



AMAR Wellness Services, LLC

Integrative Psychotherapy & Neurotherapy

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INFORMED CONSENT FORM **For EEG Neurofeedback Training**

Amy Carey, MSW, LICSW and Arlen Carey, Ph.D., LICSW have completed the education requirements for Neurofeedback certification with the Biofeedback Certification Institute of America (BCIA). We are not presently certified but are working on the remainder of the requirements for certification. By participating, you are granting us permission to share information regarding your medical history, training sessions, and training results with our Certification Mentor. Names or other primary identification information will not be shared with Mentor.

WHAT IS NEUROFEEDBACK?

EEG neurofeedback or brain wave biofeedback is a non-medical, general training that takes advantage of the body's ability to self-regulate and seek balance. Non-invasive sensors or "electrodes" are connected to specific sites on the surface of the head. The sensors enable the brain wave patterns to be picked up and displayed on a computer screen. The computer assists the brain in recognizing normal rhythmic patterns and produces feedback in the form of cutting off visual and auditory stimulation when an inappropriate balance of waves is created by the brain. The feedback allows the brain to learn to produce balanced, efficient patterns more frequently. It has been our experience that this kind of training increases the strength and flexibility of the brain, thereby reducing emotional and physical difficulties and supporting healthy brain/body functioning.

When the brain is injured in any way, normal electrical patterns are disturbed and abnormal rhythms are created. Neurofeedback helps the brain to reregulate its normal patterns. It has been our experience that as the EEG dynamics stabilize, many improvements in mood, sleep, concentration and behavior are seen by our clients. We cannot, however, guarantee what exactly the changes will be, or if they will occur. Therefore, we make no claims that any individual client will see specific improvement from training.

THE STATUS OF NEUROFEEDBACK

While neurofeedback has been approved by the Food and Drug Administration (FDA) for stress-reduction, the use of this device for treatment of medical conditions is still considered experimental. The extent to which any benefits will be obtained or will be long-lasting is not proven. Neurofeedback often produces very beneficial and lasting changes; however, there are cases where damage to the brain is such that remediation may not be possible, or as is more often the case, there may be partial improvement. We generally expect a positive response within the first 12-15 sessions, if there is to be one. In the majority of cases where there is improvement in function, it then becomes the client's own responsibility to monitor progress and to continue training as long as it is perceived to be of benefit. To that end, you will be asked to complete

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frequent evaluations that will measure the target symptoms that we will be tracking. Your ability to be as consistent as possible with these evaluations in order to give us the most information about how the training is affecting you will be very instrumental in helping us to make the best decisions about the course of training as we proceed. While there are often improvements in the first few sessions, neurofeedback training usually requires at least 25, and most commonly 30-50 sessions with a small number of follow-up reinforcement sessions for permanent change to take place.

LIMITATIONS OF TRAINING AND POTENTIAL RISKS

It is important to understand that a neurofeedback assessment is NOT the same as a “clinical EEG” which is used in medical diagnosis to evaluate epilepsy or to determine if there is serious brain pathology, such as a tumor. The neurofeedback computer records the manner in which a particular person’s brain waves function. It is not designed and we do not try to use it to diagnose medical conditions.

Neurofeedback is a non-invasive, safe procedure, and no electrical current is put into the brain. In order to obtain good electrode connections, it is necessary to clean small areas of the scalp with witch hazel, or alcohol prep pads, and apply paste to attach the electrodes. These areas very occasionally feel irritated for a short time. In terms of the neurofeedback training itself, only rarely have significant side effects been reported. Occasionally someone may feel tired, spacey, anxious, experience a headache, have difficulty falling asleep, or feel agitated or irritable. Many of these feelings pass within a short time following the training session. If they do not, you should report this at your next session so that the training protocol can be modified. . Unwanted effects usually seem related to the instabilities in your nervous system that brought you into training in the first place. Our goal is to keep you as comfortable as possible, although this is not actually necessary for effective training to occur (e.g. feeling sore after going to the gym does not mean you are not benefitting from the workout).

Some clients may feel an increased need to sleep during the first few weeks of training. This can be due to a variety of factors, but in general is considered to be normal and a sign that the brain is renormalizing between sessions. Please make allowances for the increased need to sleep, and sleep as your body requires. Please be aware that training can be incredibly relaxing. Please exercise usual caution and good judgment regarding your ability to drive afterwards.

MEDICATIONS AND CONSULTATION WITH YOUR PHYSICIAN

You should also be aware of the relationship between neurofeedback and medications. Sometimes more neurofeedback sessions are needed if a client is on medication. **Neurofeedback may change the dosage requirements for some medications.** Therefore, it is very important that the physician monitoring your medication be made aware that you may require a dosage change. You should ask your physician about the sign of over medication. **Do not stop or alter**

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your medications without consulting with your physician. EEG biofeedback is not a substitute for effective standard medical treatment.

Neurofeedback training can substantially affect your glucose level as your brain works very hard when you train. Please have a meal or snack **with protein** before coming to appointments, and **let us know if you are diabetic or hypoglycemic.** In addition it is very important for us to know if you have or have had **epileptic seizures.** You may find that you are hungry after sessions, so please allow time to have a snack if required.

CONFIDENTIALITY

Information shared in sessions is kept confidential and will not be disclosed except in cases of: 1) Situations in which you are deemed to be a danger to yourself or others (i.e. threats of homicide or suicide); 2) Situations in which children are endangered or have been abused. Information from training sessions will be shared with Certification Mentor (as specified in BCIA requirements) and as noted in the first paragraph of this Informed Consent.



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VOLUNTARY PARTICIPATION AND CONSENT TO EEG NEUROFEEDBACK

I, _____, have carefully reviewed the informed consent statement. I do voluntarily, knowingly, and willingly give my consent to the use of EEG neurofeedback. I understand the principles set forth here with regard to benefits and risks of neurofeedback, medication effects and expectations as to length of training. I understand that at this time Amy Carey, MSW, LICSW and Arlen Carey, Ph.D., LICSW are not certified Neurofeedback Practitioners. I understand that although my name and specific identifying information will not be shared, parts of my medical history and Neurofeedback/Biofeedback training information will be shared with Arlen and Amy Carey's Certification Mentor as required by the BCIA Certification requirements. Furthermore by signing this form I waive any claim of damages due to training, including claimed side effects, or the failure to see changes during training.

Signature and Date _____