

# INFORMED CONSENT

Welcome to *Creating Clarity*. The purpose of this form is to obtain your voluntary consent to participate in one or more methods of Quantitative Electroencephalography (qEEG) Brain Mapping, Neurofeedback, other forms of relaxation and stress reduction interventions, and to disclose potential benefits and risks associated with these interventions. *Creating Clarity* provides various educational interventions, assessment protocols, and alternative health care services.

## **qEEG Brain Mapping**

In order to determine an appropriate Neurofeedback training plan, a qEEG performed by Pamela Key using the New Mind expert referential database system will need to be conducted.

A qEEG consists of placing a cap on your head with twenty electrodes/sensors. Each site will be cleansed and a special gel will be placed under each sensor to insure proper conductivity to read your brainwaves. Preparation and the assessment procedure take approximately one hour.

**Benefits:** qEEG helps me further understand current inefficient brainwave patterns that correspond to the problems or symptom you are experiencing. Using this assessment, *Creating Clarity* can tailor a neurofeedback training program specifically for you.

**Side Effects/Risks:** qEEG may result in you feeling anxious/apprehensive, and/or uncomfortable during the procedure, and sad/disappointed regarding findings from the procedure. The cap may cause you to have a mild headache.

**Legal Disclaimer:** qEEG Brain Mapping for purposes of neurofeedback is not a medical procedure and is not done at *Creating Clarity* for purposes of medical diagnosis. Data collected is not done in a manner that meets the Daubert criteria for admissibility of evidence in court. It does not provide forensic services or diagnosis for TBI. We do not accept invitations for depositions. Those seeking a diagnosis for TBI or any other medical

or mental disorder should seek services of a medical physician or a forensic neuropsychologist. Your signature below indicates you agree not to request or seek such services from us presently or in the future, or through third parties such as legal counsel or insurance companies.

The New Mind EEG database system is intended for use by neurofeedback practitioners for exploratory data analysis purposes only and is not used as a medical assessment.

**You have the right to:**

- Decide not to receive qEEG Brain Mapping services from us. If you wish, we can provide you with the names of other qualified qEEG providers.
- End the qEEG at any time.
- Ask questions about protocol and procedures used during the qEEG procedure, and to ask questions about qEEG techniques if you feel unsure of them.
- Have all that you say treated confidentially and be informed of state law placing limitations on confidentiality in the qEEG relationship. Under certain circumstances, we are required by law to reveal information obtained during a qEEG assessment to other persons or agencies without your permission. Also, we are not required to inform you of our actions in this regard. These situations are as follows: (a) If you threaten bodily harm or death to yourself or another person, we are required by law to notify the victim and appropriate law enforcement agencies; (b) If a court of law issues a subpoena; (c) If you are having a qEEG or being tested by a court of law, the results of the qEEG assessment must be revealed to the court; (d) If you have given us information concerning non-accidental injury and neglect to minors or incompetent adults. (e) If you are in the process of filing a workman's compensation claim or file such in the future.

**Equipment/Software:** qEEG measures will involve the use of the New Mind Training software and hardware (New Mind Trainer Unit) as well as an ElectroCap with electrodes, and Electrogel and/or 10/20 Electrode Paste. Areas where sensors/electrodes may be placed will be prepped with NuPrep and/or an alcohol prep pad. New Mind products are FDA registered. qEEG maps are produced using New Mind Maps.

## Neurofeedback Training

Neurofeedback involves several electrodes/sensors being placed on the scalp and earlobes. The sensors detect brain wave activity including Alpha, Beta, Delta, and Theta brainwaves. Individual brainwaves are measured and revealed on a computer screen revealing your brainwave activity. Through self-regulation you can learn to train your inefficient brainwave patterns associated with stress/anxiety, attention related problems, mood, and processing issues into regulated/efficient brainwave patterns. Treatments last from 10-30 minutes and may occur two or more times per week for an average of 30-40 with reevaluation after 20 sessions. In some cases 40 or more sessions may be needed.

**Benefits:** Neurofeedback (NFB) is known to assist individuals by decreasing symptoms associated with brain and central nervous system dysfunction. Other benefits include the possibility of reducing problem behaviors and increasing peak performance. Please feel free to ask for a more detailed explanation regarding your particular problem area or treatment interest.

**Side Effects/Risks:** The most common side effects of neurofeedback include improved sleep, more awareness of dreams, feeling calmer, feeling more energy, and feeling more focused. Temporary side effects such as headaches, insomnia, anxiety, feeling giddy, agitated, or irritated may occur during or right after a neurofeedback session; however, these side effects can be adjusted and eliminated immediately in most cases. It is also possible that you might fall asleep during or after neurofeedback sessions.

