



## INFORMED CONSENT & RELEASE FORM FOR QEEG RECORDING & NEUROFEEDBACK TRAINING

I authorize Aspiring Families to provide neurofeedback and record my EEG. An electroencephalogram (EEG) is a test used to evaluate the electrical activity in the brain. Neurofeedback training is a form of biofeedback that offers real time auditory and/or visual information to individuals about their brain activity.

**Neurofeedback:** It is a non-drug, reward-based training system for your brain. The brain functions at its best when healthy, fast, and slow moving brainwave activity occurs. Neurofeedback, a form of biofeedback, optimizes the electrical activity of your brain. It's a non-invasive treatment that improves unwanted symptoms and behaviors.

**Benefits:** Neurofeedback is used to effectively treat many conditions including ADHD, depression, stress disorders, anxiety, OCD, panic attacks, spectrum disorder, headaches, migraines, concussions, some forms of memory concerns, sleep issues, and performance.

**Recording Procedure:** Acquiring EEG and providing neurofeedback requires placement of sensors on the scalp to measure brains electrical activity in a digital form. It is generally accepted that the act of recording the EEG is safe and does not affect the individual.

**Assessment:** Your clinician will provide a review and feedback of the EEG assessment at baseline, and treatment recommendations. You can also choose to do a post-assessment and your clinician can conduct another EEG assessment after completion of treatment, and review your results with you.

**Treatment:** Based on the results of your EEG test and clinical assessment a treatment program will be proposed. A typical neurofeedback treatment session is approximately 45 minutes and most clients will receive from 10 to 20 sessions based on individual progress. Progress varies by individual and although research and clinicians have reported progress with a high percentage of clients, the amount of time it takes for progress to be made when training the brain can vary. When progress is made, some clients



report that improvements fade at some point after stopping training. These individuals typically benefit from booster trainings.

**Side Effects:** Neurofeedback training is non-invasive and a safe process, as is currently known. No long-term adverse effects have been noted in research.

**Client Feedback:** Input from the client is important. It is important for the client to provide feedback about any perceived changes in symptoms or other changes during or after neurofeedback training. The client can stop treatment at any point by informing his or her clinician.

**Effect on medications:** It is typical that changes an individual may achieve in training with neurofeedback may affect an individual's response to medications. Please discuss changes you perceive in response to medication with your Aspiring Families clinician. Medications should not be stopped or altered without consulting your physician or psychiatrist. Should new symptoms develop or if symptoms should change, it is the client's responsibility to inform his/her healthcare providers, including the neurofeedback clinician.

**Cancellation Policies:** Please notify Aspiring Families of an appointment cancellation at least 24 hours in advance. There is a full fee charge for missed appointments and cancellations less than 24 hours from the appointment time.

**Waiver:** By signing this form, I understand the information above and waive any claim of damages due to a perceived failure to improve with training, a perceived increase in symptoms for which the training was undertaken, or perceived side effects. Any controversy or claim arising out of or related to this contract and Aspiring Families Informed Consent, or the breach thereof, shall be settled by arbitration. It is understood that any dispute as to psychological malpractice, that is as to whether any psychological services rendered under this contract were unnecessary or unauthorized or were improperly, negligently or incompetently rendered, will be determined by submission to arbitration as provided by California law, and not by a lawsuit or resort to court process except as California law provides for judicial review of arbitration proceedings.



I have read, understood, and have had the opportunity to ask my clinician questions related to neurofeedback.

Name of Client: \_\_\_\_\_

Signature of Client: \_\_\_\_\_

Name of Parent/Guardian 1: \_\_\_\_\_

Signature Parent/Guardian 1: \_\_\_\_\_

Name of Parent/Guardian 2: \_\_\_\_\_

Signature Parent/Guardian 2: \_\_\_\_\_

Name of Minor: \_\_\_\_\_

DOB: \_\_\_\_\_

Date: \_\_\_\_\_