



INFORMED CONSENT FOR NEUROFEEDBACK TRAINING

Neurofeedback is a form of training that can have very positive results. It is important, however, that you are aware of and consent to the process of this form of training. Although neurofeedback has some decades of history behind it, and is increasingly being shown to have good efficacy in more and more research studies, it is still considered by many to be experimental, with clinical and informal training results far exceeding those in research thus far. The research literature currently provides the best support for efficacy in disorders such as ADD/ADHD, insomnia, epilepsy, and addiction disorders. There is some research support for efficacy in the treatment of many other disorders such as anxiety, depression, autism, mild traumatic brain injury, obsessive-compulsive disorder, and others, but further research is ongoing in many of these areas. I can provide a bibliography of the research done to date if you would like to have this, or you can consult www.isnr.net (the website of the International Society for Neurofeedback and Research) on the Internet for a comprehensive neurofeedback bibliography. Your particular personal response to neurofeedback training cannot be predicted, nor can your outcome. In my experience, each person's journey and results vary. For example, some people experience much shift and growth, while others are slow, subtle, and steady in their benefits. It is possible that you will perceive little or no effect, especially in the beginning of training. Progress rarely follows a straightforward path, but rather goes "up and down," although we do want to see a general trend in the desired direction. Please do not hesitate to raise with me any concerns you may have, at any time. My commitment to you is to provide the best possible training I can, and to address your questions and concerns openly and with integrity. Beyond that, your training is a unique journey that we embark upon together. There is also a small chance that you will receive no benefit from the training. It is thus important that we regularly monitor progress and reassess as needed, in order to determine whether training should continue. To that end, you will be asked to complete frequent evaluations that will measure the target symptoms that we will be tracking. Your ability to be as consistent as possible with these evaluations, in order to give me the most information about how the training is affecting you, will be very instrumental in helping me to make the best decisions about the course of training as we proceed. It is possible you may experience some unwanted effects during training. These can show up during the session, such as your heart beating rapidly or feeling sleepy. Or they may show up later in the day, such as fatigue, irritability, difficulty sleeping, or a headache. Unwanted effects usually seem related to the instabilities in your nervous system that brought you into training in the first place. My goal is to keep you as comfortable as possible, although this is not actually necessary for effective training to occur (e.g., feeling sore after going to the gym does not mean you are not benefitting from the workout). A small percentage of clients find their journey is one of oscillating between being the best they have ever been and the worst they have been. You will gain resilience and flexibility over time, but you may decide at any time that it is not worth it to you, and you can choose to discontinue training at any time. You will be the best judge of that. The most important thing you can do to help me minimize any unwanted effects is to let me know how you are feeling both during and after sessions.

With regards to payment, it is usually preferred to make payment for each session at the time of the visit. If you need to make another arrangement, that can be discussed. Please note that it is very possible that your insurance carrier will not cover biofeedback therapy, and thus it is important to be prepared to pay for services on an out-of-pocket basis. Unfortunately, some insurance carriers still consider biofeedback to be "experimental," as they often do with regards to many alternative treatments. For billing purposes, my office typically uses the procedure code "90876"



which represents Psychotherapy and Biofeedback services provided in a 45-50 minute session by a licensed psychologist. It may be optimal to call your insurance carrier directly and ask if this code is covered in your plan. If it would be helpful, I can provide a letter in which the rationale for the biofeedback training is explained in the context of your diagnosis.

Please be aware that training can be incredibly relaxing. Please exercise usual caution and good judgment regarding your ability to drive afterwards. Most clients really enjoy their sessions. You do not have to “do” anything. Just sit back, relax with eyes open or closed, and let your brain do the work.

If you wish to commence training, please sign below indicating that you have read, understood, and accept the above information.

Thank you!

YOUR SIGNATURE

TODAY'S DATE

YOUR PRINTED NAME