



# WHAT CAN YOU EXPECT WITH CLARITY DIRECT NEUROFEEDBACK?

## Welcome to Clarity Direct Neurofeedback!

Our bodies, especially our brains, are wonderfully complex structures that can withstand a lot of punishment and a lot of change. But all of us have limits, and when we hit those limits we can feel it. We experience that limit physically (pain), mentally (attention or memory difficulties) and/or emotionally (anxiety, stress). Sometimes, those responses become the brain's "go-to" response. More technically, the neural pathways become fixed and the brain uses those paths rather than others. Clarity Neurofeedback's goal is to address and treat your symptoms in a relaxing, professional, and effective way by *optimizing your brain!*

Neurofeedback has been explored in one form or another since the 1960's. You may have heard of biofeedback, a process in which the patient trains themselves to consciously adjust their brainwaves to a desired state. Direct Neurofeedback such as Clarity Neurofeedback (CDN) is a different process.

With CDN, a *very weak* neurostimulation is sent from an FDA-approved EEG device that is connected to your brain through sensors on the skin. The ultra low-intensity signal causes a slight fluctuation in brain patterns, allowing the brain to get out of fixed, "frozen" patterns and reorganize itself. This is not unlike rebooting a frozen computer - you are, in effect, allowing your brain to look at its pathways and say "Whoa, there's a better way to do that!" This is not a conscious process - your brain does it on its own.

## What is about to happen?

First, your practitioner will take a "history" by asking you a series of questions. When you are discussing what you'd like to address, you should mention your primary concern but also any other conditions that CDN may effect (see our list). For example, you might be most concerned about anxiety, but you would also want to mention that occasional back pain you get. After the first session, every time you come in you'll update your practitioner on how you've been feeling.

After your practitioner has taken your history, the actual CDN process can begin. First, the practitioner uses a mild exfoliant to scrub one point on each temple, one behind each ear, and one at the base of your neck. This may feel a little scratchy (it's an exfoliant after all) but if it becomes uncomfortable, please let your practitioner know. The scrubbed points will be cleaned off with alcohol, and then the practitioner will put a small dab of sensor paste on each point, followed by the sensor itself. Once the paste reaches your skin temperature, you shouldn't feel anything. Once

the sensors are on and the practitioner has checked that everything is working properly, the neurofeedback process will begin.

## **YOU ARE A CRUCIAL PART OF YOUR TREATMENT!**

Only **you** can tell your practitioner how you feel. The CDN machine monitors certain brain waves, and your practitioner is trained to look for changes as the process happens, but they can't tell what effects are happening. It is up to you to let your practitioner know what you are experiencing. There are no "right" answers here - everyone is different. Even if you *think* you feel something but aren't sure, let your practitioner know. If you start to feel uncomfortable in any way, let them know immediately.

Some people are so sensitive to the CDN process that they feel different from just the tiny signal the sensors put out before the protocol begins. If you are one of those rare people, let your practitioner know - there are options we can explore!

The process itself is very simple. Your practitioner will send the signal to the sensors (and your brain) in short, timed intervals. You won't feel anything at the points of sensor contact. The number of times this is done depends on your sensitivity, the number of treatments you've had before, and the results observed between treatments. You will probably begin to feel the effects during the first treatment, and should see definite changes within the first three sessions. However, it takes multiple sessions to ensure that these changes "take" and endure for significant periods of time.

Direct Neurofeedback is amazingly safe with the most common side effects being fatigue, a "wired" feeling, minor headaches, and lightheadedness. Some positive effects are immediate, but others happen some time after treatment. Similarly, some side effects, like sleeplessness or vivid dreams may not arise until hours or days after the session. Past conditions or symptoms might re-assert themselves, but this is temporary. If something new occurs, make sure you note when and how good (or severe) the effect was so you can tell your practitioner. You can contact your practitioner between sessions if you would like to discuss the effects or side effects before your next session. Whatever side effects you may experience are temporary. There has NEVER been a report of long-term side-effects from any type of Direct Neurofeedback.

Hopefully we've answered your questions here. If you have any more questions, please feel free to ask your practitioner anything you like.

**Here's looking forward to a better brain and a better you!**