



145 Laquinta Dr. Egg Harbor, NJ 08234 c: 267-481-3987

## Neurofeedback Home Training Costs and Expectations

**Step 1** is to identify the problem behaviors and other concerns. The foundation of our approach to Neurofeedback training is the Quantitative EEG (QEEG), which directly measures brain activity and compares it to norms by age and gender. Without this assessment brain training and measurement of results rely more on symptom assessment and not empirically validated neurophysiological information.

**Step 2** is to get the QEEG and other information collected and then teach you how to run your own neurofeedback training sessions yourself at home. We will help arrange the QEEG acquisition with help from providers in your area. Once we collect the QEEG data, analyze it and construct a report and training protocol, we send you a laptop preconfigured and loaded with all the software to conduct your training sessions.

**Step 3** is doing the training sessions and getting feedback on your successful meeting your learning and behavioral goals. We recommend about 10-30 minutes, 3 times a week to start. If there are any challenging reactions (increased agitation, poor sleep, etc.) contact us to consider protocol adjustments. After you know that you or your child is doing well with a protocol, you can consider training more often, even daily, or in some circumstances twice a day. – Please discuss with us before running sessions this often as sometimes ‘more’ isn’t ‘better’. As time goes on you will develop a good sense of what is useful,

**Step 4** is to review progress. After about 10-20 sessions, I will want you to email the session recordings to me so we can create a report, and we can talk to you about what you are seeing in “real life”. We’ll check the data and let you know if you should change some settings to enhance results.

**Step 5** is to repeat the QEEG to document how your brain functioning has changed. I like to do this after every 30-40 sessions or 3 months.

Children with complex needs often need at least a year of neurofeedback training to accomplish their goals. Please note that this timeframe can be reduced if you are doing other types of neurotherapy, e.g., photobiomodulation, HBOT, and functional medicine. We will do our best to align our expectations accurately in the beginning based on clinical presentation, and the intensity of the treatment process. The rate and dynamics of progress will change; this is not a linear process, i.e., even the same child may make slow progress over one time period and then make very fast progress later on.

### **GETTING STARTED COSTS:**

<b>Home Training Cost Estimate (12 Months)</b>	
<b>Equipment/Setup Costs:</b>	<b>\$2,500</b>
<b>Data analysis/supervision:</b>	<b>\$2,000</b>
<b>Quarterly QEEGs:</b>	<b>\$750</b>
<b>Total:</b>	<b>(\$5750 includes Dr. Berman’s consultation)</b>



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**ONGOING FEES:**

\$180per hour (billed in 15-minute increments) for data acquisition and analysis, progress reporting and supervision, expect this to be less than an hour a month after you are routinely running sessions.

Supplies: There will be some supplies you will need to purchase for ongoing use (EEG scrub and paste), these are easy to buy from us. Occasionally you may need to buy new leads or electronics accessories, these will generally be \$100 or less.

We can't offer insurance coverage for any home training or internet-based services and are working in conjunction with the Affordable Health Act and Mental Health Parity Law are helping us realize this goal. We care about you, your kids and your family, we will work with you to support the neurofeedback training and counseling provided be successful. Lastly, we are a 501c3 charitable nonprofit so we will work with you around the cost of services so let us know if there's a financial hardship.