

## Take Home Sheet

Effects of a session are typically noticed during or shortly after a session. Sometimes you may not notice effects from the session until a few minutes or even hours afterward. Very occasionally you may not feel the effects until the next day. These effects may evolve over the course of the day.

### Improvements

- 1) Calm
- 2) Clarity
- 3) Energy
- 4) Optimism
- 5) Sense of wellbeing

Initial improvements typically last from a few hours to a few days. With additional sessions the improvements will stay for longer and longer periods of time until they “endure”.

### Overstimulation

- 1) Tired
- 2) “Wired (giddy or anxious)
- 3) Lightheaded
- 4) Headache (usually a slight pressure)
- 5) Nausea
- 6) Flare of Current Symptoms

These symptoms are very common, always temporary and actually a positive sign that your brain is responding to treatment. If you are at all concerned call your neurofeedback clinician.

**\*It is very important that you not drive if you feel lightheaded.\***

### What to look for after a session:

- 1) Take note of how long either the relaxation or other positive effects persist. Similarly, take note of how long symptoms of overstimulation persist.
- 2) Notice how you may respond differently to your daily routine; what surprises you. And you may notice indirect changes of emotional resilience.
  - a. You might be less reactive.
  - b. If you are still reactive it might be less intense than usual and the duration might be shorter. In other words, you might notice yourself “bouncing back” more quickly and being more resilient.
  - c. Take note of the “chronology” of events after your first session. What happened subsequent to the session is more important than how you feel when you come in for your second session. At that point you might have already returned to baseline, which is typical in the beginning.
- 3) Although you may not feel a change, take note of any changes in behavior. For example, you may still feel depressed but you call a friend on the phone rather than isolate yourself.
- 4) Initial changes are temporary. With subsequent sessions the positive effects last longer and longer until they persist. By the end of treatment improvements generally “endure”, which is not quite the same as “permanent”. Most people require about 15-20 sessions although this number can vary. If you discontinue treatment before completion the improvements you have experienced are not likely to persist. “Tune-ups” are suggested every 3-6 months.
- 5) Please email or text message your Clinician within 24hrs to report your response after your session.