

Frequently Asked Questions

- 1. What is a QEEG Brain Map?** The brain is a highly complex organ that communicates within itself and to the rest of the body via electrochemical signals. An electroencephalogram (EEG) is a tool used by physicians to measure the electrical activity of the brain at various sites and detect abnormalities that may be associated with problems. A quantitative EEG (QEEG) brain map is a revolutionary functional neuroimaging technique that analyzes the EEG using databases that compare an individual's EEG with age-matched controls. It can measure and display patterns that may correspond to different mental states, cognitive functions, or neurological disorders. In well trained hands, a qEEG brain map is extremely useful for supporting the diagnosis of certain conditions, such as ADHD, anxiety, depression, OCD, schizophrenia, learning disabilities, and brain injury.
- 2. What is neurofeedback?** Neurofeedback is a type of biofeedback, sometimes called “brainwave training” supported by over 40 years of evidence-based research for the normalization of brain function. It works by presenting the client with real-time feedback about the function of certain areas of the brain, gently encouraging it to change via visual or sound rewards. It has been used to alleviate the symptoms associated with many brain-based disorders such as epilepsy, traumatic brain injury, ADHD, anxiety, depression, OCD, schizophrenia, learning disabilities, insomnia and chronic pain. You can visit this site for more information: <https://isnr.org/what-is-neurofeedback>
- 3. Do you take insurance?** No, Cultivate Mental Health & Wellness, LLC is not contracted with any insurance company at this time. We can provide you with a super bill, at your request, and you can submit that to your insurance company to seek reimbursement. You may also use your HSA or FSA account to pay for mental health services.
- 4. Do you offer a' la carte services?** Yes, please inquire.
- 5. What about labs, X-rays and medications?** Dr. Hatch-Pigott has an affiliated private medical practice to manage medications, which does take insurance. Some specialized labs, such as nutritional or genetic tests may not be covered by insurance. However, we partner with various local hospitals and laboratories to provide labs and x-rays when insurance benefits will cover the orders and we utilize these services whenever possible.

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