

MindWire

Neurofeedback

In conjunction with Smithson Counseling LLC.

CLIENT INFORMATION

First Appt. Date: _____
Name: _____ Gender: _____
DOB: _____ Age: _____ E-Mail: _____

OK to E-Mail? YES NO

Preferred Phone: _____

Alternate Phone: _____

OK to Leave Messages? YES NO

Mailing Address: _____

Preferred Way to Contact: _____

Occupation: _____

Education: (highest level attained) _____

Are you satisfied with your work/education? YES NO

Comments: _____

(circle all that apply:)

SPOUSE/PARTNER/PARENT/ EMERGENCY CONTACT: _____

Gender: _____ DOB: _____ Age: _____ Phone: _____

(Wk) _____ E-Mail: _____

Home: _____ (Wk) _____

E-Mail: _____ OK to Leave Messages? YES NO

OK to E-Mail? YES NO

Significant health problems:

What are you hoping to achieve through
Neurofeedback? _____

Do you have any concerns you would like me to know about? _____

Previous Treatment (Use back page if necessary) YES NO InPt/OutPt
When? _____
HELPFUL? _____

Counseling YES SOME NO PSR
Drug/Alcohol: _____
Psychiatric Services/ Medications: _____

Hospitalization: _____

Self Help: _____

Have you or are you currently thinking of harming yourself? NO YES

Comment: _____

Have you or are you currently thinking of ending your life? NO YES

Comment: _____

Has anyone in your immediate family attempted or thought of attempting suicide? NO YES

Comment: _____

How did you find me? _____

Health History Primary Physician: _____

Phone: _____

Primary Psychiatrist: _____

Phone: _____

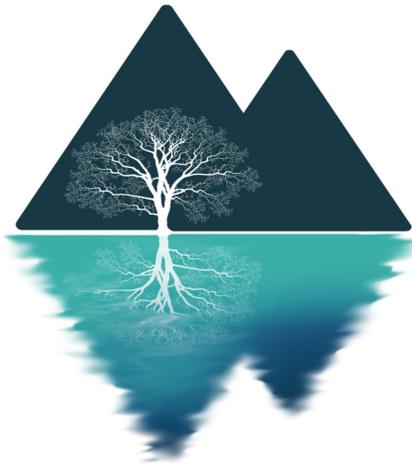
Significant health problems: _____

Current Medications/Supplements (use back of page if necessary) Name of Medication Dosage
Frequency Purpose Prescribing Physician Concerns/Questions

Past Medical Conditions (use back page if necessary) What When Treatment/Outcome

Andy Smithson, LCSW

Phone: (208) 312-3648, www.smithsoncounseling.com, andsmithson@truparenting.net



MindWire

Neurofeedback

In conjunction with Smithson Counseling LLC.

Payment Agreement:

Most other neurofeedback methods require you to pay \$750-1200 before you even begin sessions for your initial brain map and assessment. With MindWire and NeuroOptimal we will start training your brain from the very first visit and you will be feeling the benefits of 10 sessions by the time you would have paid for only your first diagnostic visit elsewhere.

All client's commit to at least 10 sessions to ensure that clients get the most out of their brain training. Please check below that you are committed to at least 10 sessions. You can select from the options to pay for a 10 session package or a discounted 20 session package.

I am committed to attend at least 10 sessions for brain training in a regular and consistent manner.

Check the Neurofeedback package you are selecting below.

\$949 for 10 sessions. (Only \$94.90 p/session)

\$1709 for 20 sessions. (Only 85.45 p/session, Savings of \$189 or 2 FREE Sessions!)

(Prepaid sessions can be shared by immediate family members of the party paying for sessions when they have completed their goals for brain training.)

\$89 per/session if paid per individual booster session. (This option is for booster sessions after initial training is complete.)

You may pay with card, cash or check. Payment is required before each session. Sessions not canceled 24 hours in advance will be charged the full session fee/ charged against the client's purchased sessions. \$25 will be charged for all returned checks.

I certify that my signature below authorizes Andy Smithson/MindWire to charge my authorized means of payment. I agree that this financial agreement will continue for as long as services are provided or until I inform Andy Smithson, LCSW in person or by certified mail that I wish to end it. I agree all terms of this agreement.

Print Name: _____ Date: _____

Recipient of Brain Training(If someone other than the payer): _____

Phone Number: _____

Signature of Person Responsible for Payment:



NEUROPTIMAL®
POWERED BY ZENGAR®

CLIENT INFORMED CONSENT

I _____ understand that NeuroOptimal® is not a medical treatment, device or methodology. It is not used to diagnose medical disorders nor is it used as a medical treatment for disorders and has not been approved for any medical purpose by the FDA, Health Canada or any other governing agency. While Zengar trainers may or may not be licensed health care practitioners, their use of NeuroOptimal® is solely as a tool for brain training and optimization and not as a means of diagnosis or as a medical intervention.

