



NeuroFlex Wellness

Eileen Callahan, PhD  
Licensed Clinical Psychologist/PSY16521  
support@neuroflexwellness.com

## **Consent for Treatment**

The purpose of this document is to allow you, the client, to make an informed decision regarding neurofeedback assessment and treatment and to obtain your voluntary consent to participate in treatment.

### **QEEG Brain Mapping / Assessment**

Electroencephalography (EEG) is a neurological assessment procedure that records the changes in electrical potentials (brainwaves) in various parts of the brain. By recording the electrical activity of the brain from the scalp, EEG images the brain by taking measurements with eyes open, eyes closed and while performing a cognitive task. This allows for detection of the location and magnitude of brain activity involved in the various types of cognitive and emotional functions at various locations in the brain. This measurement is obtained by placing a cap on the head that has electrodes attached to it at 4 locations on the head. The device used by this practitioner is called a BrainBit Flex cap and the client is responsible for either purchasing or renting this device prior to our first brain mapping session. The measurements obtained by this device are then recorded and converted into numbers by a computer using a software platform called Divergence Neuro. These numbers are then statistically analyzed and compared to a database to determine which areas of the brain may be out of balance and may indicate various cognitive and/or emotional dysregulation. This brain mapping is conducted remotely via zoom through an app called Dive. This assessment is required in order to determine the specific protocol that the client will use to conduct their neurofeedback or brain training. There are generally no risks involved with a QEEG except that some clients may feel anxious about having the procedure done. There are no known side effects. QEEG cannot be used for diagnostic purposes alone but does give important information about how the brain is functioning in regards to sleep, cognition, and emotional regulation.

### **Neurofeedback / EEG Biofeedback / Neurotherapy / Brain Training**

Neurofeedback is a treatment technique that presents the client with real-time feedback on brainwave activity, as measured by sensors on the scalp, typically in the form of a video display and sound. When brain activity changes in the direction desired by the neurofeedback protocol, a positive "reward" feedback is given to the patient. Reward or reinforcement takes place in the form of the sound and video becoming clearer to hear or see. There is minimal conscious control over this process. The brain naturally wants the picture and sound to be clear so it will "figure out" what it needs to change in order to receive that reinforcement. The characteristic that distinguishes neurofeedback from other biofeedback is a focus on the central nervous system and the brain. Neurofeedback has its foundations in basic and applied neuroscience as well as data based clinical practice. It takes into account behavioral, cognitive, and subjective aspects as well as brain activity.

Electrodes are placed on the head using either the BrainBit Flex cap or BrainBit Callibri cap in the area of the brain that this practitioner determined needs balancing or regulating based on the initial EEG brain mapping. The sensors detect brain wave activity including Delta, Theta, Alpha, Beta and Gamma. Treatments last between 15-20 minutes typically. The client can conduct this training on their own from the comfort of their home.



Trainings can occur daily or as often as the client is able to conduct them. In order to see progress, a minimum of 2-3 times a week is recommended. Check-ins with this provider will occur on a weekly basis via Zoom in order to track progress and determine whether or not any changes in the training protocol should occur along the way. Typically 40-60 training sessions are required in order to attain the desired results.

Possible risks of neurofeedback include increased dreaming and recollection of dreams, nightmares, relationship changes, and rarely headaches or moodiness. Neurofeedback will not interfere with most other treatments. The client may feel tired or sleepy, physically "heavy" as a result of participating in neurofeedback. Temporary shifts in mood may occur as a result of training as well. It is also possible that the client might fall asleep during or after training sessions.

Possible positive outcomes from neurofeedback include: improvement in sleep, decreased anxiety and/or depression, improved emotional regulation, improved focus and/or concentration, improved memory, increased energy, and a decrease in irritability and agitation. Alternatives to neurofeedback include mental health counseling, biofeedback, medicines and alternative health care options (acupuncture, natural supplements), physical therapies and other additional medical treatments and procedures. In general, the more frequently the training is done the quicker the client will see results. Early withdrawal from neurofeedback may result in incomplete changes or lack of consolidation and thus result in minimal benefit from neurofeedback treatment. When neurofeedback is not resulting in positive changes and benefit to the individual, it is often the result of the following confounds including metabolic issues, family/work system stressors, and / or poor nutrition and exercise. Completing training while under the influence of drugs or alcohol will interfere with the efficacy of the neurofeedback. In general taking prescribed medications will not interfere with its effectiveness, however, there are certain medications like anxiolytics that may interfere. During the initial intake session this practitioner will discuss your medications with you and how they may or may not impact neurofeedback.

**Confidentiality:** Your right to confidentiality and privacy is always respected within the limits of the law. Confidentiality must be broken under the following circumstances. If you indicate that you intend to hurt or kill yourself or someone else, I must act to protect you or the other person. If you report any incidents of child abuse, elder abuse, or abuse of a disabled adult, I am mandated to report this information to the authorities.

**Fees:** Payment is required either in advance of or at the time of your session. Payment can be made by credit card, Venmo or Zelle. No refunds will be given for any reason after a session occurs.

**No-Shows and Cancellation:** In order to avoid being charged for your session, cancellation must be made at least 24 hours prior to the scheduled visit. If you cancel within less than 24 hours prior to the session you will be charged a late cancellation fee of \$50. If your cancellation is due to an emergency or illness you will not be charged. If you do not show up to your session, you will be responsible for paying for the time that I scheduled to meet with you (\$200 for 60 minutes, \$100 for 30 minutes, \$75 for 20 minutes).

Your signature below acknowledges that you have read and understood this document, asked any questions you may have, and voluntarily consent to treatment.

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Signature of Client

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Date