



Neurofeedback Clinic of Northern Colorado  
4115 Boardwalk Drive, Ste 100  
Fort Collins, CO 80525  
P970-493-4580

## Brain Map Appointment

### Preparation

Please come *15 Minutes Early* to your appointment to complete your paperwork. If you'd like to do your paperwork ahead of time, you can access it on our website: NCnoco.Net.

Fort Collins clients will hand their paperwork in at the front desk.

\*\*\*Greeley office clients will bring their paperwork to their intake appointment in Greeley.

Drink plenty of WATER before your appointment. It is important that you come HYDRATED as this will help us get the most accurate results. Appointments take between 50 minutes to an hour.

### What to Expect

We will place a cap with sensors on your head, which looks like a swimmers cap. Each sensor will be filled with gel that helps get a reading. Your hair will be messy and full of gel by the end. Some people like to bring a hat to put on after, or a towel to wipe down their hair.

The process is completely passive, we are simply reading and recording the electrical activity in your brain, NOT putting anything into it.

The brain map is a painless process where you will be asked to sit still and open and close your eyes for 2-3 minutes for several recordings of your brain activity. We are measuring the electricity to gather information about how your brain is functioning and areas that we will want to address in neurofeedback.

### How we use the Brain Map

The brain map provides us with information to know how and where to train your brain. We will put this information into a brain map report that you will receive at your intake session.

Clinicians use the brain map for clinical purposes to identify symptoms, set goals and get to know clients.

We do NOT diagnose from the brain map.

### What to Expect Moving Forward

Once your brain map is complete you will be scheduled for an Intake Session with your primary therapist. Your first session with your therapist will be spent reviewing the results of your brain map, gathering information about your history and what is bringing you in for treatment. *If the client is **under the age of 15** please do NOT bring them to the intake appointment.* The session following your intake you will begin doing neurofeedback in conjunction with therapy.

Please note that the service we are providing is neurofeedback assisted psychotherapy. Clinicians are all licensed mental health providers. We will be your primary mental health provider unless you already have a therapist in which case we are happy to coordinate care with your existing therapist.