

## **Informed Consent for Neurofeedback Training**

At Neuro Focus Center, we offer neurofeedback training which is also known as QEEG Biofeedback training which may improve brain function and reduce negative symptoms such as insomnia, depression, headaches, anxiety, attention problems, focus and learning problems and more. These types of conditions are generally thought to be associated with irregular brain wave activity. There is clinical and research evidence to suggest neurofeedback training as a viable training approach for many conditions (such as Chronic Pain, memory issues and fatigue).

Neurofeedback training may be taken by children and adults. We provide specific training protocols after collecting a baseline QEEG brain map assessing qualities such as magnitude of brain wave patterns, dominant frequencies and asymmetry. The brain mapping process is a recording of the electrical potentials produced by the brain itself, and transmitted through the bony skull and picked up by sensors on the scalp. A brain map is similar to making a video of brain wave patterns. No stimulation is applied to the head during a brain map. Sensors are applied to standard and specific locations, and the activity that is picked up by the sensors is analyzed and compared to peers of the same age and gender. The goal of neurofeedback training is to improve symptoms related to brain function.

Our staff has education, training and experience in neurofeedback and in EEG technology. Neurofeedback training may be recommended by a doctor or other healthcare practitioner on the basis of possible efficacy for a specific condition or conditions. Scientific investigation is ongoing to determine the mechanism by which improvements occur through the application of neurofeedback training. Current research shows that neurofeedback provides a positive learning situation for the brain which may be transferrable to everyday life. EEG neurofeedback is considered by many to be an experimental treatment at this time. At Neuro Focus Center, we use standardized methods to determine the proper training program, and to measure progress during and after training. Because neurofeedback is considered an experimental approach, we require that clients and/or parental informed consent be obtained prior to training.

We ask that you read and understand this information, and decide if you are willing to accept the risks involved before agreeing to undergo training. We are not offering medical advice in this Consent, rather, this form contains information collected from several sources and is intended to educate and inform you regarding the theory and purpose of brain mapping, neurofeedback training, along with necessary precautions.

Neurofeedback training has been the subject of more than 30 years of research and clinical study. The training appears to be harmless as far as is known at present and no injuries have been reported in a review of research literature. Technically, neurofeedback does not physically do anything to you, or your child. No electrical stimulation is applied. It is not a treatment; rather, it is a training modality. The instruments used to record and measure brain waves are similar to a thermometer or EKG (as is used to measure electrical activity as generated from the heart). While we have received extensive training and are certified to provide EEG biofeedback training, we do not make any representation concerning the safety or effectiveness of the training. Questions should be addressed to your personal physician or to our medical staff. Clients should continue ongoing medical and/or psychological therapies previously prescribed until otherwise advised by their physicians.

We do not claim that you (or your child, if signing on behalf of your child) will improve from the training. However, results indicate that more than 80% of clients improve on at least one test scale, and more than half improve on three out of four scales. A few clients who seem to get better at first, may find that the improvement gained does not last after the training ends. Conditions such as high fever, head or neck injury, infection, or chronic stress or medical issues may impact capacity of the brain to train, and the ability of the brain to retain learning gained during neurofeedback. Such clients may benefit from further follow-up sessions, additional medical or healthcare consultation by a qualified practitioner. Some individuals may not experience any initial noticeable effect from the training.

Our staff is always happy to discuss client progress. Other methods may also be effective for you, and your child. We will be happy to provide information about such services. For example, counseling may be helpful in integrating gains or new insights resulting from neurofeedback. If appropriate, a referral may be made in this regard.

By signing below, you acknowledge that you have read, and understand the information contained on these two pages titled "Informed Consent for Neurofeedback Training".

When you agree to participate in this program, if for any reason you believe it is not in you or your child's best interest to continue training, you (or your child) are not obligated to complete the training. This means that you may discontinue participation at any time. Training results, progress reports, and brain map reports will be available to clients and/or parents upon written request via US Mail or email.

**SIGNATURES: Please check the boxes below, initial next to each, and sign below to indicate your approval.**

- Yes, I have read, and understand, the terms of this Informed Consent.
- Yes, I agree to receive a Q EEG brain map with assessment of cognitive, emotional, memory and learning assessments.
- Yes, I agree to participate in Neurofeedback training, understanding the experimental nature of the process as described above.

Please indicate if the following statements apply to you by checking the circle in front of the statement. If there is more than one choice, please underline all options that apply to you. If the statements do not apply to you, please leave the check box blank (no "x"). YES answers in this section require MEDICAL CLEARANCE.

- Yes, I have been diagnosed with, or currently experience seizures, sensitivity to lights, and/or photosensitivity. If yes, then please obtain medical clearance from your physician prior to the start of NFB training.
- Yes, I am currently using a pacemaker, suffer from cardiac arrhythmia or other heart disorders. If yes, then please obtain written medical clearance from your physician prior to starting NFB training.
- Yes, I am currently taking stimulants, tranquilizers and/or psychotropic medications, and/or I am using illicit drugs, legalized pot with medical consent, and/or I excessively use alcohol. If so, we require written medical clearance from your physician to begin and continue training.

Client Name \_\_\_\_\_

Client Signature \_\_\_\_\_ Date \_\_\_\_\_