



Client Contract

We are excited that you have chosen to work with us at Mindful Wellness and look forward to a successful journey together. Below are the office policies and important information that you will need to know to optimize your results with IASIS Micro Current Neurofeedback and have the best outcome possible.

- IASIS Micro Current Neurofeedback is not a medical treatment and is no substitute for effective standard medical treatment. If you need medical treatment, you are encouraged to seek it. Do not stop taking any medication or decrease your medication dosage without the approval of your doctor or psychiatrist. If you are taking medication, it will be necessary to stay in close contact with your physician. It has been our observation that the need for these medications often decreases, and people may start having side effects. The types of medications include sugar problems (diabetes), thyroid problems, migraines and other headaches, seizure problems, emotional, thinking, or perceptual problems, movement problems, spasticity and low or high blood pressure. Anyone who is medically unstable should ask your therapist to consult your physician before you undertake this process. It is extremely important to report any odd or uncomfortable sensations or experiences to your physician and/or your therapist.
- On treatment days it is important to treat them as self-care days. It is important to stay hydrated as this helps with the detox process. It is helpful to do at least one thing that makes you feel relaxed on treatment days such as a warm bath or a massage. It is also important to refrain from drinking and/or drug use on treatment days if possible.
- During the sessions you will be asked to sit quietly. You will not be asked to focus on any specific thoughts, or to learn anything. In fact, you will be asked not to think of any imagery or constructive thoughts. We have found that this can slow treatment progress. Your brain can detect the feedback, although you will not see or feel anything.
- Doing IASIS MCN treatments may bring up old memories or past trauma so it is important to have a therapist in place to work through feelings that may arise if you feel this might be an issue for you. This does not happen to everyone, but we want you to be aware that it is a possibility.
- IASIS MCN works differently for everyone as everyone's situation and brain are unique. It is important that you communicate to us how you are feeling throughout the process so that we can determine which protocol is best for you. It is important that you follow the recommended treatments that are outlined by the Mindful Wellness practitioners and understand the effectiveness of treatment could be compromised by not following the frequency recommended. The ideal treatment schedule of twelve initial sessions in ten weeks is as follows: Three sessions for the first week, two sessions weekly for two weeks, one session weekly for three weeks, two sessions bi-weekly. After the twelve sessions are finished, we can discuss your goals and determine if additional sessions are needed. This schedule can be modified as needed as everyone is different and reacts differently to IASIS MCN.

There are phases the brain goes through as the IASIS MCN treatments help it to heal. These are not set in stone and differ for everyone. The first 10-15 treatments are considered the detox phase. This is when you may notice memories coming up and you may feel anxious or more depressed. You may also feel calmer, have more clarity and energy, and feel more focused. Everyone is different and there is no way to predict how your brain and body will react. All these reactions are normal, and it is your brain healing and changing as it goes through the process. The next phase is the increasing



neuroplasticity phase. This phase happens anywhere from session 10-40 (average is 15-25). The last phase is the sustainability phase. This phase focuses on tapering off treatments and getting the brain fixed into the new healthy state. This phase lasts until clients can maintain results for 30+ days between sessions. The journey of doing IASIS MCN may be up and down and it is important to commit to the process so you can achieve optimal results.

- It is possible to experience temporary reactivity of the nervous system in the 24 to 48 hours following a treatment. A patient may experience temporary symptoms such as feeling wired, fatigue, spaciness, anxiousness, headache, or the increase of a symptom. This is completely normal and will resolve over the next 24-48 hours. This is a sign that neuro-regulation is taking place and is a positive sign that your brain and nervous system are responding. Although it may cause temporary discomfort, it will not persist and will be followed by improvement. It is crucial to remember that reactivity is an indication of positive progress, and that every component of a reaction is a positive response. Please call or text us on the number we provide to you if these feelings are intolerable, and we will respond within a 2-hour time frame.
- The number of sessions required cannot be pre-determined as it varies for each individual due to their unique circumstances and needs. Approximately 85% of people will experience some positive effect in the first 1-5 sessions. IASIS MCN builds on itself, so for sustainable and effective change, most people will need at least 12-20 sessions and sometimes up to 40 depending on the person. **While the overall record of the use of IASIS MCN is quite successful, there can be no guarantee of success in your unique situation.**
- **Cancellation/Late Policy:** If you are more than 10 minutes late to an appointment, we will need to reschedule the appointment. If you do not give 24 hours' notice or are a no-show for your appointment, you will be charged full price for the appointment. We do work with individuals if there is an emergency or illness, and each client is entitled to one forgiveness as we know life can be unpredictable. We must enforce this policy as we have other clients that have appointments scheduled and everyone's time is valuable.
- **Refund Policy:** We do not offer refunds for unused treatments; however, you may transfer them to another family member, friend, etc. We do not offer refunds if you decide not to proceed with treatments that have been paid for. We kindly ask that you carefully consider your decision before purchasing a package and if you think this will be an issue you may consider buying a smaller package in the beginning to make sure you would like to move forward.
- **Payment Policy:** Payment for treatments must be made before treatments take place. If you are having issues paying for treatments, there are loans available through PayPal and Advanced Care Credit, and/or you may use your HSA or FSA card to pay for treatments. If you are unable to pay for treatments, we will need to put a hold on treatments until you are able to start again. Unfortunately, there are no insurance plans available that provide coverage for IASIS Micro Current Neurofeedback.

I acknowledge that I have read the above information and agree to the terms of this contract.

Client Printed Name _____

Date _____

Client Signature _____