

# AUSTIN BIOFEEDBACK and EEG NEUROTHERAPY CENTER

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## PARENT/GUARDIAN OF MINOR CHILD CONSENT FORM

**CONTACT PERSON:** If there is an emergency, we need to have the name of the person you would like for us to contact if we are unable to reach you:

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: Work: \_\_\_\_\_ Home: \_\_\_\_\_

RELATIONSHIP TO YOU: \_\_\_\_\_

**AUSTIN BIOFEEDBACK CENTER STAFF:** Each practitioner employed at Austin Biofeedback & EEG Neurotherapy Center is licensed and has been trained and has experience in working with clients receiving biofeedback, EEG neurofeedback and neurotherapies. Austin Biofeedback Center offers biofeedback training to clients in connection with a variety of conditions with which the clinical staff have experience and training. The condition(s) for which your child is seeking biofeedback training is: \_\_\_\_\_

The staff at Austin Biofeedback Center are not physicians; some are not medical personnel of any kind. You are free to ask about the training and experience of the biofeedback practitioners working with your child.

**MECHANISM:** Clinical staff are aware of the potential risks and benefits of the various applications of biofeedback training. Scientific investigation is ongoing to determine the mechanism by which biofeedback produces results. At present, Austin Biofeedback Center recommends individualized biofeedback training specific to the needs of the individual client based on the available research literature, clinical experience, training and empirical observation of improvements in clients and patients with similar conditions.

At the Austin Biofeedback Center, no biofeedback instrument or protocol is used for *diagnostic* purposes. We rely on your child's primary care provider for diagnosis of conditions for which we provide specific biofeedback therapies.

No representation is made that any individual client will improve from biofeedback training. There is some indication that in a few clients, improvement may fall off after the cessation of training. Usually this is due to a lack of practice of the skills learned during biofeedback training. Individuals whose improvement falls off would benefit from periodic follow-up or booster sessions.

**SAFETY/EFFICACY:** Biofeedback is generally considered very safe. Nothing in the past 25 years has indicated otherwise. No injuries are known in the experience of Austin Biofeedback Center nor are there any reported in the literature reviewed. Biofeedback is a non-invasive procedure. Nevertheless, beyond this, Austin Biofeedback Center does not make any representation concerning the safety or efficacy or the training. You and your child are free to raise any questions with the Austin Biofeedback Center clinical staff. You are also free to ask questions of your physician or your primary care provider. Your child should continue ongoing therapies until otherwise advised by your primary care provider or other health care providers from whom your child is receiving services.

It is your responsibility together with your child's biofeedback therapist(s) to monitor the effects that biofeedback training is producing for your child. If at any point you think your child is no longer benefitting from the biofeedback training, you should discuss this with your child's biofeedback therapist(s).

**EEG BIOFEEDBACK TRAINING:** Although there have been some controlled studies on the effects of EEG biofeedback training in the remediation of attentional deficits, anxiety and depression there are a number of health insurance companies, physicians, psychologists, and other health professionals who consider EEG biofeedback to be "experimental" and "unproven".

However, there are also many physicians, psychologists, and other health professionals who are convinced of the efficacy of EEG biofeedback for many applications based on the number of documented and replicated clinical cases, and some hospitals and VA Centers are using it.

The research literature indicates that there are some individuals who are apparently unaffected by EEG biofeedback training. Accordingly, Austin Biofeedback Center encourages you to evaluate your child's progress after about ten to fifteen sessions to determine if further training is indicated. Austin Biofeedback Center clinical staff invites discussion with you at this point or at any point in the training.

Quantitative EEG information (qEEG or "brain mapping") collected at the Austin Biofeedback Center is not used by this Center as a diagnostic tool per se, and we advise that it not be used as such by our clients. A qEEG may be used to provide a baseline for later comparison of data after some number of EEG biofeedback sessions. A qEEG can be sent to experts who will evaluate it against the normative databases as available for provision of information that might further guide the direction of biofeedback training. Some qEEG's are used as a screening tool to trigger a referral to a neurologist for further evaluation. If our clients are interested in a full diagnostic EEG, we will provide a referral to a neurologist. With appropriate release of information, Austin Biofeedback Center clinical staff will be available to the client's primary health care provider for help in understanding the qEEG data for biofeedback training purposes.

**AGREEMENT AND CONSENT TO TRAINING:** By signing this form, the parent/guardian indicates his/her understanding of the principles set forth in this *Parent/Guardian of Minor Child Consent Form*. The parent/guardian agrees to take full responsibility for his/her child's training, or the lack thereof and further agrees to hold Austin Biofeedback Center, its therapists, and its staff harmless from all claims associated with such training. In addition, the parent/guardian and his/her child waive any claim of damages due to the training, including worsening of the client's condition for which the training was undertaken, claimed side effects, or the failure to improve with training.

The parent/guardian agrees that the staff of Austin Biofeedback Center may consult with the child's primary care practitioner or specialist with regard to the biofeedback training and the results obtained. The parent/guardian further agrees (Yes \_\_\_/No \_\_\_) that the data obtained in connection with the biofeedback training may be used by Austin Biofeedback Center in publications, and in collecting outcome data with the protection of the privacy and the preservation of the anonymity of the client and his/her family.

I \_\_\_\_\_, the parent \_\_\_/legal guardian \_\_\_ of \_\_\_\_\_ have read this consent form and understand its contents. I understand the potential risks and benefits of biofeedback and that there are no guarantees that biofeedback will result in improvement of my child's presenting condition(s). I understand that we are free to ask questions at any time. I agree to the conditions outlined in this form and I voluntarily consent to have my child receive biofeedback training.

Date \_\_\_\_\_ Signature of Parent/Guardian \_\_\_\_\_

\_\_\_\_\_  
Printed name of parent/guardian

\_\_\_\_\_  
Printed name of minor child

\_\_\_\_\_  
Witness