

# COMPLEXIONS



## NEUROFEEDBACK INFORMED CONSENT

Neurofeedback is EEG (electro-encephalogram) or brain-wave biofeedback. It was initially developed in the 1960's and administered utilizing big cumbersome computers. Nowadays, private practitioners can now administer neurofeedback because of the dramatic advances in technology. There are currently many different types of systems with different theoretical and mathematical underpinnings. The system used here is called NeuroOptimal® and it is a software product from a company and training institute in Canada named The Zengar Institute.

NeuroOptimal® neurofeedback is a training system for the brain. This particular system helps the brain become more stable and with greater stability symptoms diminish and sometimes evaporate entirely. However, this is not a specific treatment for a specific disorder. It is akin to going to a gym for the brain. NeuroOptimal® neurofeedback trains the brain as a dynamic complex system rather than treating an isolated behavioral symptom.

This NeuroOptimal® neurofeedback system is a tool that gives each individual brain information on its moment-to-moment functioning. Each client is hooked up with silver sensors placed upon their scalp and ears with conductive paste. The NeuroOptimal® neurofeedback system is reading small wisps of electrical energy that emanate from the scalp when the brain is doing its work. It is able to determine function and stability with complex mathematics. While the client is sitting in a comfortable chair hooked up to these sensors, (s)he is watching a video of colors and geometric shapes move and listening to pleasant music. When the software has determined a moment of instability the music and movement of the video are briefly interrupted. It is this interruption that cues the brain that something has changed and could be amiss. This simple information and the brain often times makes remarkable adjustments and greater stability ensues. With greater brain stability clients experience a variety of life improvements.

Since this is a training system that does not introduce a chemical into the body, there are no chemically induced side-effects. Typically, clients experience NeuroOptimal® neurofeedback as pleasurable. However, sometimes clients may feel tired or notice headaches or anxiety. These are infrequent occurrences that are often a step in an improvement process and usually dissipate quickly.

It is very important to monitor with your doctor medication usage and dosage while engaging in neurofeedback because NeuroOptimal® neurofeedback can potentiate psychopharmacological medications power. So, if a client is taking medication or even multiple medications not only will the efficaciousness of the medicine be increased, but so will the side-effects of those medications. As the brain functions with more stability and efficiency, less medication is needed. What was once a well titrated dose prior to NeuroOptimal® neurofeedback is now too much.

By signing below, you acknowledge that you have read this document and are ready to begin NeuroOptimal® neurofeedback training.

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_

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