

TAKE HOME SHEET

The effects of a session are typically noticed during or shortly after a session. You may not notice effects from the session until a few minutes or even hours afterward. Very occasionally, you may not feel the effects until the next day. These effects may evolve over the course of the day. You can help the success of these treatments by tracking these effects so that you can discuss them with your clinician at your next session.

IMPROVEMENTS	OVERSTIMULATION
<ol style="list-style-type: none">1. Calm2. Clarity3. Energy4. Optimism5. Sense of wellbeing	<ol style="list-style-type: none">1. Tired2. "Wired" (giddy or anxious)3. Lightheaded4. Headache (usually a slight pressure)5. Nausea6. Flare of Current Symptoms
Initial improvements typically last from a few hours to a few days. With additional sessions the improvements will stay for longer and longer periods of time until they "endure".	These symptoms are common, always temporary and actually a positive sign that your brain is responding to Direct Neurofeedback.

If you are at all concerned call your neurofeedback clinician.

It is very important that you not drive if you feel tired or lightheaded.

What to look for after a session:

1. Take note of how long either the relaxation or other positive effects persist. Similarly, take note of how long symptoms of overstimulation persist. Try to be as specific as you can so your clinician can adjust your sessions accordingly.
2. Notice how you may respond differently to your daily routine; what surprises you. You may notice indirect changes of emotional resilience.
 - a. You might be less reactive. (Good indicators: how you respond in traffic, how you feel when waiting in line)

- b. If you are still reactive, it might be less intense than usual and the duration might be shorter. In other words, you might notice yourself “bouncing back” more quickly and being more resilient.
 - c. Take note of the chronology of events after your first session. What happened subsequent to the session is more important than how you feel when you come in for your second session. At that point you might have already returned to baseline, which is typical in the beginning.
3. Although you may not *feel* a change, take note of any changes in *behavior*. For example, you may still feel depressed but you call a friend on the phone rather than isolate yourself. A good way to do this is to take a moment at the end of your day and review everything you did (or did not) do. Are there any surprises? Are they positive?
4. Initial changes are temporary. With subsequent sessions the positive effects last longer and longer until they persist. By the end of treatment improvements generally “endure”, which is not quite the same as “permanent”. Most people require about 15-20 sessions although this number can vary. If you discontinue treatment before completion the improvements you have experienced are not likely to persist. “Tune-ups” are suggested every 3-6 months.
5. Please email or text message your Clinician within 24hrs to report your response after your session.

Emergency Contact

Name:

Address:

Phone:

Email: