



Grand Junction
Wellness Center, LLC

Informed Consent for EEG-Neurofeedback

This document contains important information about Neurofeedback (also known as electroencephalogram or (EEG) biofeedback/neurofeedback) and the policies of Grand Junction Wellness Center, LLC related to Neurofeedback treatment provided through our office.

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, migraine headaches, 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.

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.

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 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.

Schedule and Length of Treatment

Sessions are 45 minutes in length; with 25 minutes (approximately) for the Neurofeedback training and 15-20 minutes for set-up, clean up and progress reports. Sessions are typically scheduled once a 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 challenging cases, major benefits will not be noted until after several weeks.

Fees

A Neurofeedback training session is \$155.00. In most cases testing is necessary as one means of measuring progress. The other measures of progress will be symptom amelioration and weekly client report. A full assessment session may include: ✓ Intake; ✓ Full History Interview; ✓ QIK Test and discussion of results (+ fee of \$25.00); ✓ Initial Training and Education session. Follow up QIK Test (administration of test and results): Other testing (as needed): fees determined by testing required.

If time and/or distance for travel for treatment is prohibitive, Neurofeedback training can be scheduled for 45-50 minute sessions rather than standard 25 minute sessions. The cost for these extended sessions will be prorated.

Our clinic does not accept or bill insurance. However, we are happy to provide an itemized document with appropriate CPT codes for you to submit to insurance to seek reimbursement (may or not be reimbursed based on individual insurance company coverage plans).

Missed Appointments

Our 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. 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 required notice you will be charged the amount of the missed session.

COVID-19

Our office follows strict protocols to maintain distancing, keep the office clean/sanitized, including the cleaning of medical-grade equipment used for EEG NF training which is cleaned between each use with sterilizing agents. Given the nature of biofeedback/NF training, there will be times during the training when you will be in close contact (prepping scalp and placing electrodes and removing and cleaning afterward) with the provider and unable to maintain distance. You acknowledge and accept this risk of contagion. Dr. Olson has received both COVID-19 vaccine doses to date.

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) COVID-19 Disclaimer

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 GJWC, LLC and its associates harmless from all claims associated with such training. I understand the above information and agree to its terms:

Print Client's Name: _____

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

Client/Guardian's Signature _____

Date Signed _____