



Neurofeedback Clinic of Northern Colorado
4115 Boardwalk Drive, Ste 100
Fort Collins, CO 80525
970-493-4580

Intake Appointment

Preparation

Your paperwork should have been completed and turned in prior to this appointment. Please contact us if you need another copy of the paperwork.

If the client is a child under the age of 15, please do NOT bring him/her to the intake appointment.

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

What to Expect

Your intake appointment will be with your primary therapist.

This session will be spent going over paperwork and clinic policies, reviewing the results of the brain map, gathering information about the client's history and what is bringing them in for treatment.

The session following the intake, we 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.

Going Forward

Sessions following the intake will consist of therapy and neurofeedback. A portion of the session is spent checking in on symptoms, setting and assessing goals, and whatever a client may need. Therapy is an individualized process that is a collaboration between the therapist and client. The second portion of the session is spent doing neurofeedback.

Neurofeedback sessions do not involve the brain map cap with gel, rather there are a few sensors placed on the scalp using electrode paste. We are not putting anything into the brain, the sensors simply measure electrical output of the brain that is then used to provide feedback to the client about their brain's functioning.

The client will watch the television screen, and when the brain is operating in the training zone, the picture is big and clear and the sound is good. If the brain moves out of the training zone, the picture shrinks and may get fuzzy and the sound decreases.

This "feedback" is giving the brain the information it needs to make adjustments on a subconscious level. All of this allows the brain to better regulate itself, and ultimately creates a more flexible and resilient nervous system.