I am satisfied with the information I have been provided (verbal, written or otherwise) by my trainer on the effects I can expect during my NeuroOptimal® training and my questions have been answered to my satisfaction. I understand that it is not possible to predict what my central nervous system will do with the information it is offered and consequently there can be no guarantee as to the results of my training.

I agree to cease training if I am less than happy with the results I am getting. I understand NeuroOptimal® is purely a source of information and does not direct the response of the central nervous system. Consequently I agree to not hold Zengar Institute Inc or any of its users and trainers responsible for a less than desired outcome or any outcome that may be considered negative.

Your Signature

Today's Date

Your Printed Name



NEUROPTIMAL®
POWERED BY ZENGAR®

CHECKLIST OF CLIENT CONCERNS

NAME:

DATE:

PRE/ONGOING/POST DATE:

Below is a list of problems that clients frequently describe to us. Please check off any that match your current concerns. If you are not sure whether to endorse an item, use the past week as a guide. Feel free to add any comments as necessary. Thank you.

Immune System

1. Allergies
2. Asthma
3. Frequent colds, infections
4. Yeast infections
5. Fatigue

Sleep

6. Difficulty falling asleep
7. Wakeful or restless during night
8. Waking up early
9. Difficulty waking up
10. Nightmares or night terrors
11. Snoring
12. Sleep walking

Skin/Hair/Nails

13. Problems with skin
14. Hair
15. Nails

Eyes

16. Double or blurred vision
17. Blind spots
18. Spots in your vision

Ear/Nose/Throat

19. Hearing loss
20. Ringing in ears
21. Earaches
22. Sense of smell changed or lost
23. Nose or sinuses blocked
24. Grinding your teeth
25. Sense of taste changed or lost
26. Hoarseness or sore throat

Heart/Lungs

27. Problems breathing
28. Heart problems
29. Hypertension
30. Palpitations
31. Dizziness

Intestines

32. Nausea or vomiting
33. Gastric pain
34. Gas or bloating
35. Irritable bowel
36. Diarrhea
37. Constipation

Hormonal/Blood

38. Appetite problems (e.g. wanting to eat when not hungry, etc)
39. Diabetes
40. Desire for sweets or carbohydrates
41. Sensitivity to heat or cold
42. Thyroid problems
43. PMS symptoms
44. Hot flashes
45. Other menopausal symptoms
46. Low interest in sex
47. Excessive interest in sex

Bones/Joints/Muscles

48. Pain or stiffness in joints or muscles
49. Sore trigger points
50. Fibromyalgia
51. Bodily fatigue

Nervous System

52. Headaches or migraines
53. Fainting
54. Seizures
55. Memory loss
56. Blocking on words
57. Reading problems
58. Difficulty speaking
59. Tremor (shaking)
60. Weakness
61. Hyperactivity
62. Problems with balance
63. Motor or vocal tics

Attention and Organization

64. Difficulty focusing
65. Easily distracted
66. Make mistakes

67. Difficulty organizing activities
68. Not completing tasks
69. Lose train of thought

School/Learning

70. Difficulty completing schoolwork
71. Getting into trouble at school
72. Inverting letters/numbers
73. Spatial problems (e.g. difficulty building things, understanding how things should be put together)
74. Difficulty with particular subjects

Bowel/Bladder

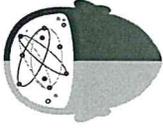
75. Difficulty urinating
76. Difficulty holding your urine
77. Difficulty controlling your bowels
78. Frequent bladder infections

Habits

79. Sometimes drink too much
80. Smoke cigarettes
81. Concerns about your diet
82. Desire caffeine
83. Use marijuana
84. Other addictions

Behavior/Emotions

85. Mood swings
86. Feeling down, depressed or flat
87. Feeling sad
88. Feeling anxious
89. Panic attacks
90. Worry
91. Thoughts that won't leave your mind
92. Need to repeat actions or words over and over.
93. Bingeing
94. Restricting your food intake
95. Making yourself vomit
96. Phobias- avoiding things
97. Feeling others are against you
98. Behaviors that get you into trouble, or are not good for you
99. Feeling angry a lot
100. Impulsive
101. Feeling overwhelmed



NEUROOPTIMAL®
POWERED BY ZENGAR®

SETTING YOUR GOALS

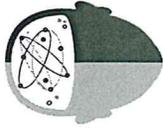
FILL THIS OUT BEFORE YOU START YOUR TRAINING WITH NEUROOPTIMAL®

I will know NeuroOptimal® is working if....

1.
2.
3.

Put this in an envelope with your Checklist of Concerns and don't look at it until after you have filled in your next set of forms!

www.neurooptimal.com



NEUROOPTIMAL®
POWERED BY ZENGAR®

TRACKING YOUR PROGRESS

Fill this out in combination with the checklist of concerns before you start training and then every ten sessions.

NAME: _____ DATE: _____

SESSION (CIRCLE) 1 10 20 30 40

Medication I am on (how much, how often): _____

CONCERN Pick the concerns you circled that you would like to change the most. Add any other concerns you want to track	FREQUENCY How many times did you feel this way in the past week, or how many days out of 7?	INTENSITY How strong was it 0-10	DURATION How long did it last? Do not count when you were sleeping
1.			
2.			
3.			
4.			
5.			

Put this in an envelope with your Checklist of Concerns and don't look at it until after you have filled in your next one!

www.neurooptimal.com



In conjunction with Smithson Counseling LLC.

How NeurOptimal Works

You can think of NeurOptimal® training as holding up a mirror to your brain. Imagine you had not seen yourself in a mirror in a long time. Once you see your reflection you naturally start adjusting yourself, maybe standing a little taller, straightening up your hair and so on. The mirror provides the information you need to correct and adjust yourself. And so it is with the brain.

The brain has an inherent ability to self-correct when given the right information and NeurOptimal® is designed to provide the brain with the information it needs to make its own adjustments. Inconsistency, or abrupt changes in electrical activity in the brain, undermines optimal functioning of the brain. NeurOptimal® detects these abrupt changes and informs the brain of these sudden shifts through interruptions in the sound you are listening to. These almost imperceptible pauses invite your central nervous system to pull away from this less-than-ideal path it was on. This happens over and over until the natural self-correction becomes your new normal and your brain functions more efficiently, effectively and comfortably. When this happens, you sleep better, are less stressed, can focus more easily and feel the joy of an easier life, despite the challenges you may face from the outside.
https://neuroptimal.com/discover-neuroptimal/#how_does_neuroptimal_work

As our brains function, every second of every day, each function or neurological act produces electrical frequencies. Over time, due to life, trauma, and other factors, these neurological acts become habitual to our brain, sometimes in sub-optimal ways. NeurOptimal monitors brain electrical activity and habits in real time (monitoring 256 data points per/second). When the brain is about to act or change directions, it produces a slight flutter in electrical activity. NeurOptimal picks up this flutter through the sensors on the head, and reflects it back to the brain through interruptions in the sound/music the client is listening to. The brain's orienting response is initiated by this feedback, essentially showing the brain what it is doing and asking the brain with each change, "Is this the appropriate way to respond to the environment, situation, thoughts, or challenges present as this very moment?" When given this direct moment to moment information, the brain makes appropriate changes and builds more appropriate, efficient and effective habits. Your brain knows what is best for it and is self organizing and self correcting when given the right information to do so. NeurOptimal acts as a mindfulness trainer for the unconscious central nervous system, helping your brain to be more self aware, present, flexible, resilient and therefore learning to function its very best over time. Because this is a learning process for your brain/(CNS), significant, long term effect take consistent practice over time.



In conjunction with Smithson Counseling LLC.

What Can I Do During A Neurofeedback session?

The short answer is...

Whatever you want as long as you stay relatively still so not to disturb the sensors on your head and so you can keep the ear buds in your ears and hear the sound clearly.

Some suggestions of things you can do during the neurofeedback session...

1. Read a book of your choice or one of the provided books in the office.
2. Do homework
3. Do other work (As long as it can be done in the chair and does not interfere with the equipment.)
4. Do a puzzle
5. Color
6. Draw
7. Write
8. Just relax- (Lay back and enjoy the break from your daily schedule.)
9. Even Sleep
10. Do progressive relaxation (Ask about scripts to follow for this.)
11. Do mindfulness body scan or other meditation.
12. Count your blessing- gratitude.
13. Play a game that doesn't require sound.
14. Watch a movie (Ask about movies provided that can be integrated into your session)
15. Request an activity.



In conjunction with Smithson Counseling LLC.

How to Get the Most Out of My Neurofeedback Sessions.

- 1. Commit to a consistent brain training schedule.**
- 2. Eat as Healthy as you can.** (Feed your brain well)
- 3. Practice good sleep hygiene.** (Neuroptimal will assist you with sleep but your environment and habits will also play a role)
- 4. Start to initiate or increase healthy habits.**
- 5. Track and review your progress.** (Watch for subtle but significant shifts)
- 6. Challenge old negative assumptions or habits.**
(Neuroptimal will assist you in being able to reorganize and accept new positive attitudes and habits as you present these new concepts)