnitus
- managing a chronic illness such as diabetes, heart disease, cancer, or HIV/AIDS
- managing high blood pressure
- sleep disturbances

Physician Clearance
Individuals who are considering biofeedback or changes to their exercise or diet routines should consult a physician for a complete medical checkup and clearance before contacting the center. Our services are not a substitute for a medical evaluation. Collaboration with a health care team is welcomed by our center.

Fees
The Psychology Services Center is a fee-for-service facility that provides services at affordable rates.

Clinic Hours
By appointment only
Monday–Thursday, 9:00 a.m.–9:00 p.m.
Friday, 9:00 a.m.–5:00 p.m.

For more information or an appointment, please call (954) 262-5730, or email biofeedback@nsu.nova.edu.

Visit our Web site at www.nova.edu/biofeedback.