

INFORMED CONSENT FOR QEEG ASSESSMENT & NEUROFEEDBACK TRAINING

Emerging Technology Treatment Procedures:

Neurofeedback (“EEG-biofeedback”) is a comparatively new and emerging treatment modality applied to a wide variety of disorders. Neurofeedback for attention deficit/hyperactivity disorder (ADHD), substance use disorders, depression, anxiety, and post-traumatic stress disorder (PTSD), has a reasonably good research basis for clinical application (research references available upon request). However, neurofeedback for these disorders and many others may be considered “experimental” or “investigational” by some insurance providers, health care practitioners, or others. Other psychological, neurological, and behavioral disorders, including tinnitus and tremors, have limited published neurofeedback research available, and neurofeedback treatment of these conditions is currently considered to be “experimental.” If you are interested, we can provide more information related to applicable research. By signing this consent form, you acknowledge your understanding that some applications of neurofeedback are considered to be in the developmental, emerging, or experimental/investigational stages, and you consent to its use in whole or as part of your treatment.

What is involved with the Neurofeedback Treatment Program?

The neurofeedback program requires the completion of one or more of the following assessments: an initial intake interview with Juanita Jussenhoven, MA LPCC, NCC psychological assessment via objective psychological tests, self-report assessments, psychophysiological assessment, and/or a quantitative electroencephalogram [QEEG] (also known as a “brain electrical activity map”). After Juanita Jussenhoven, MA LPCC, NCC, and Dr. Wes Center, PhD, LPC, NCC, BCPC, BCN, have interpreted the test results, a test results feedback session will be arranged with you to review the information and discuss treatment recommendations. Juanita Jussenhoven, MA LPCC or one of her neurofeedback therapists will conduct initial preparations, orientations, and neurofeedback training. Neurofeedback therapists provide neurofeedback services under the supervision of Dr. Wes Center, PhD, LPC, NCC, BCPC, BCN.

Neurofeedback training requires the use of computer equipment and the placement of sensors on the scalp and earlobes in order to collect EEG data; this information will be used to provide feedback as to the electrical activity of the brain via auditory signals and visual displays. There is the remote possibility that some individuals may develop skin irritation from the sensor paste or cleaning materials; however, these universally accepted techniques have been used for many years with no deleterious side effects reported. In addition, there is the possibility that neurofeedback training can induce some negative side effects (i.e., irritability, fatigue, dizziness, headaches, behavioral changes, etc.). For most people, these side effects are usually temporary and will remit once changes in your neurofeedback protocol are made. It is important that you communicate these changes, if any, to Juanita Jussenhoven, MA LPCC, NCC your neurofeedback therapist.

The Importance of Regular Attendance and Participation:

Neurofeedback promotes self-regulation of one's own health and well-being. Participants in this training program learn methods to control their own physical, mental, and emotional states in order to reduce excess stress, anxiety, or other responses that contribute to symptoms. Since this form of training emphasizes the development of self-regulation skills, each participant must make a commitment to engage in their own treatment actively, through daily practice of activities or monitoring and recording of their symptoms, behaviors, and thoughts. Participants agree to monitor their diet (including caffeine and alcohol intake), sleep, exercise, and medications compliance (including supplements and vitamins), and report that information at each session.

You will need to attend a minimum of 2 to 3 sessions per week for, on average, 20 to 40 neurofeedback sessions. Three or more sessions per week are usually preferred for optimal results. Please note that while many people can complete neurofeedback treatment in 20 to 40 sessions, you may require more sessions to complete treatment successfully. Generally, neurofeedback treatment length increases as the severity and/or complexity of the cognitive, emotional, or behavioral symptoms of the disorder(s) increases. Successful attainment of your treatment goals is highly dependent on consistent attendance at neurofeedback training sessions as well as daily practice of skills (if applicable). **Before beginning this neurofeedback program, please be sure that you can commit to and have time for your treatment plan and can attend most or all scheduled sessions even when doing so may become inconvenient, uncomfortable, emotionally challenging, or even boring at times.** In order to ensure the best chance of steady progress and prevent setbacks, it is advisable to schedule the start of this training program when you are sure you will not leave town for an extended period or have other distractions that would interfere with attendance. Neurofeedback seems to work just like exercise and dieting: you have to stick with it long enough for it to make changes in your body.

Consultation and Medication Monitoring:

Neurofeedback can influence (as well as be affected by) certain types of medication and medication levels. If you enter treatment, and are currently under the care of a physician, we ask that you: 1) inform your prescribing physician of your intent to begin neurofeedback and; 2) grant written permission (a release of information) to Neurofeedback Professional Services to contact your physician for medical consultation and monitoring of the effects of the neurofeedback treatment on your physical condition and medication levels. In addition, you should immediately inform Juanita Jussenhoven, MA LPCC, NCC, your neurofeedback therapist, of any changes in medication (increases, decreases, implementation of new medications) that occur while in treatment. As neurofeedback training progresses, know that over-medication effects can occur. When this happens, you must also notify your physician that medication adjustments may be needed (often to decrease medication). This will help to ensure that neurofeedback is able to work and to avoid possible over-medication effects such as irritability, hyperactivity, and other potential changes in behavior. Occasionally, Juanita Jussenhoven, MA LPCC, NCC may see unusual brainwave activity during EEG collection or during a neurofeedback session. As a safety precaution, we will refer you to a neurologist if and when appropriate.

Confidentiality of Session Information:

Neurofeedback sessions are protected by the same limitations of confidentiality, HIPPA, and other privacy guidelines that you acknowledged, and gave consent to, during your initial assessment.

Authorization for Treatment:

I hereby certify that I have read and that I fully and completely understand this Informed Consent for qEEG assessment and Neurofeedback Training, and I have signed this Informed Consent knowingly, freely, and voluntarily. I understand the policies, expectations, and experimental nature of this treatment as explained above. Moreover, I certify and state that I have received no promises, assurances, or guarantees from anyone as to the kind of results that I should expect or may be obtained by this or any psychological or medical treatment, or services. I understand that while my treatment is designed to be beneficial, Juanita Jussenhoven, MA LPCC, NCC, and the staff at Neurofeedback Professional Services make no guarantees about the outcome of this treatment program. I understand that my participation and level of commitment directly affects training and I am willing to make a personal commitment to participate to the best of my ability in all steps of the treatment program, though I understand that I am free to withdraw from treatment at any time. I understand that my failure to comply with my recommended treatment program (such as getting proper rest, eating healthily, staying hydrated, exercising in an age and state of health appropriate manner, completing assignments at home, and regular participation in sessions) could prevent the treatment from working effectively.

 Printed Name of Patient

Patient Signature (Guardian signature if patient is a minor)

Date

Witness (Staff)
 [Staff name(s) and credentials]

Date