

Informed Consent for Neurofeedback

Neurofeedback is brain training that is powerful and effective on many symptoms and has been the subject of more than 30 years of research and clinical study. The research literature currently provides the best support for efficacy. To view some research done to date www.isnr.org (the website of the International Society for Neurofeedback and Research). Your particular personal response to neurofeedback training cannot be predicted, nor can your outcome. Some people experience immediate effects while others are slow and subtle. It is possible that you will perceive little or no effect, especially in the beginning of training. My commitment to you is to provide the best possible training I can, and to address your questions and concerns. We will monitor progress and reassess as needed, in order to determine whether training should continue. Your ability to be as consistent as possible with these evaluations in order to give me the most information about how the training is affecting you will be very instrumental in helping me to make the best decisions about the course of training as we proceed. It is possible you may experience some unwanted effects during training. These can show up during the session, such as your heart beating rapidly or feeling sleepy, or they may show up later in the day, such as fatigue, irritability, difficulty sleeping or a headache. Unwanted effects usually seem related to the instabilities in your nervous system that brought you into training. You will gain resilience and flexibility over time.

The training appears to be harmless as far as is known at present. No electrical stimulation is applied. Through the advancement of technology, knowledge of the brain, and research over the past decade, neurofeedback has become much more understood and accepted as a powerful mode of treatment for a variety of conditions.

Many people undergo neurofeedback with the goal of reducing or eliminating the need for medications. You need to be aware that neurofeedback could affect your body's response to any medications you are taking whether for conditions being treated by neurofeedback or for conditions on which you do not expect change from neurofeedback. Do not stop or alter your medications without consulting with your physician. Should you experience new symptoms or notice a different effect from your medications, it is your responsibility to keep us informed and to inform your physician.

By signing this form, you indicate your understanding of the information set forth here in regards to benefits and risks, medications, expectations as to length of treatment, policies regarding payments and missed appointments and the value of additional therapy. By signing this form you waive any claim of damages due to treatment with neurofeedback, including worsening of the client's condition for which the training was undertaken, claimed side effects, or the failure to improve with training.

These interventions are considered particularly safe and are generally without harmful side effects. However, any intervention that can lead to positive results can also lead to unwanted effects. Because this is a training approach, both desirable and undesirable effects continue for only a short time unless they are reinforced. **Please be aware that training can be incredibly relaxing. Please exercise usual caution and good judgment regarding your ability to drive afterwards.**

Your signature

Date
