

Aloha Counselors, LLC

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CONSENT FOR NEUROFEEDBACK TRAINING

With Aloha Counselors, LLC

Please read this informed consent carefully as your signature on this document indicates that you have read it, understand it, and accept its provisions.

Aloha Counselors, LLC offers technology for the brain called neurofeedback or *brain training*. It is not invasive in any way. Based upon unique dynamic neurofeedback principles, brain training *simply* provides information to your brain which it can use to release points of stickiness and re-organize itself with increased efficiency. The neurofeedback does not tell your brain what to do, it does not push the brain into specific states of consciousness or frequency bands. Instead, it offers information to the brain about its own activity, which your brain will use - or not - to adjust itself. Because of this simple *mirroring* approach, neurofeedback is very safe and remarkably free of side-effects. However, the process of integrating the information and growing and changing can be a powerful one, one that many of us are not familiar with and which can feel disorienting for some. We have prepared this document to explain this process as fully as possible so that when you sign the consent for neurofeedback you are doing so knowledgeably. Please ask for clarification on any issue that is not clear.

Neurofeedback technology is not a medical treatment, nor is it a medical device or methodology. It is not used to diagnose medical disorders, nor is it used as a medical treatment for disorders. If you suspect a seizure disorder or any other neurological disorder, you are strongly advised to see a neurologist. It has not been approved for any medical purpose by the FDA or any other governing agency, but it has been approved by the FDA as a *wellness device*. Aloha Counselors, LLC and any trainers employed by Aloha Counselors, LLC are not licensed health care practitioners. The use of this neurofeedback equipment is as a tool for brain training, relaxation, and optimization, not as a means of diagnosis or as a medical treatment or intervention. The brain training is more akin to going to the gym to strengthen a muscle, rather than going to a doctor for a treatment.

Sessions: Most people find the sessions enjoyable. Some may feel sensations or not. You will know within 7-10 sessions if neurofeedback can help you. If you see any changes at all it is likely helpful for you as those changes are the indication that your brain is responding to the information feedback. We cannot predict your personal response to the brain training, nor its outcome. Each person's journey and her/his/their results will vary. Some people experience dramatic shifts and growth, while others are slower in how they change. It is even possible you will perceive little or no effect.

Progress can be variable and often doesn't follow a straight path. This is normal. It can go up and down, yet we generally see a trend in the desired direction. Once your central nervous system (CNS) starts to shift in response to training, you may feel the effect of this physically, emotionally, or in your daily life in other ways. While these effects are often what we want, there can sometimes be some unwanted effects also. These can fall into one or

more categories depending on when they are experienced, such as during a session, after a session, between sessions, and the more ongoing effects of change.

Effects felt during a session or soon after are a response by your CNS to the challenge of training. Although the sessions may feel relaxing, your brain is actually working very hard. Once you start training, the instabilities that you have can make an appearance, sometimes more strongly than usual. This can be anything you have ever tended to experience as a symptom that belongs to the symptom cluster that is a problem for you. As these symptoms can be anything that any one of us can complain about, it is difficult to make a full list but the more common are sensations in or on the head, irritability, difficulty sleeping, feeling anxious, headache, discomfort in the body often associated with old injuries, sleepiness during the session, feeling spacey, ear noises changing, and so on. These effects, if they occur, are temporary and usually disappear in the hours following the session and generally stop appearing after a few sessions when the CNS becomes stronger, more flexible and more resilient. You may see a temporary increase in your symptoms as the CNS integrates. You may wish to have someone drive you to your sessions. Your session length may be adjusted, usually shortened, at the beginning of a series of sessions to help you ease into the training as you reach a new level of stability. It is important to remember the neurofeedback is merely providing information that your brain uses *to do its own organizing*.

Effects felt between sessions and before the full change has settled in may vary. Very often the change people experience with neurofeedback is remarkably effortless and seamless. But not all change is seamless and, as with counseling, some people may have feelings that are less than comfortable such as feeling more open, vulnerable, raw, reactive, or tearful. Sometimes it is not that they feel more of these emotions but instead are becoming more aware of their feelings. As your brain becomes more finely tuned, the negative effects of some of your bad habits become harder to ignore, like drinking too much or not getting enough sleep. Your tolerance for alcohol will reduce, so the same amount of alcohol will feel like more, so please adjust accordingly. Neurofeedback may potentiate (make more effective) medicines. If you are taking prescription medication, there may come a time when you need less medication. This can show by seeing side effects from that medication or more surprisingly, by a sudden reappearance of the symptoms for which you are taking the medication. Of course, all medication decisions will be handled by your physician, so please let your doctor know about your brain training and any medication effects you are having. Please make sure you follow your physician's advice and treatment for your medical issues. Neurofeedback in no way replaces medical care. Aloha Counselors, LLC requires that you are under the care of a physician.

On-going change may be exhibited by changes our tastes - things that have been appealing to you in the past may not seem so any longer. While this is usually in line with your well-being, if you earn your living by one of your senses please be aware these senses may change and it may take time to adapt to the new sensations. For example, wine may not taste the same, or if you are an energy healer you may notice different feelings or shifts in orientation as you reach for the familiar and find it is not there in the same way as before. If at any point you feel the training is not helpful for you, please stop. Sessions purchased are transferable, but not refundable.

Driving caution. Please be aware brain training can be very relaxing. If you are driving soon after a session, please make sure you are alert enough to do so or arrange for a ride.

Consent for NF and consent to share information with Ja Nae Hansen, NF technician.

I understand neurofeedback brain training with Aloha Counselors, LLC is an educational process and NOT a medical procedure. I have read this document, understand it, and have clarified any uncertainties before signing. I understand there are usually significant improvements but that some people do not improve or may become worse before they become better. I hereby release Aloha Counselors, LLC and any staff from any and all liability related to my brain training sessions and agree to hold them harmless from any effects caused directly or indirectly from neurofeedback training.

I do hereby seek and consent to take part in this educational training process. I understand there are no guarantees and no promises as to outcome and that neurofeedback is not a substitute for medical care. I understand I may stop this training process at any time, and that I am fully responsible for payment of services and that I will not be reimbursed for unused sessions but am able to transfer them or use them within the next 6 months from the last session.

I know I must text Laura (860-306-6118) and Ja Nae (801-608-1944) to cancel an appointment at least 24 hours before the time of the appointment and if I do not cancel at least 24 hours in advance and/or do not show up, I will be charged the \$100 late cancel fee for that appointment, or lose a prepaid visit. I understand neurofeedback sessions purchased in a package of 10, 15, or 20 sessions are transferable but NOT refundable. I also give consent for Laura and Ja Nae to discuss my progress. My signature below shows that I understand and agree with all of these statements.

Signature of client or guardian

Date

Printed Name