

Consent for Neurofeedback Training

I have a Master's degree in counselling and have completed courses in neurofeedback (Zengar technical certification and BCIA-certified New Mind Neurofeedback Institute), I am a member of the British Columbia Association of Clinical Counsellors. Although neurofeedback has some decades of history behind it, it is still considered by many to be experimental, with informal training results far exceeding those of research. Furthermore, I train with Zengar NeuroCARE™, which utilizes a non-linear dynamical approach to training that is controversial in our field.

I cannot predict your personal response to neurofeedback training, nor its outcome. In my experience each person's journey and results vary. For example, some people experience much shift and growth while others are slow and steady in their benefits. It's possible you will perceive little or no effect. Progress rarely follows a straightforward path, but rather goes "up and down" although we do want to see a general trend in the desired direction. Please do not hesitate to raise with me any concerns you may have, at any time. My commitment to you is to provide the best possible training I can, and to address your questions and concerns openly and with integrity. Beyond that, your training is a unique journey that we embark upon together.

It is possible you may experience some unwanted effects during training. These can show up during the session, such as your heart beating rapidly or feeling sleepy. Or they may show up later in the day, such as fatigue, irritability, difficulty sleeping or a headache. Unwanted effects usually seem related to the instabilities that brought you into training in the first place. My goal is to keep you as comfortable as possible, although this is not actually necessary for effective training to occur (e.g. feeling sore after going to the gym does not mean you are not benefiting). A small percentage of clients find their journey is one of oscillating between the best they have ever been and the worst they have been. You will gain resilience and flexibility over time, but you may decide it is not worth it to you. You will be the best judge of that. The most important thing you can do to help me minimize any unwanted effects, is to let me know how you are feeling both during and after sessions.

Please be aware that the training can be incredibly relaxing. Please exercise usual caution and good judgment regarding your ability to drive afterwards. Most clients really enjoy their sessions. You do not have to "do" anything. Just sit back, relax with eyes open or closed and let your brain do the work.

If you wish to commence training, please sign below indicating that you have read, understood and accept the above information. Thank you!

Your Signature

Today's Date

Your Printed Name

