



INFORMED CONSENT FOR EEG BIOFEEDBACK

This document contains information about the EEG Biofeedback services provided by Kuiper Neurobehavioral Clinic, Inc. Please read it carefully and write down any questions you might have so we can discuss them.

What is Neurofeedback and how can it help me?

Neurofeedback, also known as Neurotherapy or brainwave biofeedback, is a form of therapy for enhancing brain functioning and promoting self-regulation in children, adolescents, and adults. It is a form of biofeedback that provides the client with feedback from an EEG or a reading of the electrical activity of his/her brain. A computer is used to record and give immediate feedback (in the form of visual and/or auditory cues) about brainwave activity, which is then used to help the client become aware of specific brainwave states and to produce brainwaves that are better balanced and thus more conducive to concentration and emotional regulation. Neurofeedback is commonly used in the treatment of symptoms associated with ADHD, depression, anxiety disorders, headache, epilepsy, tics and learning disabilities. It is often combined with other therapeutic and/or educational modalities, including psychotherapy and instruction on cognitive learning strategies.

How does it work?

One or two sensors are placed on the scalp in clinically relevant areas in order to record the client's brainwave activity. The computer then calculates the power of the various brainwave frequencies, ranging from very slow waves associated with daydreaming and sleepiness to fast brainwaves that are associated with focused concentration, to even faster waves associated with anxiety states. Feedback is then provided in the form of a tone or visual signal, often with a computer game format. Clients are rewarded when their brainwaves fall within certain parameters set by the therapist. Through a process of conditioning, clients are then able to more effectively self-manage their brainwave activity to achieve more optimal states (e.g., greater task focus or more relaxation in a

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given situation). Neurofeedback sessions can range from a few minutes to one hour, and clients are usually seen once or twice per week.

How effective is it?

While there are a number of controlled studies on the use of neurofeedback to treat uncontrolled epilepsy, there currently are no large, perfectly-controlled studies on the treatment of ADHD, learning disorders, or depression. However, a number of quasi-controlled studies have been published that indicate that neurofeedback is effective in helping many individuals who suffer from symptoms of anxiety, ADHD, depression, and other forms of neurological, emotional, and/or cognitive dysfunction. Studies have found significant teacher-reported improvements in classroom behavior and task focus, as well as improved performance on tests of attention, academic achievement, and intelligence. Some studies have found improvement comparable to that produced by stimulant medication (e.g., Ritalin). A comprehensive bibliography of neurofeedback research can be found on the website of the International Society for Neurofeedback and Research (ISNR.org).

How long does it take?

Neurofeedback is not a “quick fix.” Behavioral changes can be subtle at first, and 20 sessions or more may be necessary before significant behavioral progress is noticeable. Treatment can range from 40-60 sessions for most conditions, but more may be needed depending on the complexity of the clinical condition. **Consistency of treatment is also critical to the length of treatment.** Although neurofeedback often results in beneficial and lasting change, the research literature indicates that there are some individuals who are unresponsive to neurofeedback and cases in which there is only partial improvement. Given this situation, the client and/or client’s parents are encouraged to evaluate progress after approximately ten to twenty sessions to assess progress and determine if further training is indicated. However, discussion is invited at any time during training.

Is it safe?

Neurofeedback is a safe treatment when conducted under the guidance of a trained professional. Only in rare cases have significant side effects from neurofeedback training been reported. Training may occasionally result, however, in a person feeling tired, spacey, anxious, agitated, or irritable. Difficulty falling asleep and headaches have also been noted on occasion.

If you are taking medication (e.g., for migraines/headaches, seizures, hyperactivity, attention difficulties, mood dysregulation), it is important to remain in close communication with your physician. It has been clinically observed that the need for some of these medications may decrease after numerous neurofeedback sessions.

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However, the medications may remain in your system and some individuals may have negative side effects because of the decreased need of the body to rely on them. Some patients may wish to decrease medications on their own without consulting their physician. ***I understand that I should not stop or alter any of my medications without consulting my physician/psychiatrist, as decreasing or stopping some medications may be life threatening or detrimental to my health. I should also continue ongoing therapies (e.g., occupational therapy, physical therapy), until otherwise advised by my physician. I realize that EEG biofeedback is not a substitute for effective standard medical treatment and should new symptoms develop, it is my responsibility to inform my health care providers, including my neurofeedback practitioner.***

I understand that by signing this document I am agreeing to EEG Biofeedback treatment.

Signature of Client

Date

Printed Name

Signature of Parent/Guardian - Date

Signature of Parent/Guardian - Date

Printed Name

Printed Name

Suggested Reading on Neurofeedback

A Symphony in the Brain: The Evolution of the New Brainwave Biofeedback

Jim Robbins

Getting Rid of Ritalin

Dr. Robert Hill and Dr. Eduardo Castro

The Executive Brain

Elkhonen Goldberg, Ph.D.

Healing ADD

Daniel Amen, MD

The ADD Book: New Understandings, New Approaches to Parenting Your Child with ADD (Chapter on neurofeedback)

William Sears and Linda Thompson, Ph.D.

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