

Welcome to your **Neurogenesis™ Neurofeedback Introductory Consultation**. We're excited that you're interested in learning more about neurofeedback at Neurogenesis, and look forward to introducing you to the technology behind the therapy, and its application.

Neurofeedback therapy is a form of biofeedback, and utilizes direct brainwave measurements, which you learn to control in real-time - we call it brain-training. Neurofeedback does not physically "do" anything to the person being treated. It's entirely non-invasive, no electrical stimulation is applied, and there are no drugs. Sensors are stuck to the surface of the skin with a hypoallergenic conductive gel, and instruments are used to record and measure brain waves in real time. In medicine, this system is called an electroencephalogram or EEG.

What we will be discussing in the consultation is how Neurogenesis works. You'll likely have the EEG electrodes placed on your head, and you'll see a display of something very much like a video game, which you will play using only your brain. Along with the visual feedback, you will also hear music, and feel some slight vibration from a reclining chair. What is happening is your brainwaves (Delta, Theta, Alpha and Beta, Hi-Beta and Infralow) are being measured, and displayed to you in the form of the game. Should you continue treatment, it is those you will learn to control with more advanced methods.

Whether you were referred by another professional for stress, depression, aggravated sleep, PTSD, ADD/ADHD, anxiety, or related disorders, or have come on your own to aid in relaxation and meditative techniques, we welcome your questions, and encourage you to bring a list of the to your consultation, along with a journal you can use to take notes on the experience. We look forward to meeting you!

Yours Truly

Nicole Boughton, BS, NFBT

Notice and Release

Please read, print, sign and bring to your first session scheduled for TODAY, Wednesday May 16th at 5:30.

Neurofeedback training has been the subject of more than 30 years of research and clinical study. While we have received extensive training and are certified to provide EEG biofeedback training, we do not make any representation concerning the safety or effectiveness of treatment in regard to medical conditions. Please consult your physician prior to this or any treatment. Clients should continue ongoing medical and/or psychological therapies previously prescribed until otherwise advised by their physicians. There are no direct physical risks of neurofeedback, and most people report feeling relaxed, calm and "healthy." However, a small percentage of clients have reported increased dreams and nightmares, and very rarely moodiness or slight headaches. Should these occur, please contact our staff or return to the clinic

I have read and understand that the consultation is not an agreement for treatment. There is no charge for the consultation and I do not hold Nicole Boughton or Marna Scarry Larkin or Language, Learning and Speech Center therapists, technicians, independent contractors, and other employees from any and all liability which may occur in connection with the above mentioned treatments/therapies. I understand that I am free to begin or end treatment at any time. I have been informed that the professional staff working with me are not medical doctors, but are specially trained personnel.

Patient Signature

Date

Parent/Guardian (if patient is under 18)

Date

Clinician Signature

Date