



INFORMED CONSENT FOR MICRO CURRENT NEUROFEEDBACK (MCN) MCN Information & Frequently Asked Questions:

1. What is Micro Current Neurofeedback? Brain Balancing utilizes Micro Current Neurofeedback (MCN). MCN is NOT A MEDICAL TREATMENT. MCN is a non-invasive, state-of-the-art method for optimizing the brain to function in a more balanced and healthful way. MCN has proven to be helpful to sufferers of many neurological conditions including chronic pain, depression, anxiety, migraines, PTSD, ADHD and many more.
2. What are the Benefits of MCN? MCN Treats the Problem, Not the Symptom. MCN has been clinically shown to be helpful in reducing symptoms associated with brain imbalances and dysregulation. These areas include: Anxiety, ADD, ADHD, addictions, anger, anxiety, Autism, brain fog, Bruxism, Chronic Fatigue, concussions, depression, Fibromyalgia, hypervigilance, irritability, lack of focus, learning disabilities, Lyme, memory problems, migraines, OCD, pain, panic attacks, PMS, PTSD, Shingles, sleep/insomnia, stress, Tourette's, TBI's, Tinnitus and many more.

3. How Does MCN work? MCN Corrects Brain Wave Imbalances. The brain is a bioelectrical system. Every thought, sensation and emotion are brought about by the electrical firing of neurons in the brain. The cumulative effect of millions of neurons firing produces brain waves.

After decades of studies, healthy brain wave patterns have been documented. Healthy brain wave patterns are balanced and predictable. A healthy, balanced and properly regulated brain will produce the appropriate brain waves at the appropriate times. These healthy patterns are referred to as Neural Regulation.

In contrast, Neural Dysregulation occurs when the brain and nervous system are injured or stressed. Brain wave patterns become unhealthy and imbalanced. This Neural Dysregulation results in a wide range of conditions including depression, chronic pain, ADHD, anxiety, PTSD, memory, lack of focus, and many more.

The effectiveness of MCN is thought to be its ability to interrupt the unhealthy brain wave patterns and stimulate new healthy ones. Like rebooting a computer, MCN stimulates the brain to reset itself and develop new healthy brain wave patterns. The result is the minimization of unhealthy brain wave patterns and the symptoms associated with them.

4. What Should I Expect During an MCN Session? A typical MCN session begins with the placement of five electrode sensors on the head and neck to measure the electrical activity of brain waves using an electroencephalograph (EEG) unit. The EEG unit transmits the signal to the computer which then responds by sending low intensity pulses back through the EEG unit to the brain. The intensity of the pulses is less than the strength of a AA battery and cannot be felt. The pulses interrupt unhealthy brain wave patterns and stimulate new healthy ones. Like rebooting a computer, MCN stimulates the brain to reset itself and develop new healthy brain wave patterns. The result is the minimization of unhealthy brain wave patterns and the symptoms associated with them.

5. How Many Sessions Will a Person Need? The number of sessions will vary from person to person. Some clients may notice improvement after one session. An individual with a history of lifelong problems will typically require more sessions. A typical series is 15-20 sessions for adults, youth typically require less. Initial improvements are often temporary, but due to the cumulative nature of the sessions, the improvements last longer with each one. Over time, the improvements often lead to enduring sustainability.

6. What can I expect after a session? The most commonly reported responses include mental clarity, clearer vision, more restful sleep, increase in motivation, improved focus and clarity, decreased anxiety and depression, increased ability to read, absence of irritability, absence of impatience and the absence of anger. Possible Side Effects or Reactivity: Possible side effects, include, but are not necessarily limited to, feeling tired, lightheaded, headaches or a temporary exacerbation of a symptom. Occasionally, individuals may have periods of increased anxiety, increased irritability, or a lack of energy. If you experience any of these reactions, please tell your Zen Brainz Practitioner, as the sessions can be adjusted to minimize reactivity. Staying hydrated and resting may help alleviate these symptoms.

