



## Erik Bohlin, M.A., LMHC

New Hope Counseling  
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### Consent for the Training with Neurofeedback (Biofeedback for the Brain)

**What is Neurofeedback:** Neurofeedback is biofeedback involving brainwave activity (EEG) where training occurs in the brain when receiving audio/visual feedback to achieve certain goals. When the brain can see itself in action in real time it can learn new brain wave patterns. In simple terms, we slow the brain down when it goes too fast which is associated with anxiety and panic attacks. We speed it up when it is going too slow – ADD, ADHD, Brain Injury. We help teach it to stay stable when it is unstable – bipolar disorder and chemical sensitivities.

**Areas of Applicability:** Neurofeedback has been successfully applied to central nervous system problems, such as symptoms of traumatic brain injury, addiction, ADD and ADHD, panic attacks, anxiety and depression. Clinical studies can be found at [www.BrainPaint.com](http://www.BrainPaint.com) and [www.isnr.org](http://www.isnr.org). (International Society of Neurofeedback and Research)

**Effects of Neurofeedback:** Neurofeedback is training the brain to function more effectively and efficiently. By receiving audio and visual feedback when one enters a certain brainwave state (i.e. alpha, beta, SMR –sensory motor rhythm) the brain can learn to enter that state and seeks stabilization. Through repeated training sessions of certain brain wave states, behavioral and mood changes are effected. Numerous studies have shown the effectiveness of neurofeedback for ADHD, Addiction, Depression, Anxiety, Post Traumatic Stress Disorder and Autistic Spectrum Disorder.

**The Neurofeedback Assessment session:** A number of questions will specifically help us determine your target areas of training to reach your goals. Once an assessment is done, the software, BrainPaint™ will suggest a training protocol. This takes about 90 minutes including a training session. If you struggle with Bipolar Disorder or chemical sensitivities we might start you with a non-linear protocol of Neurofeedback.

### The Process

The neurofeedback technician will touch your scalp and ear lobes in placing the sensors. A mild abrasive gel or alcohol will be used to clean the scalp to get a good connection. The sensors are then applied to your scalp in certain areas with an electro conductive paste or wet sponges. This may cause some mild discomfort but is not a problem for most people.

### What to expect

We sit down for an initial interview and determine what your training goals are. Then we do a 1 hour assessment asking 90 questions about behaviors, mood, sleep that really are related to brain processes. This gives us about an accurate picture of what part of type of training, where to train and for how long. We then sit for our first neurofeedback session. It is important to not do neurofeedback if you are starting, stopping or changing medication as it interferes with the process to see how it is working.

People have to do 5 sessions of neurofeedback within a 2 week span. Why? Well, the brain will pick up where it left off and learns more efficiently when the sessions are close together. We schedule all 5 sessions at the beginning to be able to fit them all in to our schedules. We

would not want to start and not be able to get these sessions close together so as to see the effects.

We then assess and see if we are seeing making progress towards our goals. 70-80% of the time we see a change. We then have confirmation we are training in the right areas. We typically train two times a week. Sometimes people can only afford one time a week and this is okay. They will still get training, but it will take longer. The closer the sessions are the more effective it is. The person will eventual plateau in terms of progress and we then do 5-10 sessions to stabilize the learned behavior.

**Contraindications:** I do not recommend using for clients who are emotionally and mentally unstable and who are not committed to the treatment process. **It is also not recommended to do anything less than 2 sessions a week for about 3 weeks to start.** After about 5-8 sessions most people see results and then taper off to once a week. According to Bill Scott the developer of Brainpaint, most people (77%) will see results by the 5th session. Neurofeedback training is very much like learning to ride a bike. At first, we have to learn to balance, to pedal, to steer, *etc.* It is a lot for our brains to learn, but then it all comes together. Neurofeedback sessions that occur more closely together are going to help you see the results quicker than if they are spaced out.

**Unwanted Effects from Neurofeedback?** One might ask about the side effects of doing neurofeedback. Since neurofeedback is an experience of training the brain, it is like working out at the gym. One's body might be a bit sore after lifting weights, but we don't consider that a side effect, but part of the process of getting the right amount of exercise, not too little and not too much. Occasionally a person might be too "wired" or too "tired." There are very little negative effects from Neurofeedback.

Any effects that are created from neurofeedback come from the brain's learning experience. It is only measuring the brainwaves and then rewarding or inhibiting certain brainwave activity by the use of feedback through sound and visual images. The brain, (not the mind) sees or hears the feedback and then adjusts accordingly. There is no need to "try" or "think" -- just to notice be aware. You might see adjustments in your thinking, emotions and behaviors as a result of the training. This can cause some adjustments in yourself and your family. Write these down and they will be addressed your next session. Adjustments can be made to help your training be more effective. ***Please let me know of any troubling symptoms. You may contact me by phone, or at your next session.***

**Neurofeedback has been helpful to reduce seizure activity. *If you have a history of seizures and are training to reduce seizure activity*** it is important that you realize that starting neurofeedback will **not** abruptly stop your seizures. Neurofeedback has scientifically been proven to reduce the amount of seizure activity and close supervision with a physician should occur before reducing any medication.

***If you are taking certain medications, You must inform me of all medications you use while you participate in the treatment.*** Your body may not need as much of the medication and you start to improve and what you might notices are the side effects of too much medication in your system. We urge you to consult your physician and myself about your desire to decrease your medications of any kind.

**Discontinuing Neurofeedback Treatment:** You may discontinue treatment at any time for any reason. After about 20-40 sessions a lot of people with discontinue neurofeedback when you have achieved the desired results, you have stabilized and achieve consistently better functioning. Should you wish to discontinue treatment, please let me know.

**ERIK BOHLIN'S EDUCATION AND TRAINING:**

Erik Bohlin, M.A. has effectively helped individuals gain more choices and have more effective relationships since 1989. Prior to his work at New Hope Counseling he has developed his professional skills at Whitman County Crisis Line, King County Juvenile Detention, Northshore Youth and Family Services and Mental Health Services of Snohomish County. He has worked extensively with couples; families; children and teenagers; physical, emotional and sexual abuse; addictive behaviors, and mental illness.

MASTER OF ARTS, Community and Clinical Psychology,  
Chapman University, Orange, California, graduated 4.0 GPA

BACHELOR OF ARTS, Behavioral Sciences  
Northwest College, Kirkland, Washington, graduated Magna Cum Laude

Erik Bohlin is a Licensed Mental Health Counselor with the State of Washington (#LH00004543) and is also a Nationally Certified Counselor (#44257).

**Fees:** The Cost of a Neurofeedback session: \$150. The billing procedure code is 90876. Some insurances are covering it for generalized anxiety disorder. The out-of-pocket rate is \$130.

***I acknowledge that I have read and understand the above information. My consent to participate voluntarily in neurofeedback treatment using the BrainPaint™ system with Erik Bohlin, M.A. I understand that I may discontinue treatment at any time. I understand that these treatments are not intended to diagnose neurological disorders, nor will a neurologist be reviewing these records. I understand that my treatment records are private to the fullest extent of the law; that is, except in cases of potential harm to myself or others, or in civil or criminal proceedings and with a court order.***

***Cancellation policy: Please call this office with 24 hours to cancel or reschedule an appointment. I understand that if I cancel the same day, or do not show for an appointment, Erik Bohlin, M.A. may charge me a cancellation fee of \$75. I understand that short-notice cancellations are acceptable for illness or unsafe driving conditions.***

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Name of client (Please Print)

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Date

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Signature of client or Guardian if Patient is under 18 years