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Neurotherapy Informed Consent

Neurotherapy is meant as an adjunctive treatment to psychotherapy and entails the use of neurofeedback, biofeedback, and microcurrent stimulation.

Neurofeedback

Neurofeedback and biofeedback work with your body's naturally occurring signals such as brainwave patterns and heart rate to help to foster the state of self regulation, which facilitates stress reduction, relaxation, and possibly can help reduce symptoms of anxiety and depression. This office uses Neuroguide software for neurofeedback, which is based on a normative database. The degree to which a normative brainwave pattern database can be generalizable to others is being debated in the field. For our work together it is best to consider any norms as a point of reference, which may or may not be useful for your particular body/mind. Ultimately the benefit of treatment will be determined from your own self report of improvement. Some people do not have a noticeable response to neurofeedback, or only have a significant response after 20, 40, or even 100 sessions.

Neurostimulation

This office uses several forms of neurostimulation:

- 1) *Alpha-Stim*: *Alpha-Stim* is a medical device that offers Cranial Electrotherapy Stimulation (CES) for the management of anxiety, depression, and insomnia. The current is applied by hand-held probes or self-adhesive electrodes for pain and by earclip electrodes for anxiety, insomnia, and depression. People generally report a pleasant, relaxed feeling during and after treatment. You may also experience a mild tingling sensation at the electrode site. If the current is too high you may experience dizziness and nausea which can be alleviated by reducing the current.

While Alpha-Stim is effective when used correctly for 9 out of 10 people, it will not work for everyone. Following treatment there are usually no limitations imposed so most users can resume normal activities immediately. Some users may have a response that may affect their ability to perform potentially hazardous tasks, such as driving a motor vehicle or heavy machinery for up to several hours after treatment.

- 2) *pEMF*: This office also uses the NeuroField X3000 Plus, which is a pulsed electromagnetic field (pEMF) stimulation device that is designed to reduce stress and relax the human body. Preliminary studies show that pEMF is effective in reducing the symptoms of depression, anxiety, ADHD. However, I understand that more research is needed to substantiate and validate these observations.

I understand that all protocols and services associated with the NeuroField X3000 Plus are

considered experimental. Any negative effects from treatment are important to discuss with Dr. Matthew Silverstein, even if it seems insignificant.

As with any therapeutic intervention, not all people will respond to neurotherapy. The degree of efficacy will vary with the nature of the problem being treated, the overall health of the person, and with the method of treatment.

Contraindications

Neurostimulation may affect the operation of implanted demand type cardiac pacemakers and implanted defibrillators. If you have a device of this nature, you agree to disclose this information prior to any treatment and alternative treatment will be recommended (including neurofeedback which does not carry this risk).

Precautions

Safety of stimulation has not been established during pregnancy.

Adverse Effects

Adverse effects are usually mild and self-limiting. Adverse effects from data on cranial microstimulation are dizziness, skin irritation/electrode burns, and headaches. Prolonged stimulation treatment at currents higher than necessary may cause dizziness or nausea that can last for hours to days. Treatment immediately prior to going to sleep may cause difficulty sleeping. Paradoxical reactions such as increased anxiety, and sleep disturbances may occur, but are rare.

Clinical Consultation

Since the neurotherapy is an emerging and developing field, I allow Dr. Matthew Silverstein to release non-personally identifiable information associated with my health care issues, diagnosis, and treatment outcomes associated with neurotherapy treatment with other neurotherapy professionals. I understand that only my gender, age, culture and primary complaints will be disclosed. I understand that I can refuse to release any of my information for consultation purposes, and I agree to make this request in writing.

My signature guarantees that I do NOT have an implanted demand type cardiac pacemaker or implanted defibrillator. To the best of my knowledge I am NOT pregnant. I understand that I have the right to refuse neurotherapy treatment at any time. By signing this form, I consent to all of the neurotherapy treatments outlined above and acknowledge that I have read, understand and agree to all parts of this consent.

Patient or Guardian

Date

Matthew Silverstein, Ph.D.

Date