

GRANOFF THERAPY & CHAGRIN BRAIN TRAINING CENTER

NEUROOPTIMAL® NEUROFEEDBACK INFORMED CONSENT

Neurofeedback is EEG (electro-encephalogram) or brain-wave biofeedback. It was initially developed in the 1960's and administered utilizing big cumbersome computers. Nowadays, private practitioners can now administer neurofeedback because of the dramatic advances in technology. There are currently many different types of systems with different theoretical and mathematical underpinnings. The system used here is called NeurOptimal® and it is a software product from a company and training institute in Canada named The Zengar Institute.

Neurofeedback, as I practice it, is a training system for the brain. I utilize this particular system because it helps the brain become more stable. And with greater stability symptoms diminish and sometimes evaporate entirely. However, this is not a specific treatment for a specific disorder. It is akin to going to a gym for the brain. NeurOptimal® neurofeedback trains the brain as a dynamic complex system rather than treating an isolated behavioral symptom.

This NeurOptimal® neurofeedback system is a tool that gives each individual brain information on its moment to moment functioning. Each client is hooked up with silver sensors placed upon their scalp with conductive paste. The NeurOptimal® neurofeedback system is reading small wisps of electrical energy that emanate from the scalp when the brain is doing its work. It is able to determine function and stability with complex mathematics. While the client is sitting in a comfortable chair hooked up to these sensors, (s)he is watching a video of colors and geometric shapes move and listening to pleasant music. When the software has determined a moment of instability the music and movement of the video are briefly interrupted. It is this interruption that cues the brain that something has changed and could be amiss. With that simple information the brain often times makes remarkable adjustments and greater stability ensues. With greater brain stability clients experience a variety of life improvements which we will discuss and monitor throughout training.

Since this is a training system that does not introduce a chemical into the body, there are no chemically induced side-effects. Typically, clients experience NeurOptimal® neurofeedback as pleasurable. However, sometimes clients may feel tired or notice headaches or anxiety. These are infrequent occurrences that are often a step in an improvement process and usually dissipate quickly.

It is very important to monitor medication usage and dosage while engaging in neurofeedback because NeurOptimal® neurofeedback can potentiate psychopharmacological medications power. So if a client is taking medication or even multiple medications not only will the efficaciousness of the medicine be increased, but so will the side-effects of those medications. As the brain functions with more stability and efficiency, less medication is needed. What was once a well titrated dose prior to NeurOptimal® neurofeedback is now too much.

By signing below, you acknowledge that you have read this document and are ready to begin NeurOptimal® neurofeedback training.

Name

Date