



The LENS neurofeedback system and traditional neurofeedback is an alternative form of therapy. Though both Systems have been used for 15 years with very effective results and virtually no adverse side effects it may be considered an experimental form of treatment. The following is to inform the client of the many aspects of this treatment that they should know about before starting the treatment.

- 1) Integrated Counseling Services makes no claims about curing any specific diagnoses using any type of neurofeedback.
- 2) Clients should never substitute neurofeedback for appropriate medical care.
- 3) Clients should understand that neurofeedback can facilitate neurological change.
- 4) Neurofeedback may change the threshold of medication effectiveness. For example, if neurotherapy helps a trainee to ease the symptoms of depression and that same trainee takes anti-depressants, the medication may need to be adjusted.
- 5) Neurotherapy may change ones mood and general emotional outlook. It may trigger sensations or memories of past events or trauma.
- 6) Three main side effects have been noticed when using the LENS neurofeedback treatment protocol.
 - 1) It can make the client feel tired
 - 2) It can make the client feel hyperactive
 - 3) There can be no change at all.
 - 4) It can cause minor headaches that usually subside quickly
 - 5) In children it can increase the symptoms that are being treated.
 - 6) In children sleep patterns may be affected.
 - 7) Children may have increased expression of feelings.
- 7) Neurofeedback IS NOT covered by insurance. No attempt should be made to get reimbursement from insurance companies.
- 8) The client has read the information from Stone Mountain and has researched neurofeedback.

In agreeing to let Integrated Counseling Services use neurofeedback the client is aware of the above risks and agrees to do research on his/her own for any other concerns or information regarding this treatment. The client agrees he will not litigate against Integrated Counseling Services for any and all problems, psychological or physical related to the treatment, even if mistakes are made. The client understands the risks and takes responsibility for all outcomes of treatment.

_____ Date _____
Client