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NEUROFEEDBACK INFORMED CONSENT

I, Erin M. Thomas, MA, LPC, offer EEG biofeedback training to clients in connection with a variety of conditions that appear to be associated with dysregulation of brain activity. These conditions include PTSD, sleep disorders, depression, anxiety, behavior problems, hyperactivity and attention deficits, chronic pain, brain injury, migraines, , and other conditions. EEG biofeedback training can also be provided for clients who wish to enhance brain regulation for improved performance.

Scientific investigation is ongoing to determine the mechanism by which benefits from EEG biofeedback are achieved. At present, we recommend the training on the basis of empirical observations and research evidence of improvement in clients with similar conditions. As with any treatment, symptoms may temporarily get worse before they get better.

No guarantee is made that any individual will improve with training. It is possible that for a few clients who do experience benefits, the improvement may fall off after the cessation of training. Those individuals would benefit from periodic follow-up for booster sessions. The training appears to be a harmless procedure as far as known at present. No injuries are known in the experience of the literature reviewed. It is a noninvasive procedure. Nevertheless, I do not make any representation concerning the safety or efficacy of training. Any questions should be addressed to the prospective client's physician. The client should continue ongoing therapies and maintain care with any established medical health provider, including prescribing physicians, unless otherwise advised by a physician.

It is the client's responsibility to monitor the subjective effects of training and to continue training so long as a benefit is perceived. The research literature indicates that there are some individuals who are apparently unaffected by the training. There are also clients who report vast benefits over the entire course of training. Accordingly, I encourage the client to evaluate progress after about 10 sessions to determine if further training is indicated. I invite discussion at this point or any point in the training.

There will be a therapeutic component to each EEG biofeedback session. It is the responsibility of the EEG biofeedback client to establish and maintain a therapeutic relationship with their own individual therapist in the event I am not your primary individual therapist. Collaboration between me and the individual therapist (if different) is a necessary component of EEG biofeedback treatment and a release of information is required for this reason. EEG biofeedback will be discontinued if the EEG biofeedback client chooses to terminate the relationship with their individual therapist.

Because EEG biofeedback constitutes a therapeutic relationship, mandated reporting standards still apply. Mandated reporting standards require reporting to proper authorities in cases in which a therapist reasonably suspects or knows of homicidal ideation, suicidal ideation, child abuse or neglect, elder abuse or neglect, or if the client poses a reasonable risk to national security. Under these conditions the proper authorities will be notified.

By signing this form, for themselves or for their minor children, the client indicates his/her understanding of the principles set forth and has asked any questions, agrees to consent for treatment for themselves or their minor children, and acknowledges that this form was verbally reviewed with them.

Signature of Client or Guardian of minor child

Date

Printed name of client or child

Relationship