

# Virginia Neurofeedback, Attachment & Trauma Center

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## Information and Instructions Regarding the QEEG Process

### GENERAL INFORMATION ABOUT THE QEEG

I have recommended that you receive a QEEG to assist in your treatment planning (or the treatment planning of your child). It is a computerized form of the electroencephalogram (EEG). The QEEG is becoming of increasing value in guiding the neurofeedback process because of recent improvements in the databases used and in the manner in which the data is utilized to formulate an individualized treatment plan.

You should know that neurologists, the physicians whom historically have most utilized EEG information, are divided on the value of the QEEG and that some professionals consider it to be investigational in nature. None-the-less, many clinicians who provide neurofeedback consider the QEEG to be very valuable in planning a neurofeedback treatment course.

As is the case with the neurofeedback process itself, I cannot assure you that the QEEG will lead to successful neurofeedback treatment (or if we have done neurofeedback prior to doing the QEEG, that it will lead to more success than has been achieved thus far). However, it is the experience of many clinicians that the QEEG frequently leads to more efficient and more effective neurofeedback.

The actual process involves putting a cap on the head and placing electrode conductive gel into each of twenty sensors on the cap. It is necessary to press the conductive gel down through the hair so that it makes a good electrical contact. Rarely, but occasionally people who are very sensitive to touch find this process uncomfortable. However, most people can easily tolerate the process.

Once the cap is on it is necessary for the individual to sit very still with eyes still and upper body muscles relaxed. It is not necessary to remain this way for prolonged periods and it is possible to stop and take breaks during which time the person can move around. None-the-less, there are rare instances when it is not possible for the individual to sit still enough or to sufficiently relax upper body muscles. In these infrequent situations, the testing process would be interrupted and only a partial fee would be assessed for the process because it would not be necessary to analyze and interpret the data.

If the individual being mapped takes medication that could interfere with the process, in some instances it may be desirable, with your physician's approval and instructions, to discontinue the medication before doing the mapping process. If any such medication is being taken, be sure to discuss it with me at the time you make an appointment for the QEEG.

Once the QEEG data is gathered, it is run through computerized normative databases and reports are generated. In some instances, I will consult with Steven Stockdale, PhD, BCIA, a Licensed Clinical Psychologist, regarding the EEG data. Steven has extensive experience in clinical and research applications of Quantitative EEG technology. He is currently the Clinical Director of The Neuro-Health Center in Colorado Springs, CO, which specializes in Quantitative EEG evaluations and neurofeedback treatment for Attention Deficit Disorders and Mild Closed Head Injuries.

In cases where a seizure or significant head-injury history is present, or if treatment goals have specifically to do with a number of neurologically-related disorders, I will generally recommend that the QEEG data be reviewed by a physician. Should you, for any reason, think that an MD review of your information is important, please discuss this with me.

### **COST and INFORMATION RELATED TO BILLING INSURANCE**

The cost of the QEEG is \$500 for the basic test. The fee for the test covers the cost of data acquisition, processing through one or more normative databases, and the cost of consultation with the expert who reviews the information.

Generally you assume that such costs will not be covered by your insurance. However, there are individuals who have been reimbursed by their insurance companies for the test. Please contact your insurance company for more information.

## 1 PREPARATION FOR THE QEEG

The following instructions apply to the person who will be getting the QEEG:

- The day before the test day, thoroughly shampoo your hair **TWO** times. Be sure to scrub your entire scalp, forehead, and earlobes with your fingertips, rinse your hair thoroughly between and after washing. Hair must be thoroughly dried for the EEG.
- In addition, do not braid your hair. Do not apply hair conditioner, mousse, gel, or hair spray, and keep your forehead free of make-up, lotions, and conditioners.
- Do not wear earrings or ornaments on the day of the EEG.
- Do not wear contact lenses as they may become uncomfortable thereby causing EEG artifact which disrupts the acquisition of good EEG data.
- Medications: if possible you should be free of medications that may alter the EEG for at least 48 hours prior to the EEG. Some medications may be stopped safely for a period or time, while stopping others may cause serious side effects, neurological impairment, or harm. Furthermore, there may be times when it is not desirable to stop certain medications. If you have and questions about this, please call and discuss them with your prescribing physician at least several days before the test. **And remember, you should not make any decisions about stopping medications without first consulting with the physician who prescribed them. Make sure you check with your physician before stopping any medication!**
- Please do not use stimulants the day of the test. Examples are: Coffee, tea, cigarettes, caffeinated soft drinks, etc. Also, avoid illegal or over-the-counter drugs, foods, herbs, or herbal teas that promote sleep/relaxation or the awake/alert state on the day of the EEG.
- Be sure you are well rested and alert prior to the EEG. Perhaps eating a light snack before the test would be helpful. If you are not well rested, the EEG acquisition should not be done.
- Remember that the EEG acquisition is a safe, non-invasive process. You will sit in a chair while a cap measured to your head size will be placed on your head. The nineteen sensor sites on the cap will be filled with a gel by use of a blunt syringe. Then the end of a Q-tip will be used to insure good contact with your scalp through your hair. You will sit in a comfortable chair with the cap on while the clinician records your EEG on a computer. This will be done with your eyes closed and with your eyes open.
- The entire process should take approximately one and one-half to two (1 ½ to 2) hours. Following the instructions above will speed the EEG process and provide for better quality of test with acquisition of maximum beneficial information.
- At the end of the test, I will remove as much of the test-related jell as possible. It may be that you will want to brush your hair at the conclusion of the test. It is also possible that it would be desirable for you to be able to go home and wash your hair when the process is completed.