



## IASIS MICRO CURRENT NEUROFEEDBACK INFORMED CONSENT



***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 the 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.***

### **WHAT IS IASIS MICRO CURRENT NEUROFEEDBACK?**

IASIS Micro Current Neurofeedback (MCN) supports the brainwaves, at rest, to become quieter, and at work, more flexible in their functioning. This involves measuring and recording electrical signals from the scalp and using the frequencies of those signals to guide the speed of a feedback signal. The extremely weak electromagnetic pulses come from the EEG cables and will be neither visible nor “feel-able”. The recorded EEG signals influence the electromagnetic feedback; and the feedback in turn, changes the quantity and frequency of the recorded brainwave signals. **While the overall record of the use of IASIS MCN is quite successful, there can be no guarantee of success in your unique situation. Before you give your consent to be treated, please read the following and ask as many questions as are necessary for you to understand this process.**

### **BENEFITS**

The IASIS Micro Current Neurofeedback system has been shown in clinical use to bring about significant improvements in a relatively brief process of therapy in physical and emotional rehabilitation. Significantly shorter rehabilitation is of great importance in time, money, and patient hopes. You may experience an end to the problems affecting you since your head injury and/or psychological trauma, and to the problems that have interfered with your ability to function in your life. The return of clarity, energy during the day, sleeping at night, a sense of humor, motivation to get things done, ease of getting things done, memory, ability to read and listen with little or no distraction, and the absence of depression, irritability, impatience, and explosiveness have been observed repeatedly.



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### ALTERNATIVES

None of the alternative treatments to IASIS Micro Current Neurofeedback treatments appear to act as rapidly as IASIS MCN. Other forms of brainwave biofeedback, also known as EEG biofeedback, are also being used to treat the effects of head injuries. The long-term effects of using electrical field feedback as we use it are unknown. For reference, a cellular telephone generates a signal at least millions of times the power of the IASIS Micro Current Neurofeedback feedback signal. The intensity of our field is less than a trillionth of a watt and is on for a few seconds during each session. A background signal approximately a thousand times less than the feedback signal is also present as soon as the EEG begins to read the brainwaves. No instances of problems with the emissions from the feedback have ever been recorded.

IASIS Micro Current Neurofeedback has been used with approximately 75,000 patients. In clinical use, the IASIS MCN device has been observed to be significantly helpful for the following issues:

- Depression
- Post-traumatic stress disorder symptoms of:
  - ❖ Anxiety
  - ❖ Hypervigilance (or vigilant alertness)
  - ❖ Fears
  - ❖ Anger/rage
  - ❖ Deep sadness
  - ❖ Irritability and restlessness
  - ❖ Feelings of helplessness
  - ❖ Sleeping problems
- Obsession/compulsions
- Closed-head injury symptoms of:
  - ❖ Irritability and explosiveness
  - ❖ Loss of energy, motivation, and sense of humor
  - ❖ Problems of clarity, thinking and estimating clearly
  - ❖ Memory difficulties
  - ❖ Sleeping problems
  - ❖ Being unable to do more than one thing at a time
  - ❖ Problems following conversations and reading materials
  - ❖ Problems absorbing and taking to heart what people say
- Spasticity, movement, and balance problems caused by stroke and in some cases spinal cord injury
- Chronic fatigue syndrome



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- Fibromyalgia pain
- Attention-deficit and hyperactivity problems
- Autism in children and young adults

### **THE IASIS MCN: MICRO CURRENT NEUROFEEDBACK PROCEDURE:**

During the brainwave recording process some electrode gel or cream will be applied to the skin on certain sites on the head where sensors are attached behind the ears, to improve the quality of the recording. A third sensor will then be pressed to your neck as the reference or ground, and two additional sensors are moved to other scalp sites. No invasive procedures are used. The equipment assesses a client's brainwaves -- extremely faint electrical signals measured at discrete locations on the scalp. After a short assessment of these brainwaves by a clinician, the equipment itself then generates extremely faint, battery-generated signals that the brain may respond to in beneficial ways. 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 to not 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. You will be asked to keep track of discomforts or side effects experienced during your treatment. You will also be asked about your most prominent symptoms before treatment and how they change after you receive treatments.

