

## INFORMED CONSENT FOR TREATMENT

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**Services included in Treatment Program:** **Neurocounseling** or brain-based talk therapy interventions activate new brain cells/neurons and brain connectivity, thus altering the way that the brain functions. **Neurofeedback** involves a training process in which an individual learns to self-regulate his/her own brainwaves using “feed back” through computer games/DVD’s. **Biofeedback** teaches stress management through physiological self-regulation skills including diaphragmatic breathing and heart rate variability.

**What is Involved in this Treatment Program?** The services you will be receiving through **Old Market Neurotherapy** are based upon methods which promote self-responsibility and self-regulation of one’s own health and well being. Participants in this training program are taught how to control their own physical, mental, and emotional states in order to reduce excess stress, anxiety, or other responses that contribute to symptoms or block personal growth. Since this training stresses the development of self-direction and self-regulation skills, each participant must be willing to make a commitment to actively participate in their own treatment through daily practice activities or monitoring/recording of their own symptoms, behaviors, and thoughts.

**The Importance of Regular Attendance and Participation:** For **biofeedback** or **neurofeedback** services, you will need to attend 1-2 sessions per week in the beginning for 16 to 20 sessions unless otherwise discussed with therapist. The success of this kind of therapy is totally dependent on consistent attendance at training sessions and daily at home practice of the skills being taught. Your therapist will be like a coach, teaching and guiding you as you learn to perform the skills of mind and body self-regulation. Commitment to participate in this program includes the agreement to attend all scheduled therapy sessions, unless illness or emergency requires canceling an appointment. Notice must be given at least 24 hours in advance if a session needs to be cancelled due to illness or emergency. Failure to do so will result in a session charge.

In order to ensure the best chance of steady progress and prevent setbacks, it is advisable to schedule the start of your training when you are sure you will not be leaving town or have any distractions that would interfere for more than a week with your attendance. **Biofeedback** or **neurofeedback** services seem to work just like exercise and dieting; you have to stick with it long enough to make changes in your body or mind. Before beginning this therapy, please be sure that you are committed enough to your own self-improvement to attend all scheduled therapy sessions, even when doing so may become inconvenient, uncomfortable, or for some people boring or emotionally challenging at times. It is important to inform your therapist of all reactions, good and bad, that you are having to the training.

**Physician Consultation and Medication Monitoring:** Because **biofeedback** and **neurofeedback** services can influence as well as be affected by certain types of medications, clients entering treatment who are currently under the care of a physician are requested to inform their physician of their intent to begin **biofeedback** or **neurofeedback** services, and to grant permission to **Old Market Neurotherapy** to contact their physician for medical consultation and monitoring of the effects of the **biofeedback** or **neurofeedback** services.

**QEEG Brain Mapping:** QEEG Brain Maps are not intended to diagnose neurological disorders. A neurologist will **not** be reviewing the data for presence of seizures or other neurological disorders. If you suspect a seizure disorder or any other neurological disorder you are strongly encouraged to see a neurologist.

