

After the first Session:

So I'm better able to assess your sensitivity level and how you might respond to the low energy neurofeedback, or the LENS, please complete the LENS questionnaire online.

Instructions for questionnaire: Go to the Seacoast Neurofeedback, LLC website for the link:
www.TheLENSRN.com → Forms → LENS Questionnaire
→ enter email and complete the questionnaire. Any boxes requesting an entry must be completed even if it's just a period → be sure you've selected any done or finished buttons.

At 48 hours after the 1st session, and each session thereafter, return to the Questionnaire link and complete the Top 10. Subsequent to the initial questionnaire you will be taken to the Top 10 automatically.

After each session, review the list you received of any issues that may be bothering you and write any progress in your journal. We'll talk about the list and journal on your next session. Complete your journal and bring it with you.

Please be aware of the potential side effects of any medication you're taking as the LENS may increase your sensitivity to it. In that event you will need to notify your prescriber immediately. Please **Do Not** attempt to adjust your medication without your prescriber's knowledge. These would include medications for:

diabetes

thyroid

migraine and other headaches

emotional, thinking, or perceptual problems

seizures; movement problems and spasticity

high blood pressure