

Name of Client _____

D.O.B. _____



Lifetime Development

Grayce Stratton, Psy.D., Ph.D.

Client Bill of Rights

You are entitled to an understandable explanation of the processes of EEG biofeedback (also called neurotherapy or neurofeedback), brainwave entrainment, and hemoencephalography so that you can give informed consent. You are also encouraged to request additional information of interest to you during the course of treatment.

PURPOSE

Lifetime Development offers various types of biofeedback training for conditions associated with irregular autonomic and central nervous system activity. Such conditions may include ADD/ADHD; depression; anxiety; headaches; chronic pain; learning disabilities; movement difficulties; sleep problems; digestive, developmental, autoimmune, and addiction disorders; and others. The goal of all intervention at Lifetime Development is to provide high quality standard and complementary educational, psychological and integrative health services. Nevertheless, although most conditions respond well and clients are pleased with outcomes, there are no guarantees regarding results of any treatments, including biofeedback.

Lifetime Development biofeedback services are provided by Grayce Marie Stratton, Ph.D., Psy.D., a psychologist (PSY 21668) and an assessment and biofeedback specialist.

DESCRIPTION

"Biofeedback training" is a learning process whereby information is provided to the client about physical, nervous system, and brainwave activity. Part of the biofeedback procedure involves attaching recording sensors to parts of the body. Such sensors are usually made of metal attached to wires that convey information to a device that provides information back to the client. Sometimes the sensing apparatus utilizes infra-red light to gather the client's vital information.

Caution and common sense are required for this appropriate biofeedback work. Consequently, permission must be given by the client, parent or guardian before a professional's touching appropriate areas on the body. For the types of biofeedback we practice at Lifetime Development, these areas typically include the neck, forehead, scalp, hair, ears, eyelids, fingers, chest, and hands. The work is conducted in the following way.

Brainwaves, heart rate, skin temperature, or other physical information is detected by instrumentation connected to sensing devices. This information is digitized, amplified, and then provided to the client by the computer software in a translated form. By interacting with the translation, which is experienced as pleasing sounds or attractive, stimulating visual displays, or a combination of the two, that encourage the client's attention and motivation, the client, in turn, is encouraged to increase, decrease or otherwise alter his or her physiological output. The specific conditions of encouragement formulated for each client is called a "protocol". Repetitions of appropriate protocols cause the brain to remember them. New memories are actually new nerve cell connections that are additional energy resources. These resources are then available to boost physiological performance both in cognition and

in other bodily processes, resulting in improved central nervous system regulation and fewer and fewer symptoms of whatever clinical or subclinical disorder may have resulted in the symptoms. Thus the process of 'biofeedback' is one of learning, whereby the capacities of the brain and body are systematically expanded and trained toward better performance.

Although electronic equipment (computers, amplifiers, and other components) is utilized to handle information displayed for both the client and the clinician during training, EEG biofeedback is not invasive. With EEG biofeedback *no electrical energy is introduced into the body*. On the other hand, when hemencephalography (HEG) is performed, an infra-red light is placed next to the skin. This light does penetrate both skin and bone to capture information about blood circulation beneath the sensing device. The HEG process is therefore quite similar to that employed with rapid sensing thermometers used on parts of the body below the head.

PRINCIPLES OF EEG BIOFEEDBACK (NEUROFEEDBACK) and BRAINWAVE ENTRAINMENT

Two natural realities form the basis for the effectiveness of biofeedback:

- 1) Physiological states underlie and affect a person's sleep, mood, attention, perception, behavior, and homeostatic bodily processes.
- 2) Animals and people naturally "work" (or perform behaviors) that will expose them to or gain what is pleasant and rewarding to them. Consequently, if a rewarding experience is provided or an experience is sufficiently rewarded extrinsically, a person will be inclined to increase the same behavior that was being generated when what was pleasing occurred. This is an empirical natural principle upon which all forms of learning rely.

DURATION OF TRAINING

Progress of the biofeedback treatment process relies on several factors, including the level of competence of the provider, accurate and consistent feedback and communication of the reporter or observer, the type of disorder, and individual aspects of the client. When clients collaborate optimally in the biofeedback process, the span of training is efficient and as brief as possible for that client. If there are frequent or lengthy interruptions in a training sequence due to illness, vacations, and other hiatuses, gains will be slower, because new physiological responses are built best through routine practice for a sufficient number of times before memory consolidation occurs.

CLINICIAN REQUIREMENTS

Consumers must be aware that biofeedback providers are not alike and that biofeedback is not presently specifically licensed as a professional specialty by the State of California. For this reason, *caveat emptor* applies to choosing a care provider. Because registered or licensed professionals are bound to a body of health care knowledge and ethical practice with sanctions for non-performance by the State, credentials for knowledgeable and ethical biofeedback work should include some type of State licensing or registration, as such professionals are mandated to apply specific principles and practices to all their health care work. You may check the credentials of any health care provider by going to the website of the California Department of Consumer Affairs and entering the name of any prospective provider into the database of the board appropriate to that individual's licensure/registration representations.

For optimal safety and best clinical judgment, competent client care in the field of biofeedback requires a broad background in psychology; psychotherapy (both individual and family systems); psychophysiological processes; learning theory; electroencephalography; general and preventive health practices; biomedical interventions; psychological; neuropsychological, and educational assessment; and knowledge of the technical characteristics of the equipment being used. Certificates for attendance at biofeedback courses and even certification by the Biofeedback Certification Institute of America are not necessarily sufficient to constitute appropriate credentials for competent utilization of biofeedback techniques in their application to human medical and psychological disorders.

