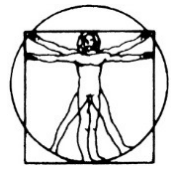


# Behavioral Medicine P.C.



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## The Neurofeedback Process at BMPC

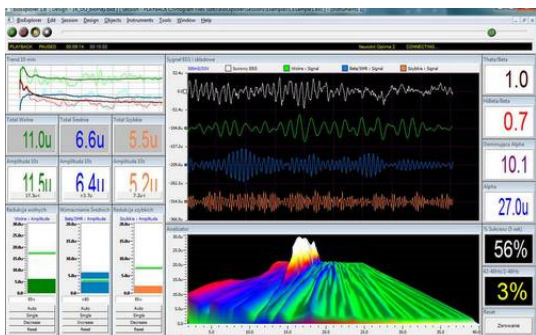
### Assessment

On the day of your Neurofeedback (NFB) assessment, please arrive 20-30 minutes early, as there is a brief questionnaire for you to complete. After you complete the questionnaire, a staff member will bring you back to the clinician's office and have you sit in a chair to have a neurofeedback cap placed. The staff member will explain the process and show you all of the necessary equipment and supplies. Staff will also measure your head to determine what size cap you will need. Staff will place the electro cap, which looks like a swim cap, on your head and insert gel into each of the 21 electrode sites using an applicator (20 sites take readings and one ground). The gel conducts the signal from your brain to the cap. The cap then communicates with the computer/QEEG software. After the cap is placed and gelled, you will be transferred to a recliner for the assessment. The assessment is made up of five different three minute sections. Each three-minute section is split into three different one minute sections. The three one minute sections include one minute of eyes closed, one minute of eyes open, and one minute of "on task." The task sections include listening to the clinician read, patient silent reading, patient counting, patient thinking about a positive outcome in life, and patient digit span (repeating numbers back). That's it! You have completed the Neurofeedback assessment and are on your way to optimal brain performance.



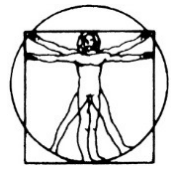
### Review Your Neurofeedback Results

Your treating clinician will process the data by using our TLC-7ap. After the data is processed, a personalized training plan will be created. Training plans are created individually for each patient. Also, from the data gathered during the assessment a summary report will be generated.



Next you will schedule an appointment to go over the summary report, charts, and graphs that were created from the information that was gathered during the assessment. Your clinician will help you gain a better understanding of the information gathered and the way your brain "works". You will receive a copy of your results.

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## **What to know and expect about Neurofeedback training?**

It is important to arrive on time. It is strongly recommended not to ingest caffeine (caffeinated pop, coffee, or tea) for at least 3 hours before training. A caffeinated brain can give us readings that are different than what your natural, caffeine-free brain would give us; making the feedback not as effective.

Your clinician will either use the electro cap (the cap worn during the assessment) and gel, or individual electrodes and electrode paste. Whichever process your clinician uses, you will most likely need to wash the gel or paste out of your hair before you feel comfortable and fully looking your best. It's a good idea not to plan anything directly following a NFB training session, so you will have time to shower or clean your hair afterward. This also depends on the individual.

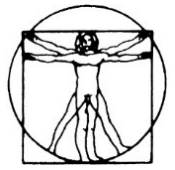
During the training, you will be sitting in a recliner facing towards a television screen. You will be wearing headphones, and will either be watching a movie, a fractal video, or have your eyes closed. Some sessions may contain a combination of these three. There are also brain games that may be brought into the sessions. The type of session is determined by your clinician based upon your training plan. You will be given instructions before the training begins such as, "Relax, don't think, don't try, just watch the screen."



You will receive auditory feedback (tones, beats, and chimes) through the headphones, and you may also receive visual feedback through the television depending upon the type of training selected for that day. As mentioned before, you may be watching a screen with a movie or fractal video. During a movie session the visual feedback will be shading and brightening of the screen according to if your brain is meeting the threshold, and during a fractal video, the video will pause and continue depending on if your brain is meeting the thresholds or not. During both the movie or fractal video sessions you will be receiving the audio rewards through the headphone.

Once training begins, we will monitor how well your brain is meeting the thresholds set by our software. We will also check in with you every visit for a self-check on how you feel you are doing. From this information, adjustments and/or re-assessments will be administered as necessary.

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## **Additional Information**

It is important to note that each person is a unique individual with different brain wave patterns and activity; each brain performs differently. The number of treatment sessions required to obtain maximum benefit ranges from 20 to 60, with many people typically needing about 40 sessions. Sessions are scheduled 1 to 4 times per week (preferably 2 minimum) for 45 or 60 minute sessions. How often, the length of time, and how many sessions will be determined by you and the clinician. Although the length of treatment may seem like a long time frame, it is important to keep in mind that studies show once the brain training plan is successful at changing activation patterns, these results and progress tend to stay with the person. You are teaching your brain a new way to “work”, handle, and react to different stressors in your life. This takes time. Once your brain learns how to do this, however, it tends to keep doing it.

We are glad that you are taking the time to read this material and research how to help your brain “work” in the most efficient manner possible. Neurofeedback is something that can benefit anyone, not just individuals that have diagnosed issues. Neurofeedback is a “Gym for Your Brain.” Exercising your brain with Neurofeedback will keep it more flexible and performing at optimal levels.

We hope to see you soon!