

Preparation for biofeedback and/or QEEG Assessment — **Please Read Carefully**

Please continue to take any prescribed medications per your physician's instructions*

Things to avoid prior or testing:

- Caffeine (8 hours prior to testing)
- Alcohol (12 hours prior to testing)
- Nicotine (3 hours prior to testing)
- Marijuana (72 hours prior to testing)
- Over-the-counter medications, other recreational drugs, herbal teas and/or other herbal preparations and any other stimulants (including ephedrine). **Please indicate all drugs on the intake forms.** (72 hours prior to testing)

*Please avoid antihistamines, cold remedies and allergy medicines unless prescribed by your physician. If you are using prescribed versions of these medications and your physician has instructed you to take these "PRN" or "as needed" it would be best if you did not use them prior to your evaluation unless you cannot function without them.

*If you or your child are taking stimulant medication (Ritalin, etc.) or other ADHD medication (such as Strattera) please check with your physician regarding delaying the morning dose until after the evaluation is complete. This is not mandatory but if the medication is taken, testing will produce results that are influenced by the medication rather than being a true picture of the unmedicated state of the individual being evaluated. If your child normally takes "medication holidays" on weekends for example or if your physician agrees, then plan to avoid the AM dose until after the evaluation.

*If the stimulants are prescribed for narcolepsy, please have someone drive you to the appointment if you will be delaying the AM dose.

Evaluation appointments are generally scheduled for mornings due to physiological changes that take place throughout the day and because certain tests reflect time of day factors that may affect the validity of the outcomes.

Please eat according to your usual schedule, get a good night sleep (8 hours or more if possible) and arrive a few minutes early with **your forms completely filled out.**

Please wash your hair and scalp in the morning of the session and DO NOT use any styling gels, hair spray, hair treatments, conditioners, oils, or any other preparations ("product") that might interfere with sensor connections to the scalp. Hair **must be completely dry to the scalp** prior to the appointment. Please brush and/or comb hair to remove tangles and remove clips, pins, extensions, hair pieces, wigs and any other head covering.

You may expect to get a small amount of sensor paste or gel in your hair (washes out easily with water). If you are scheduled for a 19 channel qEEG, your head may be marked with a washable marker to identify sensor sites and you will end up with a lot of gel in your hair. You may want to bring a hat or scarf to cover your head after the appointment.

QEEG Informed Consent

Aspen Valley Counseling | 210 W 520 N Orem, UT 84097

Jessica Harper and Aspen Valley Counseling offer quantitative EEG (qEEG, also known as “brain mapping”) assessment for persons with conditions that are possibly associated with irregular brain and nervous system activity.

Jessica Harper has a degree in mental health counseling and is licensed as a CMHC.

The fee for a qEEG assessment is \$550. This fee includes the sensor application and data acquisitions portion of the process and the artifact removal, data analysis and report generation portion. It also includes review for neurofeedback protocol recommendations. Health insurance generally does not reimburse for this evaluation, and payment for procedure is due at the time of service.

The qEEG evaluation is not intended to diagnose any medical or psychological condition. It is also not intended as a substitute for appropriate medical or psychological diagnosis and intervention. Please see your physician or mental health provider for appropriate diagnosis and treatment. Suggestions and/or recommendations given in the report are intended simply as guidelines. The practitioner providing neurofeedback training or other intervention based upon this evaluation must use his or her best clinical judgment in the application of such training or intervention. The use of this information and the application of these protocols should not be attempted by anyone other than a qualified practitioner.

QEEG evaluation involves either the application of a sensor “cap” which contains the embedded sensors. The sensors are filled with a conductive gel or paste and the scalp surface abraded to obtain a good electrical connection. The sensors are attached to a 19-channel, battery powered, shielded and isolated data acquisition device that is attached to a computer either wirelessly or via a fiber optic cable. No direct electrical connection is made between the client and the computer or any line voltage source. The quality of the connection between the data acquisition device and the scalp is monitored on an ongoing basis throughout the data acquisition period. Nothing is done to the client. This is simply a data collection process similar to an ECG. The data collection portion of the process is likely to take 45 minutes to 1.5 hours.

