

# Virginia Neurofeedback, Attachment & Trauma Center

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Jessica M. Eure, LPC, MEd, EdS  
1445 Rio Road East, Suite 201  
Charlottesville, VA 22901  
(434)960-2519

## Informed Consent to Treatment

### Services & Procedures

The services provided by Jessica Eure include mental health counseling, EMDR, LENS and traditional neurofeedback. These services are offered to people seeking assistance with issues related to life transition, trauma, depression, illness, anxiety, attention, brain injury, and personal growth. An initial intake assessment will be conducted in the first several meetings, after which Jessica will present the client with a treatment plan, or if necessary, recommend a referral to another clinician that she feels will be more appropriate in treating the client.

Sessions are 50 minutes long. For mental health counseling sessions, one weekly meeting is typical. For neurofeedback, any where from one to three sessions a week is typical. In case of an emergency between sessions or outside of regular office hours (after 5 pm weekdays or over the weekend), clients should call Region Ten Community Services at 434-972-1800 or go to the nearest emergency room. The office is open from 10:00 am -6:00 pm weekdays. If you have questions between meetings, please feel free to contact the office at (434) 960-2519, leave a message and a return call should occur within 24-48 hours.

### Qualifications and Theoretical Orientation

Jessica Eure is a Licensed Professional Counselor. She has a Masters degree in Mental Health Counseling from the University of Virginia, and a bachelor's degree in psychology from Shepherd University. She has experience in the mental health field in both inpatient and outpatient settings.

She has been working at the Virginia Neurofeedback, Attachment and Trauma Center with Robin Bernhard since August 2004 as a neurofeedback clinician after attending the EEG biofeedback comprehensive training offered by EEG Spectrum International, Inc in July 2004. She also attended a neurofeedback workshop by The Learning Curve, Inc in February 2006. Jessica received training in EMDR in December 2007 and has received specific supervision in EMDR. More recently, in July 2010, she attended a beginner & intermediate QEEG Neurofeedback & LORETA workshop by the Biofeedback Training Institute.

Jessica's approach to counseling centers on postmodern theories of counseling, particularly narrative therapy. The general principles of this approach include viewing the client as the expert in his or her own life and not presuming that there is one 'true' reality, as well focusing on the stories that we tell about our lives. These stories have an impact on all our present and future and analysis of these stories can result in insight that assists in solving problems. Jessica works from a wellness model of counseling that is nonpathologizing.

### Benefits and Potential Risks

Therapy has potential emotional risks. Approaching certain thoughts and feelings may be painful. Making changes in your beliefs or behaviors can be scary, and sometimes disruptive to the relationships you already have. On the other hand, psychotherapy has also been shown to have many benefits. Therapy often leads to better relationships, solutions to specific problems, and significant reductions in feelings of distress, but there are no guarantees of what you will experience.

## Fees & Services

Intake Interview	\$90.00
QEEG Assessment and Report	\$500.00
50 minute Neurofeedback or Psychotherapy Session	\$90.00
30 minute LENS or Traditional Neurofeedback Session	\$65.00

Payment is due at the time of service or at receipt of a monthly bill, whichever your prefer. No insurance is accepted. All checks should be made payable to Jessica M. Eure, LPC.

## Confidentiality and Its Limitations

All information shared in sessions is confidential and will be kept private except the following limits of this confidentiality that the client should be aware of before choosing to agree to participate in psychotherapy or neurofeedback:

1. **Supervision** – In order to provide clients with the best possible service, relevant information regarding cases may be shared with clinical supervisors as needed.
2. **Client Permission** – Clients may give written permission to Jessica Eure to share information with whomever they choose (former clinician, psychiatrist, etc). This permission can be revoked at any time.
3. **Abuse or Neglect** – Therapists have both an ethical and legal duty to protect children and vulnerable adults if they suspect that person is being abused.
4. **Harm to Self or Others** – Client confidentiality will be breached in the case of imminent danger, which means that a client is believed to be suicidal or has expressed intent to harm another.
5. **Subpoena** – Confidential information must be disclosed if ordered by a court of law.

## Cancellations

Clients need to notify Jessica of appointment cancellations at least twenty-four hours in advance. If a session is missed without notification, or if the session is canceled with less than twenty-four hours notice, payment in full will be due for the missed session.

## Right to Records

Clinical records includes information about the clients reasons for seeking therapy, a description of the ways in which problems affect their life, the goals for treatment, progress toward those goals, medical and social history, treatment history, and any payment records. Clients may examine and/or receive a copy of their record, except in unusual circumstances that involve danger to client and/or others or when another individual (other than another health care provider) is referenced and we believe disclosing that information puts the other person at risk of substantial harm.

## Complaints and Right to Refuse Services

At any point, if the client feels that they wish to cease treatment, they will notify Jessica and a final session will be arranged, if needed. If the client is unhappy with what's happening in therapy, please communicate this with Jessica so she can respond to any concerns.

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## Informed Consent for Neurofeedback & Psychotherapy

I understand that neurofeedback has been studied and used in treatment for over 30 years. Some professionals consider neurofeedback to be new and experimental. Neurofeedback has not yet become a regulated profession. This means that no specific licenses, certifications or permits are required to regulate its use.

I understand that my practitioner has completed necessary training to responsibly use this new tool. It has been explained to me that there are no guarantees that I will receive all of the benefits without any side-effects. Many clinical studies have been published on some of the uses of neurofeedback while other uses have few or no studies published. If for any reason I am uncomfortable with the procedure or results from my neurofeedback experience, I will no longer continue to participate in a neurofeedback program. I agree to settle any disputes through mediation only.

I have read and understand the foregoing "Informed Consent for Neurofeedback" and I have clarified any uncertainties before signing. I hereby release Jessica M. Eure, her sources of supervision and her supervisees from any liability related to my treatment, and agree to hold her, her sources of supervision and her supervisees harmless from any effects caused directly or indirectly from neurofeedback and/or psychotherapy.

My signature below serves as my consent for treatment from Jessica M. Eure, LPC.

\_\_\_\_\_  
Client's Name

\_\_\_\_\_  
Client's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Jessica M. Eure

\_\_\_\_\_  
Date

*Additional information about neurofeedback is available upon request from Jessica M. Eure or from the following websites: EEG Spectrum International (<http://www.eegspectrum.com/>), The Learning Curve, Inc. (<http://www.brain-trainer.com/>), and BrainMaster Technologies, Inc. (<http://www.brainmaster.com/>).*