

# Nexus Behavioural Health

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## *Biofeedback Informed Consent:*

Biofeedback is a technique for learning how your body and mind work together. Chances are you that you already have some experience with biofeedback. For example, you may have felt hot as if you had temperature or fever, got a thermometer to confirm it, and taken some medication. You responded to what your body was doing. Your body responded to your choice of medication.

Biofeedback has proven instrumental in the treatment of many physiological, psychological, and combination disorders. Medical conditions we help treat are Raynaud's disease, tension headaches, migraines, pain/chronic pain, stress labile hypertension, and irritable bowel syndrome. We consider it very important to work with your physician in order to understand and effectively treat your condition. Some physiological disorders may be referred physical therapists, such as muscle strengthening/retraining or posture analysis.

Psychological benefits examples include stress inoculation, decreased depression and anxiety, decreasing anticipatory anxiety, eliminating panic attacks, and increased self-efficacy (e.g. increased positive belief in one's self). Biofeedback can also be used to cue both the therapist and client to unconscious psychological processes. Biofeedback is used in conjunction with other techniques to treat the following: stress disorders, panic attacks, tics, psychological trauma histories, pain, ADD, and ADHD.

Due to the complexity and co-variance of biological and psychological components, most cases using biofeedback will require either a current medical provider's clearance or that you obtain medical advice. There are many biological/medical disorders and their treatments (e.g. medications) that impact biofeedback. We need your medical history in order to ensure that traditional treatment has been sought and that covariant medical factors can be considered in treatment.<sup>i</sup> Also, know that it is important to understand that current diet and/or medications can affect the quality of biofeedback session. Therefore, it is necessary for us to know your dietary history, to include drug use (e.g. alcohol).

We use Food and Drug Administration (FDA) approved biofeedback equipment from Thought Technology. By signing this document I understand that I may not be able to use biofeedback if I have a pace maker or have allergies to either alcohol or band-aid adhesive. By signing this document I agree that I understand both the complications and benefits associated with biofeedback. I also give my consent to the use of this protocol.

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Signature/Date

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Witness/Date

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<sup>i</sup> Failure to follow recommendation for updated medical care may result in termination of Nexus Behavioural Health's client-professional relationship.