CLIENT REQUIREMENTS

Before and after every biofeedback session, the client and/or parent is asked for detailed information in written form about the effects of the training experience in relation to various aspects of life functioning. These include patterns and changes in sleep, mood, outlook, behavior, activity level, thinking, motivation, and physical well-being. In addition, periodically the clinician measures neuropsychological and other changes with objective testing instruments. Both kinds of information, subjective and objective, are used to make clinical decisions regarding treatment. This symptom and performance tracking process is essential to obtain the most efficient and effective results from biofeedback. Just as a psychiatrist or physician cannot monitor medication without client reports relating to possible effects of drugs upon feelings and physical well being, the biofeedback provider cannot make appropriately targeted decisions without accurate communication and measurements upon which to based such decisions.

ADVERSE EFFECTS FROM EEG BIOFEEDBACK

Wrong training effects from neurofeedback rarely occur in the hands of a competent clinician. Examples of wrong training effects might be changes in sleep (greater difficulty in falling asleep or awakening), noticeable changes in arousal (e.g., unusually lethargic or overly aroused), mood (more placidity or reactivity than usual), or physical feelings (for example, muscle tension).^{*} However, when reported within the session, such temporary state changes that would be due to EEG biofeedback can be reversed almost immediately. For some clients (notably those who are poor reporters or lacking in the capacity to give specific verbal or written feedback), it is necessary for observers involved with the person and who know the individual well to be attentive to the areas of behavior that neurofeedback can affect and to provide this information to the clinician.

BIOFEEDBACK OUTCOMES

Effects of a single session of biofeedback generally last between a few minutes to about a day. New learning from a series of sessions will be detectable in improvements in the individual's cognitive, emotional, and physical functioning over a longer term and will be noticed by the client and/or by others. Differences usually will also be reflected in changed aspects of neuropsychological testing and brain imaging such as raw EEG tracings, brainmapping, Neurospect scans, fMRI scans, LORETA scans, PET scans and infrared photography that may have been performed prior to training.

^{*} any unwanted training effects that may occur typically will 'wear off' within a few hours.

The recommended number of sessions is determined by the symptoms and known medical factors, which are guides to the extent of training required. Within a range, there are individual variations that affect treatment: cooperation on the part of the client, motivation, sensitivity to reward, and variations in brain metabolism and physiology. It bears re-emphasizing that the parent's/client's cooperation and observational skills critically affect the duration and outcome of biofeedback training. If client observation and documentation are haphazardly completed, training pace and overall effectiveness will be compromised.

REIMBURSEMENT

Insurance companies and HMOs vary in their reimbursement policies for biofeedback. Many do partially cover this treatment. We can assist in your researching your coverage by providing you with a questionnaire in the form of a comprehensive structured interview designed to help you sort through the relevant issues with your carrier. This includes service codes appropriate for what we do. If you have insurance that does pay part of your fees, your insurer may require a letter of referral for treatment from a psychological or medical professional and/or information regarding treatment goals and progress before treatment is begun.

CONFIDENTIALITY

All client records and transactions are wholly confidential unless release of these records is authorized in writing by the client or otherwise provided by law. There are some limits and exceptions to this confidentiality of which you should be aware:

1. According to California State Law, any health care provider is required to inform the appropriate authorities in cases of suspected child abuse, elderly abuse, or abuse of a person with a disability.
2. If a client seriously threatens to harm him/herself, Lifetime Development principals are obligated to do whatever is feasible to protect; this may include hospitalization and/or contacting the police as well as any individual who is close to the client or a member of the client's family.
3. If a client seriously threatens to harm another person or we have sound reason to suspect that harm may come to you if we do not intervene, Dr. Stratton has a legal duty to file a report with the police and to make contact to avert harm.

OUTSIDE CONSULTATION

Second opinions, which broaden the perspective on a client's individual condition, are encouraged. From time to time Dr. Stratton independently consults with key clinicians and pioneers in the biofeedback field and in certain other branches of medical and psychological practice with regard to training process and outcomes. Usually these consultations are of brief duration, for which there is no charge to the client. However, if lengthy consultation requiring payment of a fee to another provider is in the best interest of the client and desired by Dr. Stratton or the Lifetime Development staff, there will be a charge that will have been discussed and consented to in advance of any consultation charge.

You may request that communication occur between Dr. Stratton and a physician or therapist with whom you are working. With your specific authorization to us, you are entitled

to expect that we will appropriately share information with such professionals according to your wishes.

OTHER SERVICES

Cognitive and behavioral testing is part of the biofeedback process. This is often necessary to fully delineate features of baseline symptoms and behavior and to assess progress and outcome. Charges for testing sessions, data analysis, interpretation, and feedback sessions to discuss results are additional to charges beyond biofeedback treatment. Other services may also be effective for a given client's conditions. Information about such services and recommendations (for example nutritional consultation, physician referral, oxygen therapy, or various complementary physical and cognitive therapies) are given according on an individualized basis.

Separate documents provide all of our intake and testing fees. Please visit our website, www.lifetimedevelopment.org, and click on the "Get Started" tab or request these from Dr. Stratton or our office manager. You may question and discuss which tests will likely be required during a course of biofeedback before signing this consent.

I have read and this form and warrant that I have received a copy of same.

Signature: _____ Date _____

Name (*printed*) : _____