

## **Informed Consent for Neurofeedback - CCHP**

This document contains important information about Neurofeedback (also known as EEG biofeedback or Neurotherapy) and the policies of Pinnacle Mental Wellness Group related to Neurofeedback treatment provided through our office.

### **1) Benefits and Risks of Neurofeedback**

Neurofeedback as a method of treatment has been around for over 30 years, although it has gained attention mostly in the past few years. It has been used for a variety of conditions which appear to be associated with irregular brain activity including attention deficit disorder with and without hyperactivity. The procedure has also shown promise with certain behavioral disorders, sleep disorders, depression, anxiety, chronic pain, minor head injury and seizure disorder. In the reported research most subjects benefit from Neurofeedback to some extent. Nonetheless, no representation is made that every client will improve from training.

Our work and studies in the literature suggest that the positive effects of Neurofeedback last over time. However, clients have, on occasion, sought a few "tune-up sessions" months and years later, which appear to be helpful. Clients may need a few "tune-up sessions" after a health or psychological trauma. Clients who have had head injuries after treatment appear to lose some of the benefit. It is unclear whether this reflected the undoing of earlier training or was the result of new damage.

In regards to risks or harm, there is no evidence, either from our experience or from the literature and research, that treatment is harmful. It is non-invasive and painless. Some clients have reported that training seemed to cause a temporary worsening in some symptoms including feeling more anxious, more distractible, having more difficulty sleeping, etc. These changes were not serious and can be corrected by shifting the brain wave target range and electrode locations. Typically, these problems resolve quickly and on their own. It is very important that you keep us informed of any changes or negative effects, even if they seem unconnected to the Neurofeedback, so that training can be modified for you.

### **2) Neurofeedback and Medications**

You should also be aware of the relationship between Neurofeedback and medications. Obviously, many people undergo Neurofeedback with the goal of reducing or eliminating the need for medications. However, do not stop or alter your medications without consulting your physician. Also be aware that Neurofeedback could affect your body's response to other medications you are taking for conditions unrelated to the ones for which you are undergoing Neurofeedback. Should new symptoms appear to be developing, it is your responsibility to keep us informed of them as well as to inform your physician.

### **3) Neurofeedback Procedures**

You need to be aware that Neurofeedback training requires the placement of surface electrodes on the scalp for the express purpose of recording the EEG and using this signal to provide feedback to the brain in the form of a video display or games. There is a very remote possibility of skin irritation from the electrode cream that is used to prepare the skin and attach the electrodes. The client needs to report any discomfort during or after the session to the clinician/technician so that the treatment modality can be altered in the best interest of the client. Please note that all equipment and preparations used during the delivery of Neurofeedback treatments at Pinnacle Mental Wellness Group are all high-quality, medical grade materials. The techniques used to prepare the skin and attach the electrodes have been used at numerous clinics and research institutions for many years and no deleterious side effects have been reported. It is a universally used procedure for the recording of the EEG, and a necessary tool for the evaluation of brain function in various contexts. The client can remove the electrodes at any time if they so desire. We do NOT introduce any information into the brain AT ANY TIME. There is NO risk of electric shock from this procedure.

#### **4) Schedule and Length of Treatment**

Sessions are approximately 45 minutes in length; with 30 minutes (approximately) for the Neurofeedback training and 15 minutes for set-up, clean up and progress reports. Sessions are typically scheduled two times per week. The average length of training sessions needed is 20-40 sessions, with 20 sessions being average. Most individuals will begin to notice changes after just a few sessions, but in some difficult cases, major benefit will not be noted until after several weeks.

#### **5) Fees**

If Neurofeedback is deemed medically necessary for you, your therapist will write a Psych Authorization for you and send the authorization in to Contra Costa Health Plan on your behalf. If this authorization request is approved by your insurance your treatment will be paid by your insurance. If you have a co-pay, you are still liable for this co-payment. Session fees that are not paid by CCHP are your financial responsibility.

#### **6) Missed Appointments**

At Pinnacle Mental Wellness Group our highest goal is to help our clients gain the success that they desire. In order to achieve this goal and to be efficient for our clients we must be very organized with our schedule. Our office staff will do their utmost best to schedule all necessary appointments for you. Once an appointment time is scheduled that time will be reserved specifically for you. If you cannot keep your appointment, please contact our office at least 24 hours in advance to reschedule. If you miss an appointment without giving us 24 hours notice you will be charged a fee. CCHP does not pay late fees, therefore, the client is responsible for this late fee charge.

#### **7) Clinicians and Technicians**

Pinnacle Mental Wellness Group hires technicians to assist in administering Neurofeedback treatments. Our technicians are fully trained in appropriate, ethical and caring behavior with clients and how to correctly administer Neurofeedback training. All of our technicians must pass a rigorous screening process before they are hired. All of our technicians follow a carefully outlined treatment protocol which is determined by the licensed clinician. At no time do technicians make treatment decisions without the supervision of a licensed clinician. At times your Neurofeedback training may be done with a clinician and at times it may be done with a technician. We always make sure that whoever does your training with you does so in a professional manner and with your utmost care in mind. All of our technicians report, via careful clinical notes and supervision and case management meetings, ALL client sessions and treatment progress to Pinnacle Mental Wellness Group clinicians. Our goal at Pinnacle is to work together as a team to provide you, our client, with the best possible treatment experience and the best possible outcome.

#### **8) Affiliations and Consultation**

Our Neurofeedback licensed clinicians are professionally affiliated with EEGInfo and Othmer Certification. EEGInfo is a world renowned Neurofeedback group that is known for their cutting edge techniques in the field of Neurofeedback. With certain cases, your clinician may find the need to professionally consult with other highly trained professionals about treatment planning. This means that your clinician may consult with professionals in the EEGInfo group and/or the Pinnacle Mental Wellness Group regarding your diagnosis, symptoms and/or Neurofeedback training. This consultation is done to provide an even better experience and treatment outcome for our clients. At no time will your clinician **ever** disclose your name or any identifying information, unless specific written consent is given by you.

#### **Agreements**

Please initial the following items to indicate that you have read, understand and been offered the opportunity to discuss any questions that you have pertaining to these items with your clinician.

By signing this form, you indicate your understanding of the principles set forth here in regards to:

- \_\_\_\_ 1) benefits and risks;
- \_\_\_\_ 2) medications;
- \_\_\_\_ 3) procedures;
- \_\_\_\_ 4) expectations with regard to length of treatment;
- \_\_\_\_ 5) fees;
- \_\_\_\_ 6) policies regarding missed appointments;
- \_\_\_\_ 7) technicians and clinicians;
- \_\_\_\_ 8) consultation with other professionals.

Furthermore, by signing this form you waive any claim of damages due to the training, including worsening of the condition for which the training was undertaken, claimed side effects or the failure to improve with training. In addition, you agree to hold Pinnacle Mental Wellness Group and its associates harmless from all claims associated with such training.

I understand the above information and agree to its terms:

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Print Client's Name

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If a client is a minor please print Parent/Guardian's name

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Client/Guardian's Signature

Date Signed