7. Will I get Shocked? No. The amount of energy that is used in MCN is very small and very safe. The EEG Amplifier puts out a very small signal that is equivalent to about 1/100th the strength of an AA battery. The signal is less than the strength of a cell phone signal and is far below anything a person can feel or detect. The MCN System is a Class 1 FDA Registered device, 510K approved.

8. Zen Brainz Practitioners are Not Licensed Physicians. MCN sessions are not licensed by the state.

9. Confidentiality. All information disclosed within sessions and the written records pertaining to those sessions are confidential and may not be revealed to anyone without your written permission, except

where disclosure is required by law. Zen Brainz Interns, Interns may occasionally work with Zen Brainz Practitioners as part of their training to become Zen Brainz Practitioners and are bound by the same Confidentiality protections as mentioned herein. If you object to having an Intern present during your sessions, please inform your Zen Brainz Practitioner.

10. Appointment Cancellations. Your appointment time is reserved for your exclusive use. Should you cancel your appointment less than 24 hours in advance, or fail to use your scheduled time, it may not be used by another client. For this reason, a \$50 fee will be charged for any appointment canceled less than 24 hours in advance.

11. For More Information, please visit our FaceBook page at Zen Brainz Neurofeedback and Zenbrainz.com

ACKNOWLEDGEMENT: I acknowledge that I have read and have been given a copy of this MCN Information Summary & Frequently Asked Questions (client copy is attached as the last 2 pages of this packet).

Acknowledgements & Signature

Page:

1. This writing, in its' entirety, known as "the Agreement" constitutes the entire contract between the parties including offer, acceptance, and mutual consideration, and that no other communications whether verbal, written, or electronic may alter any of the terms of this Agreement.
2. I acknowledge that I have been given an opportunity to ask questions about MCN and any such questions have been addressed to my satisfaction.
3. I acknowledge that no guarantee, assurance or promise of a cure has been made to me by using MCN.
4. I understand that I may discontinue the session at any time and that this consent form may be withdrawn at any time.
5. I understand that this MCN session will not be billed to my insurance company and that MCN may not be covered by my insurance company.
6. Zen Brainz Practitioners are not licensed physicians nor are the services provided licensed by the state.
7. California's Business and Professions Code Notice: MCN Services are offered under Sections 2053.5 and 2053.6 of California's Business and Professions Code, subject to requirements and restrictions as described herein.
8. Integration: This Agreement sets forth and constitutes the entire Agreement and understanding of the parties with respect to the subject matter hereof. This Agreement supersedes any and all prior Agreements, negotiations, correspondence, undertakings, promises, covenants, arrangements, communications, representations, and warranties, whether oral or written, of any party to this Agreement.
9. Modification. No change or modification of this Agreement shall be valid or binding upon the parties unless the change or modification is in writing and signed by the parties.

10. Severability: If any provision of this Agreement is prohibited, invalid or unenforceable in any jurisdiction, that provision will, as to that jurisdiction, be ineffective to the extent of the prohibition, invalidity, or unenforceability without invalidating the remaining provisions of this Agreement or affecting the validity or enforceability of that provision in any other jurisdiction, unless it materially alters the nature of material terms of this Agreement.

11. I hereby RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT TO SUE the Zen Brainz Practitioner, or its Company, or the Licensed Practitioner's office or clinic where the MCN Sessions are provided, from any personal injury, or illness, however caused, arising from, or in any way related to the MCN sessions, except for those caused by the willful misconduct, gross negligence or intentional torts of the parties involved, or as otherwise proscribed by California law, which is the substantive law that will apply to any future dispute between parties. Any dispute arising out of or in relation to the MCN session(s) shall be resolved by the terms of the Arbitration Agreement contained herein.

Client, Parent or Guardian

Client, Parent or Guardian full name:

By signing this form, you are agreeing to the terms and conditions stated herein.

Client, Parent or Guardian Signature:
