



Informed Consent for QEEG Assessment and Neurofeedback Treatment

Board Certified in Neurofeedback

QEEG

The QEEG, a computerized form of the electroencephalogram, is used to plan for neurofeedback training. A QEEG can lead to more efficient neurofeedback training and helps to identify brain wave patterns that may fall within the normal range, but are still generating unwanted symptoms. All assessments are reviewed by Dr. Proler, a neurologist at Brain Science International and Jay Gunkelman, an EEG research scientist and the president of Brain Science International. Jay Gunkelman is available for consultation if neurofeedback training questions arise.

An electrode cap is placed on the head and electrode conductive gel into each of the twenty sensors on the cap. It is necessary to press the conductive gel through the hair to the skin to make good contact with the skin. Rarely, but occasionally, some people find the cap uncomfortable, but most people can tolerate the process. It is necessary for the individual to sit still with eyes relaxed and upper body relaxed. It is possible to stop the recording and take breaks.

If you are taking medication that might interfere with the QEEG assessment, you must consult your physician and receive approval and instructions on how to discontinue medication for 5 half-lives before mapping the brain.

Neurofeedback Training

I understand that neurofeedback has been studied and used in treatment for over 30 years, but some professionals consider neurofeedback to be new and experimental. Neurofeedback has not yet become a regulated profession, but Robin C. Bernhard, LCSW, MEd, BCN is certified in neurofeedback by the Biofeedback Certification International Alliance.

Board Certification demonstrates professionalism and adherence to carefully developed standards as a healthcare provider. BCIA's procedures follow the Department of Health & Human Services Guidelines. Healthcare professionals who achieve BCIA Certification demonstrate commitment to professionalism by completing basic degree and educational requirements, endorsing a rigorous code of professional conduct, learning to apply clinical biofeedback skills during mentorship, and passing a written examination. The Biofeedback Certification International Alliance (BCIA) is the only institute recognized worldwide that grants certification to biofeedback practitioners. The Association for

Applied Psychophysiology and Biofeedback (AAPB), the Biofeedback Foundation of Europe (BFE), and the International Society for Neurofeedback and Research (ISNR) all endorse BCIA certification. BCIA was established in 1981 to certify individuals who meet education and training standards in biofeedback and to progressively recertify those who advance their knowledge through continuing education. Currently, more than 1,600 healthcare professionals have achieved this certification in 25 countries.

I understand that there are no guarantees I will receive all of the benefits without any side-effects. Negative side effects could exacerbate existing psychological symptoms or generate new and unwanted symptoms. I am responsible for prompt reporting of any side effects to Robin C. Bernhard, LCSW, MEd, BCN.

I have read and understand the foregoing **“Informed Consent for QEEG Assessment and Neurofeedback Treatment”** and I have clarified any uncertainties before signing. I hereby release Robin C. Bernhard, LCSW, MEd, her sources of supervision and her supervisees from any liability related to my treatment, and agree to hold her, her sources of supervision and her supervisees harmless from any effects caused directly or indirectly from neurofeedback and/or psychotherapy. I agree to settle disputes through mediation only.

My signature below serves as my consent for treatment from Robin C Bernhard, LCSW, MEd and any independent contractors or employees working in conjunction with her.

Client's Signature

Date

Robin C Bernhard, LCSW, MEd, BCN Signature

Date