





Please describe the nature of the problem that you are having.

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Please describe what you hope to gain while working with us

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## **Informed Consent Agreement**

Thank you for your interest in Neurotherapy. This document contains important information about Neurofeedback, its application, and our related policies.

### **Benefits and Risks of Neurotherapy**

Neurotherapy, as a method of treatment, has been around for over 40 years—though it has gained attention mostly in the last few years. It has been used for a variety of conditions, which appear to be associated with irregular brain activity. Neurofeedback has shown promise with certain behavioral disorders, sleep problems, depression, anxiety, chronic pain, head injury, ADD/ADHD, Autism, and seizure disorder.

In my experience, and in the reported studies, most subjects benefit to a greater or lesser extent from the treatment. Nonetheless, no representation is made that any individual client will improve from training. Our work and studies in the literature suggest that the positive effects of Neurofeedback last over time, although, clients have on occasion sought a few “booster sessions” which appear to be helpful.

In regards to risks or harm, there is no evidence, from my experience or from the literature, that the treatment is harmful or that it creates any permanent negative side effects. It is a non-invasive procedure. In fact, any side effects seem to be in terms of unanticipated improvement in other problems that were not the focus of treatment. However, in the early stages of treatment, when protocols are being started and adjusted, some clients have reported that treatment seemed to cause a temporary worsening in some symptoms. (e.g. feeling more anxious, more distractible, having difficulty sleeping, headaches, tiredness etc.) These changes or negative effects may signal an adjustment in protocol is needed and should be reported immediately, even if they seem unrelated to the neurofeedback.

You should also be aware of the relationship between neurofeedback and medications. Many individuals will find that neurofeedback can reduce or eliminate the need for certain medication. However, this will be done across time in consultation with your prescribing physician. 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. You need to keep Dr. Roberts as well as your physician aware of any changes in symptoms or medications while you are doing neurofeedback training.

### **Schedule and Length of Treatment**

Sessions are 45 to 50 minutes with 25 minutes for the Neurofeedback and 25 for set-up, cleanup, and discussion/psychotherapy. Sessions are typically scheduled two times per week. The average length of treatment is 10 to 30 weeks, with 20 weeks being average. Most individuals

will begin to notice changes after just a few sessions, but in some difficult cases, major benefit will not be noted until a number of weeks in treatment.

### **Appointments**

If you are unable to make an appointment, please let us know as soon as possible. We will offer you a makeup appointment from the available openings. You are responsible for scheduling these makeup appointments. Any appointments missed with less than 24 hour notice will be charged at regular session rates.

### **Fees**

Sessions are charged at the rate of \$125 per session. Discounts may be given for prepayment of a block of treatment. If interested, you may discuss this with Dr. Roberts. We will assist you in verifying coverage from your insurance company. Sometimes insurance can be charged for all or a portion of your treatment, and only a co-pay will be applied. However, you will be responsible for any unpaid fees. In either case, we can supply you with a superbill to submit to your insurance company to receive reimbursement for treatment.

### **Professional Affiliations**

Dr. Roberts is professionally affiliated with several neurofeedback communities, including EEG Info, BrainMaster, Neurofield, and Neurogen. From time to time, she may consult with them or with other colleagues regarding your neurotherapy treatment. Be assured that Dr. Roberts does not disclose your name or any identifying information. Her contacts with other professionals are solely for the purpose of improving your treatment experience and/or advancing research and knowledge about the application of neurotherapy to various behavioral and learning problems.

### **Confidentiality**

Please be assured that your presence here and the matters we discuss will be kept in strict confidence. We are bound by professional ethics and practice standards to maintain your confidentiality by all possible means. Any disclosure of information about you is prohibited unless you have given your written consent. There are exceptions to this guideline, namely:

- 1) I am required by law to report cases of suspected child or elder abuse.
- 2) I am required by law to intervene if I believe that you are in immediate danger of harming yourself or someone else.
- 3) I am required by law to respond to a court subpoena to testify or submit my records.
- 4) If an insurance company/managed care organization is helping to pay the fees for your sessions, they may require information about your diagnosis and/or reports about treatment.

Please discuss any concerns you have about confidentiality, or these exceptions, with me prior to our beginning work together.

### **Agreements**

By signing this form, you indicate your understanding of the principles set forth here in regards to benefits and risks, medications, expectations as to the length of the treatment, policies

regarding payments and missed appointments and the value of additional therapy. Furthermore, by signing this form you waive any claim of damages due to the training, including worsening of the client's condition for which the training was undertaken, claimed side effects, or the failure to improve with training. In addition, you agree to hold Dr. Roberts or SonoMarin Neurofeedback harmless for the reasonable and appropriate use of neurofeedback, as applied to your specific symptoms. Furthermore, you agree to submit any dispute with Dr. Roberts or SonoMarin Neurofeedback to binding arbitration under the rules of the Better Business Bureau, if applicable, or of the American Arbitration Association.

I understand the above information and agree to its terms

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Print client or guardian's name

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If child, name of child

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Client or guardian's signature

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Date