### **DURATION:**

The quantity of sessions is dependent on individual need. The duration of each session lasts between a few seconds to several minutes. The rest of the time will be spent talking about what effects, if any, the feedback has had on you, and what you hope to focus on and achieve from future treatments. The initial session may take up to 45-60 minutes in total. Follow-up sessions may take 25-30 minutes. It is difficult to predict how many IASIS Micro Current Neurofeedback sessions will be required. Approximately 85% of people will experience some positive effect in 1-3 sessions. IASIS MCN builds on itself so for sustainable and effective change, most people will need 12-20 sessions and sometimes up to 40. Once treatments are finished additional treatments are not usually required. In some cases, individuals may require an occasional "booster". The number of sessions required cannot be pre-determined as it varies for each individual due to their unique circumstances and needs.



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### RISKS

**Electromagnetic Field Side Effects:** The intensity of our field is less than three trillionths of a watt or 3 picowatts, and less, and is on for a few seconds during each session. A background signal approximately a thousand times less than the feedback signal is also present as soon as the EEG begins to read the brainwaves. For reference, a cellular telephone generates a signal at least millions of times the power of the IASIS MCN feedback signal. Although the long-term effects of using electrical field feedback as we use it is unknown, no instances of problems with the emissions from the feedback have ever been recorded.

**Seizures:** With very few exceptions, seizure activity has not been a primary reason to seek treatment with IASIS MCN. There have been reported seizures in those who have had prior seizures. However, IASIS Micro Current Neurofeedback appears to act as an anticonvulsant and has led to medically supervised decreases in anticonvulsants. One of the biggest sources of seizure is a sudden decrease in anticonvulsants by the patient. We urge patients to consult their physicians about their desires to decrease their medications of any kind.

**Treatment Reactions:** There are some potential risks of discomfort involved in participating in this treatment. 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 fatigue, feeling wired, spaciness, anxiousness, excitability, headache or the increase of an existing 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. IASIS MCN treatments may also bring up past memories or experiences that are traumatic, so it is important to have a therapist in place to work through those memories and feelings.

### WHEN IS SOMETHING A SIDE EFFECT OR BENEFIT?

While we have had experience since 1990 with IASIS MCN and its antecedents, and are familiar with many of its benefits and side effects, it is sometimes difficult to know when a feeling, benefit, or other problem is due to IASIS MCN or due to something else happening, such as an on-coming cold, allergy, a stress in your life, or some other kind of physical change in you, completely unrelated to IASIS MCN. In addition, your own background can play a very big part in the kinds of feelings you have while receiving IASIS Micro Current Neurofeedback. If you notice something and wonder about why you are experiencing it, make note of it for later discussion with us. Please write notes about your feelings and questions and bring them with you to your sessions.



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### **A PERSPECTIVE ON SIDE EFFECTS FROM IASIS MCN TREATMENTS:**

Although the unexpected is always a possibility, we have always found that any side effects that have occurred in IASIS Micro Current Neurofeedback treatment were already familiar ones. In other words, the feelings and medical problems that arose have always been something that the patients have experienced and have had some trouble with in the past. Those whose medical status is unstable are advised to consult with their physician about becoming more medically stable before undertaking this treatment. IASIS MCN tends to lower blood pressure, which can complicate some kinds of problems such as orthostatic hypotension. It is also important to know that when the problems have occurred during IASIS MCN treatments, many have been a fraction of their former intensity, which means that often they have been more manageable than in the past. Your comfort is of great importance so telling us about your feelings at any time will help to reduce the side effects and make sure we can best cooperate with your therapist and/or physician.

### **TREATMENT DAY**

It is important that treatment days are treated as self-care days. It is very important to stay hydrated, eat healthy and refrain from using drugs and alcohol on treatment days to achieve optimal results.

