

## Consent for Neurofeedback (NFB) Therapy Treatment

Neurofeedback, also known as EEG Biofeedback, is based on electrical brain activity. Sensors monitor the brainwaves, a process known as the electroencephalogram, or EEG. The EEG readings are then presented back to the client in the form of sounds and/or images. Thus, the user can observe the brain in action in real time, from moment to moment. Through this process, the brain is rewarded for changing its own activity to more appropriate patterns. The brain can be taught through this process to work more efficiently or to overcome a difficulty or limitation.

It is a tool that may be specifically focused to address any area of dysregulation. NFB can help with: anxiety, depression, ADHD, behavior disorders, sleep disorders, headaches/migraines, and emotional disturbances. It may also reduce symptoms for organic brain conditions.

The vast majority of clients report positive benefits with zero side effects. However, occasionally, some clients do experience temporary discomfort that you should be aware of before you choose to proceed. If you are concerned about any of these "side effects", rest assured that these experiences while possible, are not common and usually don't last more than a day or two.

- 1) Some clients may feel tired afterward. This is usually for the first couple of sessions while their brain is adjusting to the new experience.
- 2) NFB may enhance emotions, physical sensations, and memory of selected events. Clients with unresolved trauma, panic disorder, generalized anxiety disorder, migraines, or hypoglycemia, may experience a temporary increase in symptoms before treatment is concluded. Clients with complex trauma histories can often feel uneasy when their hyper-vigilance is relaxed, which is what brain training is intended to provide. This is also temporary while the brain learns to find a new normal. It is a good idea to work with a therapist to help you sort out these emotions
- 3) Suppressed emotions may emerge as NFB trains your brain to be more resilient against stress. These feelings may be startling or scary, but this means they are coming out instead of continuing to be held in. When we keep emotions in, they may manifest in the body in many unhealthy ways such as pain or chronic illnesses.
- 4) Clients who have been diagnosed with brain centered medical problems such as seizure disorder may be asked to consult with Neurologist before training begins.
- 5) NFB may produce a possible hypersensitivity to drugs and alcohol in some individuals.
- 6) It may be necessary to moderate medication dosages with my prescribing physician as NFB training continues.

Before commencing NFB therapy treatment, I have thoroughly considered all of the above. I have obtained whatever additional input and/or professional advice I needed before beginning this therapy. My signature on this acknowledgment and consent is free from pressure from any person or entity and I agree to hold harmless my NFB clinician for any unpleasant or unexpected effects which may arise from my experience or my child's experience with NFB therapy.

\_\_\_\_\_ Date\_\_\_\_\_

Client or Guardian Signature (if client is a minor)

\_\_\_\_\_

Client Printed Name

\_\_\_\_\_ Date\_\_\_\_\_

Therapists: Cinda Hardin, M.S., M.Ed., LPC, LAC