



Biofeedback Patient Information / Consent to Treatment Form

Biofeedback is a tool that helps people develop greater self-regulation through increased awareness and ability to influence their physiological and mental functions by using signals from their own bodies. Empirical research over several decades has shown biofeedback to be a safe and effective treatment for a wide variety of conditions. Research to date has shown biofeedback to be efficacious for the following conditions: anxiety, chronic pain, depression, hypertension, irritable bowel syndrome (IBS), migraine headache, tension headache, preeclampsia, Raynaud's disease, repetitive strain injury, and temporomandibular joint disorder (TMJD). Research in biofeedback efficacy is quite promising for the following conditions: asthma, arthritis, diabetes, fibromyalgia, insomnia, motion sickness, post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), and tinnitus. Research in biofeedback efficacy is currently ongoing for a variety of other conditions.

Your particular response to biofeedback training cannot be predicted with certainty. Each person's experience and results vary. Some people experience quick results, while for others benefits are slow and steady. It is possible that you may receive little or no benefit. If you have any concerns or questions at any point during treatment, please don't hesitate to voice them. We will monitor your progress together to make sure that you are receiving maximal benefit from the treatment. In the event that you are not, we will modify our plan and/or discuss whether treatment should continue. My commitment to you is to provide you with the best possible training with openness and integrity. You have the right to discontinue treatment at any time.

Biofeedback training is most effective with active participation on your part and regular outside-of-office practice of the skills you learn in session. We will continuously check in on how these practices are going and discuss ways to make it easier to integrate skill practice into your every-day life.

Biofeedback assisted self-regulation is generally considered to be a safe procedure. However, there are a few rare circumstances where adverse reactions have been reported. Please be sure to inform me of your medical history to prevent any untoward effects in learning biofeedback skills. Potential problems may occur for: 1. Persons with severe psychiatric disorders. 2. Persons using medications including insulin, oral hypoglycemics, thyroid replacement, anticonvulsants, and antihypertensive medication. Biofeedback training may result in a need for adjustment in dosage of these medications. The adjustments needed, if any, are usually very gradual. The prescribing provider should be informed of your participation in biofeedback training.

In addition, it is possible that some of the subjective experiences that occur during biofeedback training, such as physiological sensations, images, thoughts, or feelings may be unexpected or frightening to you. For example, you might feel lightheaded, experience faster heartbeat, feel sleepy, or be reminded of unpleasant experiences from your past. These unwanted effects are almost always temporary and virtually never dangerous. If any such effects should happen to you, the best thing you can do is to let me know what is happening, we will discuss them and find helpful ways to respond to them.

The US Food and Drug Administration (FDA) permits marketing of the biofeedback device we are going to use for your training. However, it is not necessarily specifically labeled as effective in the



treatment of the problem you are seeking help for. Numerous studies have shown that similar devices used as we intend to use this machine are effective in helping people with similar issues. When used according to its instructions, the device is not dangerous and the only likely side effects are those described above for the training itself. Thus, you are not taking any additional risk by using this device.

With regards to payment, please refer to the payment and insurance reimbursement section of the general informed consent agreement. Please note that insurance tends not to cover biofeedback therapy, and thus you may not be able to get reimbursed for biofeedback portions of the treatment. For billing purposes, my office typically uses one of the following procedure codes: “90876”, “90901” or “96152”. I recommend that call your insurance carrier directly and ask if these codes are covered in your plan.

If you wish to commence training, please sign below indicating that you have read, understood and accept the above information. Thank you!

Patient's Signature

date

Printed Name