### **BETWEEN SESSIONS**

While many people feel energy, ease, clarity, and happiness after an IASIS MCN session, these positive feelings may precede feelings of fatigue, depression, and anxiety between sessions. Those “rebounding” from good feelings often feel discouraged and doubtful about their ability to finish treatment. The rebound appears to be the brain’s way of struggling to remain in the old, familiar, and dysfunctional state. As people continue with IASIS Micro Current Neurofeedback, both the intensity of the good feelings and the unpleasant rebound periods tend to become shorter and less intense until the exaggerated feelings no longer occur. To date there have been no exceptions to this pattern. Instead, people become clearer about the entire range of feelings they have, instead of staying numb and flat in their emotional responses.

### **CONSIDERATIONS AFTER TREATMENT**

It will be time to discontinue IASIS MCN when you stabilize and achieve consistently better functioning. You may, however, become used to the stimulation that IASIS MCN provides you, and go into a slump after you discontinue it. The slumps that have occurred have lasted between a few days to a month and have been less of a problem than those that brought people in to receive the IASIS MCN treatments in the beginning. During this period your body will become accustomed to being open to its own internal useful stimulation. Most of those



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who have received IASIS MCN have continued to improve long after IASIS Micro Current Neurofeedback has ended.

### **VOLUNTARY PARTICIPATION**

You are free to withdraw your consent and discontinue participation in the treatment at any time.

### **CONFIDENTIALITY**

Your identity will not be disclosed without your separate consent, except as specifically required by law. Examples of legal requirements for breaking confidentiality are:

- under court order
- in case of unlawful behavior such as suspected child abuse
- in case you bring legal action against the clinician or the clinician's staff

With these exceptions, any data released or published will not identify you by name. If you cannot sign, through physical disability or illiteracy, but are otherwise capable of being informed and giving verbal consent, a third party, not connected with the treatment, or next of kin or guardian may sign for you.

### **LIMITATIONS OF THIS CONSENT**

This signed form may not be used as consent for any other treatment. Participation in any other treatment requires a separate form. All procedures performed under the protocol will be conducted by individuals legally and responsibly entitled to do so.



## IASIS MICRO CURRENT NEUROFEEDBACK INFORMED CONSENT

In consideration of the mutual promises and covenants contained in this Consent and Release, including Company’s agreement to provide **IASIS Micro Current Neurofeedback** services to Client, Client hereby agrees as follows:

I \_\_\_\_\_, (“Client”) understand and acknowledge that Company is not a medical or healthcare practice or provider, and that Company and Company’s Representatives are not healthcare professionals licensed by the state of Colorado. To the extent that any Company Representative is a license healthcare professional, I acknowledge and understand that the services provided by Company, including those provided by Company’s owners, directors, officers, employees, agents, and contractors, are not medical services and do not constitute the diagnosis or treatment of any health conditions, and do not fall under healthcare services as defined under Federal or state of Colorado laws and regulations.

I further understand and acknowledge that the use of **IASIS Micro Current Neurofeedback** is not a medical treatment and that if I have medical questions or concerns that I will need to speak with licensed healthcare professionals of my own choosing to address those medical questions or concerns.

I further understand and acknowledge that Company, including Company’s owners, directors, officers, employees, contractors, and agents are not responsible for any medical or healthcare issues that may allegedly arise or be affected by the services being provided by Company to me.

I further acknowledge that I have had the opportunity to ask any questions, or to seek clarification regarding the services provided by Company as well as to consult with my own healthcare professionals and have had my questions answered to my satisfaction.

I hereby fully release Company including Company’s owners, directors, officers, employees, contractors and agents, now and forever, from any and all claims that may arise or be alleged to arise related to the provision of services by the Company to me, including but not limited to lawsuits, claims of unlicensed practice of medicine, professional malpractice, and product liability claims.

\_\_\_\_\_  
Print Name of Client

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Client or Legal Representative

\_\_\_\_\_  
Relationship to Client (If Applicable)

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