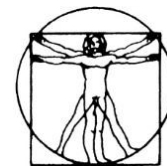


Behavioral Medicine P.C.



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Licensed Clinical Professional Counselor
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The QEEG Neurofeedback Process at BMPC

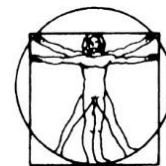
Assessment

On the day of your Neurofeedback (NFB) assessment, 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. You will be given a QEEG prep checklist. Try your best to follow the checklist best you can. The checklist is intended to help you achieve the most accurate QEEG possible. At some point before the assessment, either on the day of the assessment or before You will be asked to answer three inventories. These inventories will help us understand the difficulties you are having better. These inventories help us better understand your symptoms as they relate to your physiological systems, your cognitive emotional experiences and your personality.

In addition to the QEEG and three inventories, your clinician will assess your cognition through our Cognitive Performance Testing Software. Cognitive Performance Testing utilized at BMPC is developed by Newmind Technologies. The cognitive performance testing process is typically divided into two sessions. In the first session we will evaluate and gather a baseline for cognitive abilities including Attention, Short-Term Memory, Auditory Short-Term Memory, Working Memory, Auditory Working Memory, and Sequential Memory. On the second day we will gather a baseline for cognitive abilities including list Acquisition, Filtering, Episodic Memory, Executive Functioning and Spatial Sorting. Your scores will be classified as Below Average, Average, or Above Average. We will repeat these cognitive performance tests following approximately 35-45 sessions of neurofeedback.



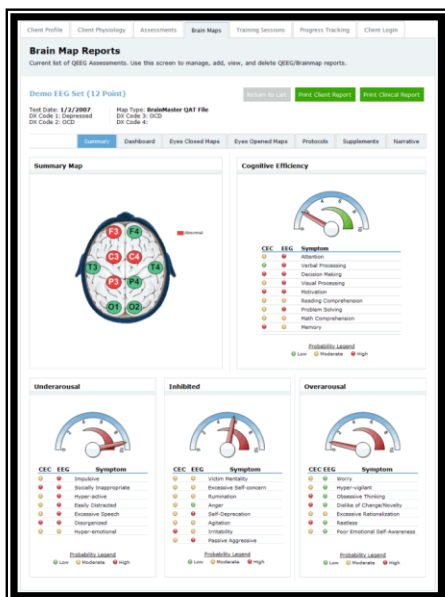
A staff member will bring you back to the clinician's office and have you sit in a chair to have a neurofeedback cap placed. The staff member will explain the process and show you all of the necessary equipment and supplies. Staff will also measure your head to determine what size cap you will need. 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 recordings of different sections of the brain with eyes closed, and five recordings with eyes open. That's it! You have completed the QEEG assessment and are on your way to optimal brain performance.



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Review Your QEEG Results

Your treating clinician will process the data by using our New Mind Maps Software. After the data is processed, a personalized brain map training plan will be created. Training plans are created individually for each client. 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.

What to know and expect about Neurofeedback training?

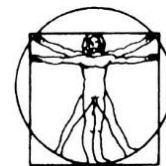
It is important to arrive on time. It is strongly recommended not to ingest caffeine (caffeinated pop, coffee, or tea) for at least 3 hours before training. A caffeinated brain can give us readings that are different than what your natural, caffeine-free brain would give us; making the feedback not as effective. You will be given a neurofeedback training checklist. On each day of your training, do your best to follow the checklist, as doing so will give you the best results.

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.



We utilize a QEEG guided neurofeedback software program from NewMind Technologies, developed and overseen by Dr. Richard Soutar PhD BCN. He is the Director of Clinical Resources at New Mind Center and Chief Scientist in charge of Research and Development at New Mind Technologies. Dr. Soutar has published numerous books and articles on Neurofeedback over the last 25 years and served as President of the Neurofeedback Division at AAPB. He has developed the New Mind Database Assessment System and the New Mind

Training Software and Hardware. BMPC’s Clinical director, Cynthia Kindgren MS/LCPC trained directly with



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Dr Soutar for one on one supervision and by completing his NewMind Academy Neurofeedback QEEG courses. All clinician's at BMPC train and work directly under supervision of Cynthia Kindgren MS/LCPC.

In our office, during the training, you will be sitting in a recliner facing a television screen. You will be wearing headphones, and you will either be watching a movie 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 visual feedback through the television depending upon the type of training selected for that day. During a movie session the visual feedback will be shading and brightening of the screen according to when your brain is meeting the threshold set by your clinician. Once training begins, we will monitor how well your brain is meeting the thresholds. We will also check in with you through the progress tracker and in person every visit for a self-check on how you feel you are doing. From this information, adjustments and/or reassessments will be administered as necessary.

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 used by peak performing Athletes like Olympic volleyball star Kari Wash-Jennings. NASA Astronaut Training Center, US Special Forces and Navy Seals Training, West Point Military Academy all utilize neurofeedback. Neurofeedback is a "Gym for Your Brain." Exercising your brain with Neurofeedback will help it be efficient, flexible and perform at optimal levels. Whether you have a TBI, ADHD, a stroke, a concussion, performance anxiety or want to improve your sports or academic performance, neurofeedback can help you.

We hope to see you soon!