



The Biofeedback Association of South Africa

<https://biofeedbacksa.co.za/>

The field of Bio/Neurofeedback in South Africa (SA) started more than 20 years ago when a few SA clinicians became aware of the value that it holds as modalities in their practices. Individuals made their way to USA and Europe to obtain training and become BCIA certified. Small groups of clinicians worked hard to bring trainers and equipment to this continent and to promote the value of these different modalities of Biofeedback across different clinical fields. Around 10 years ago, groups in two major cities in SA - Johannesburg and Cape Town started meeting and working towards a plan to have more people trained. Both groups sought to set up an Association in each province. With limited resources it was better to form a more unified group and the Biofeedback Association of SA was started.

BFSA is a non-profit, collegial association, the purpose of which is to grow in providing access to education, continual and ongoing supervision and guidelines pertaining to the standards of practice concerning bio-/neurofeedback. The main focus has been to encourage and assist all members to pursue their journey to become BCIA Certified in their field of Bio or Neurofeedback and in that way establish a solid body of well-trained clinicians. This has been a journey in close cooperation and guidance from Judy Crawford.

Our goal is to provide basic and ongoing training, supervision and mentoring for our members and those interested in becoming practitioners in accordance with BCIA and HPCSA standards. In terms of ongoing basic training, BFSA owe a huge debt of gratitude companies like BrainMaster, Thought Technology and EEG Spectrum who have provided us with training blueprints and allowed us to train people at an adjusted cost. BCIA and ISNR have for many years assisted with ongoing training in that they have created a tiering system so that people in third world countries pay affordable rates and in that way keep up with the latest advances and research/knowledge.

A more long-term goal includes gradually introducing Bio and Neurofeedback Training into Africa, particularly sub-Saharan Africa. Another goal is to join with our partners in the USA in setting up proper EEG/QEEG training in South Africa as cost is prohibitive for most of our members to travel to the USA.

Apart from setting up the Association with all the work involved in that, we have had two Bi-annual General meetings and hosted international speakers in person and online.

For the last 2 years, we have been attempting to have more regular training for our members. We have been running CPD accredited online monthly training for our members. This has become increasingly successful. In terms of ongoing training, we are also in the process setting up CPD accredited study of articles. From 2021, we will have the monthly education series and an article of interest for our members to read and complete a set of questions.