This practitioner is not a neurologist, physician or licensed psychologist. She does not claim to diagnose any medical or psychological condition. She offers qEEG assessment for informational services and to create neurofeedback protocols. Any use or misuse of the information provided is the sole responsibility of the person or persons involved, and this practitioner is not responsible for such use or misuse.

Jessica Harper has received training in neurofeedback protocols and qEEG assessment; she is working toward certification as a neurofeedback and qEEG specialist and is being supervised by Mark S. Jones, DMin, LPC-S, LMFT-S, BCN, QEEGD for her remaining hours. Beyond this, she makes no claim or guarantee that the information will be appropriate, helpful, or effective for your specific concerns.

Clients have the right to complete and current information about any assessment. Clients may expect courteous and professional treatment by this practitioner. All client records and

transactions are confidential unless release of these records is authorized in writing by the client, or otherwise required by law. Clients will have access to their records.

By signing this document, you agree that you have read and understood the information this document contains and have received a copy of it for your records. You further agree that you have had ample opportunity to ask any questions and that those questions have been answered to your satisfaction. You further agree that the information provided is for informational purposes only and that you will hold this practitioner harmless regarding your subsequent use of such information.

Client Signature: _____ Date: _____
(Parent or guardian if client is a minor)

Witness Signature: _____ Date: _____

Informed Consent

Jessica Harper, CMHC | Aspen Valley Counseling | 210 W 520 N Orem, UT 84097

Jessica Harper and Aspen Valley Counseling offer biofeedback and neurofeedback training for conditions associated with irregular brain and nervous system activity. Conditions may include ADD/ADHD, depression, anxiety, headaches, chronic pain, PMS, addiction disorders, and more.

Jessica Harper has a MS degree in mental health counseling, and is a licensed CMHC.

The fee for a basic 45 to 60 minute biofeedback and/or neurofeedback session is \$50 per session for a commitment of 20 sessions. The fee is due at the time of service. Payment plans are available. Clients must check with insurance companies to see if their insurance plan will cover any costs.

Biofeedback and neurofeedback training is a process of providing information to the client about physical, nervous system, and brainwave activity. Sensors are attached to the head to gather information. Nothing is done to the client. The sensor simply measure changes in systems monitored. The information is seen on a computer screen and heard through speakers. The client is able to see and hear changes in this physiological activity and by practicing self-regulation techniques such as relaxation and breathing, the client can learn to correct imbalances in the systems being monitored. This process may result in improvement in the client's presenting condition(s) as these functional problems are corrected.

Research has been conducted to study the effects of this intervention, and these studies have been published in peer reviewed, professional journals relevant to this field of study. Extensive research and clinical experience have demonstrated the effectiveness of biofeedback and neurofeedback interventions for a wide variety of conditions.

These interventions are considered particularly safe and are generally without harmful side effects. However, any intervention that can lead to positive results can also lead to unwanted

effects. Because this is a training approach, both desirable and undesirable effects continue for only a short time unless they are reinforced. This characteristic helps limit the potential for lasting negative effects and allows for the selective reinforcement of positive effects.

Jessica Harper is working toward certification as a neurofeedback and qEEG specialist and is being supervised by Mark S. Jones, DMin, LPC-S, LMFT-S, BCN, QEEGD for her remaining hours. She has received training in neurofeedback and qEEG assessment. Beyond this, she makes no claim or guarantee that biofeedback or neurofeedback training will be effective for your specific concerns.

Clients have the right to complete and current information about any assessment by this practitioner and the recommended course of training, including how long it is expected to take. Clients may expect courteous and professional treatment by this practitioner. All client records and transactions are confidential unless release of these records is authorized in writing by the client, or otherwise required by law. Clients will have access to their records. Other services may also be effective for a client's condition(s). Information about such services will be provided upon request.

Clients have the right to choose freely among available practitioners, and to change practitioners after services have begun. The client can expect a coordinated transfer if he/she/they changes service providers. Clients may refuse any service or training approach. Client may freely assert any of these rights.

I have read and understood this document. I have had the opportunity to ask questions and have had those questions answered to my satisfaction. I have received a copy of this document for my records upon request.

Client Signature: _____ Date: _____
(Parent or guardian if client is a minor)

Witness Signature: _____ Date: _____