



BIOFEEDBACK CONSENT FORM

Disclaimer: Biofeedback is a non-invasive procedure considered to be generally safe. Biofeedback does not use any needles, skin penetration, or other invasive procedures. But it is possible that biofeedback may exacerbate emotional problems, at least temporarily, during the biofeedback training sessions. Some clients may become drowsy. We require you to advise us anytime you feel any side effects, so corrective steps may be taken to alleviate your discomfort.

Neither biofeedback practitioners nor biofeedback devices are intended to diagnose, treat, cure or prevent any medical, psychological or nutritional condition, disease or disorder. All lawfully registered biofeedback devices are intended for the purpose of relaxation and muscle re-education and are legal to use for those purposes. *The Biofeedback Experience* warrants that all biofeedback equipment to be used during any biofeedback sessions with client will be lawfully registered with the appropriate governmental agencies as required by law.

Research has shown that biofeedback may be effective for stress management, including hypertension, by teaching clients how to relax completely and re-educate their muscles. Medical experts generally agree that stress is the major cause of all disease – manage your stress and your body heals itself. But there is no guarantee that if you manage your stress, your body will heal itself.

Research has shown that biofeedback may be effective for pain management, including headache, shoulder and back pain, by teaching clients how to relax and re-educate their muscles. There is no guarantee biofeedback will help you reduce or otherwise manage your pain.

Research has shown that biofeedback is contraindicated for individuals that have a pacemaker, are pregnant or experience seizures. You agree that you will notify *The Biofeedback Experience* immediately if any of these conditions apply to you.

Biofeedback Training Outcomes. Possible side effects of biofeedback include:

A reduction of:

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|------------------|------------------|--------------------------|
| • Anxiety | • Depression | • Anger, grief or sorrow |
| • Blood Pressure | • Reaction Times | • Dizziness |
| • Vertigo | • IBS | • Tics |

An increase in:

- | | | |
|------------------------|----------------------|---------------------|
| • Focus | • Attention | • Concentration |
| • Mental Dexterity | • Short Term Memory | • Short Term Memory |
| • Dexterity & Mobility | • General Well-Being | • Physical Strength |

and an increase in joy, happiness, courage and peace of mind. There is no guarantee biofeedback training will result in any of these generally beneficial side effects.

Biofeedback is not a substitute for effective standard medical or psychotherapy treatment. You are advised to continue ongoing medical treatment and therapies until otherwise advised by your psychotherapist, physician or medical practitioner. If you are taking medications, it is important to stay in close communication with your physician. He or she may want to decrease your medications during the course of your biofeedback training. There is no guarantee that biofeedback training will result in a decrease of medications.

It is your responsibility to monitor the effects of biofeedback training and to continue the training as long as it is beneficial to you. Research suggests that while most people gain considerable benefits from biofeedback training, some people may not gain any benefit from biofeedback training. Though we have every expectation that biofeedback will provide you some benefit, there is no guarantee that you will.

Qualifications: Lisa D'Acquisto is a Certified Biofeedback Technician.

Confidentiality. Your identity and any information about you, whether you share it with us or we discover it on our own, will be held in the strictest confidence, except as specifically required by law. You have the right to waive this confidentiality agreement in whole or part at any time. You agree that *The Biofeedback Experience* may consult with your primary care practitioner or specialist with regard to the biofeedback training provided by *The Biofeedback Experience* and the results obtained. You have the right to waive this permission at any time.

Binding Arbitration. You agree to bring any dispute to *The Biofeedback Experience's* attention as soon as possible and without undue delay. *The Biofeedback Experience* agrees to make every effort to resolve any dispute between us in a timely manner. You agree to submit any irresolvable dispute between us to binding arbitration under the rules of the American Arbitration Association. *The Biofeedback Experience* agrees to do the same. You and *The Biofeedback Experience* both waive our rights to seek remedies in court. The result of arbitration is final and binding upon both parties—you and *The Biofeedback Experience*.

Acknowledgment. I acknowledge that I have read and understand this document, and have received acceptable answers to all my questions regarding biofeedback, and consent to receiving biofeedback training. I am not under duress at this time and my consent is given voluntarily and without coercion. I understand that I may discontinue biofeedback training at any time and that I may refuse to participate in any particular or specific biofeedback training without penalty.

Client Name _____ **Date** _____

Client Signature _____

If Client is a Minor:

Minor Name _____ **Date** _____

Parent or Guardian Signature _____