### **You have the right to:**

- Decide not to receive Neurofeedback services from us. If you wish, we can provide you with the names of other qualified Neurofeedback providers.<sup>[1][SEP]</sup>
- End Neurofeedback sessions at any time.<sup>[1][SEP]</sup>
- Ask questions about protocol and procedures used during Neurofeedback training, and to ask questions about techniques if you feel unsure of them.
- Have all that you say treated confidentially and be informed of state law placing limitations on confidentiality in the Neurofeedback relationship. Under certain circumstances, we are required by law to reveal information obtained during training to other persons or agencies without your permission. Also, we are not required to inform you of our actions in this regard. These situations are as follows: (a) If you threaten

bodily harm or death to yourself or another person, we are required by law to notify the victim and appropriate law enforcement agencies; (b) If a court of law issues a subpoena; (c) If you are being treated with Neurofeedback, at the direction of an attorney or Medical doctor for legal purposes, the results of the training or tests must be revealed to the court; (d) If you have given us information concerning non-accidental injury and neglect to minors or incompetent adults. (e) If you are in the process of filing a workman's compensation claim or file such in the future.

**Equipment/Software:** Neurofeedback treatment will involve the use of the New Mind Training software and hardware (New Mind Trainer Unit). New Mind products are FDA registered.

**Choosing the Right Intervention:** The interventions described above are voluntary, *not* mandatory. You will not be pressured for not participating. You may withdraw from/stop receiving Neurofeedback training sessions at any time without consequence.

### **Audio-Visual Entrainment (AVE)**

Audio-Visual Entrainment (AVE) is a technique that provides light pulses complimented by sound at specific frequencies, tones and beats, via a portable Audio- Visual Entrainment (light & sound therapy) device. Using flashes of lights and pulses of tones, AVE safely guides the brain into various brain wave patterns.

Brainwaves change frequencies based on neural activity within the brain. Each of our senses (vision, touch, smell, taste and hearing) responds to activity from the environment and transmit that information to the brain. The senses of sight and hearing, by their very nature, provide a favorable mechanism to influence brainwaves. By presenting this pulsed audio and visual stimulation to the brain, after a short period of time, the brain begins to resonate, or entrain, at the same frequency as the stimulus. AVE can slow down the brainwaves for meditating, inducing dream states and improving sleep. AVE can also be used to speed up brainwaves to help with improving mood, enhancing mental performance and boosting creativity. In addition to entrainment, the imagery created by the visual and auditory stimulation provides a focus for the mind and quiets internal dialogue or chatter.

AVE is conducted by the use of New Mind Trainer photic option. The client places a set of photo-stimulating glasses on, like a normal pair of eyeglasses. The photo-stimulating glasses produce flashing white lights. The client may keep their eyes opened or closed depending on which is most comfortable.

**Benefits:** AVE has several benefits and can be used to treat a variety of disorders including but not limited to stress reduction, anxiety, depression, sleep disorders, headaches & migraines, attention problems. Based on the desired change in behavior the light enhances the production of the specific brain wave frequency targeting the desired

behavior(s), settles down an agitated mind, increases cerebral blood flow and increases the metabolism of glucose in the brain for improved neuronal function. AVE is not only valuable for clinical use, but can also be used for increasing peak performance and for relaxing and visualizing.

**Side Effects/Risks:** Risks associated with AVE include sensitivity to and discomfort with the photic stimulation, headaches, and seizure. Epileptics should NOT use any AVE without the consent of their physician. Persons with a history of brain seizures, mental disorders or alcohol and/or drug abuse should also not use the AVE unless first consulting their medical doctor.

AVE is not recognized as a treatment or cure of any medical condition or disability. However, research suggests that AVE is an effective relaxation and meditation tool. The risks of not participating in AVE include continuation of presenting problem and/or symptoms.

AVE will not interfere with most other treatments. The client may feel tired/sleepy or physically “heavy” as a result of participating in AVE. It is also possible that the client might fall asleep during or after AVE sessions.

Alternatives to AVE include peripheral biofeedback, neurofeedback, CES, medicines, alternative health care options (i.e., acupuncture, natural supplements), physical therapies and other additional medical treatments and procedures.

**You have the right to:**

- Decide not to receive AVE services from us. If you wish, we can provide you with the names of other qualified AVE providers.
- End AVE sessions at any time.
- Ask questions about protocol and procedures used AVE, and to ask questions about techniques if you feel unsure of them.
- Have all that you say treated confidentially and be informed of state law placing limitations on confidentiality in the AVE relationship. Under certain circumstances, we are required by law to reveal information obtained during training to other persons or agencies without your permission. Also, we are not required to inform you of our actions in this regard. These situations are as follows: (a) If you threaten bodily harm or death to yourself or another person, we are required by law to notify the victim and appropriate law enforcement agencies; (b) If a court of law issues a subpoena; (c) If you are being treated with AVE, at the direction of an attorney or Medical doctor for legal purposes, the results of the training or tests must be revealed to the court; (d) If you have given us

information concerning non-accidental injury and neglect to minors or incompetent adults. (e) If you are in the process of filing a workman's compensation claim or file such in the future.

**Equipment/Software:** AVE treatment will involve the use of the New Mind Training photic software and hardware (New Mind Trainer Unit photic glasses). New Mind products are FDA registered.

**Choosing the Right Intervention:** The interventions described above are voluntary, *not* mandatory. You will not be pressured for not participating. You may withdraw from/stop receiving AVE training sessions at any time without consequence.