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FNS Treatment Consent

Areas of applicability: The Flexyx Neurofeedback System (FNS) has been successfully applied to central nervous system problems, such as symptoms of traumatic brain injury, stroke, fibromyalgia, depression, mood disorders (other than depression), attentional disorders, hyperactivity, explosiveness, anger, and learning problems. Controlled studies of FNS have been completed and other studies are ongoing.

Effects of FNS: FNS tends to make functioning clearer and easier. Treatment has increased cognitive functioning (memory, concentration, attention, ability to learn and to read, organizing, and sequencing), motivation (initiating and completing activities), and motor skills (coordination, balance, grace, decreased spasticity, improved tone and movement). FNS appears to work as an antidepressant, elevating the moods of depressed persons. Sleep disorders have been ameliorated with improved sleep at night and reduced sleepiness during the day. It has increased energy and stamina. Explosiveness, irritability, and background anxiety have been reduced. Pain due to migraines, fibromyalgia and other centrally mediated pain disorders have been reduced. Problems with Restless Leg Syndrome have been alleviated.

Side effects: No significant negative side effects have been observed. The side effects that have been noted will be discussed with you. The side effects sometimes seen with FNS are in the form of temporary increases of the symptoms you already have or perhaps symptoms that you have experienced previously. Please report all side effects to your FNS practitioner so that he/she can work closely with you to adjust the dosage. This is done the same way your medications are adjusted with your physician. Your willingness to discuss any possible side effects and to understand how they change over time will help you work with us to provide successful treatment.

Medical stability: You must be medically stable to engage in this treatment. Please tell your practitioner if you have any changes in medication or any change in other therapies you may be participating in. Reporting any change in supplements or vitamins will also be important. A change in your response to your typical medication regimen should also be discussed with your FNS practitioner. Experience with this treatment technology will allow your practitioner to consult your physician about possible medication adjustments that may speed recovery.

Other treatments: A number of different forms of neurofeedback exist. At this time their relative effectiveness has not been studied.

Discontinuing treatment: You may discontinue treatment at any time for any reason. Should you wish to discontinue treatment please inform your practitioner. A discussion of the reasons for discontinuation provides us with valuable information about treatment effectiveness and side effects. This discussion would also allow appropriate referrals if you desire.

Privacy: Your treatment records will be kept private to the fullest extent of the law. Confidentiality can be violated in the following circumstances: (1) you are judged to be a danger to yourself or others, (2) a court order requests the records in a civil or criminal case.

Success rate: Because people are individuals, success with FNS is best predicted with a complete evaluation and the development of a treatment plan. The evaluation allows us to predict which symptoms will respond, and which may respond first. As with any treatment there can be no guarantee of success.

Consent to treatment: You are invited to consent to be treated on the basis of this information. Before you give your consent to be treated, we want you to ask as many questions as are necessary for you to understand this process. Please continue to express your questions, observations, and concerns at any time during the treatment process.

I have been informed of the effects, side effects, benefits, and risks of this treatment, and give my consent to participate in it.

Name

Date