



Client Feedback Regarding Changes

Next Appointment: _____ , ____ - ____ - ____ @ ____ : ____ AM/PM

Client Name: _____ Date: ____ / ____ / ____

Please respond to all categories that indicate changes you experienced **up to** 48 hours after your session, **BUT NOT** beyond 48 hours. What you are looking for is an **INCREASE** or **DECREASE** in any of the items listed below. If other events occur in your life that impact changes in the items below, **PLEASE base your evaluation on how your response to the event after the session is different than it would have been before neurofeedback treatment.**

- Write “M” when this response occurred **MORE** frequently 1-48 hours after session
- Write “L” when this response occurred **LESS** frequently 1-48 hours after session
- Leave Blank if you experienced **NO CHANGE** in the particular response
- Write “✓” if this item improved since you started NFB and you are maintaining that improvement
- Symptoms that are not listed on the sheet can be added in the blank spaces

COGNITIVE PROCESSING

_____ Attention Deficits--Easily Distracted
 _____ Short Term Memory Problems
 _____ Getting Homework Done
 _____ Slowness of Thought—Easily Confused
 _____ Dyscalculia—Problems Calculating
 _____ Dyslexia—Letter Reversal
 _____ Concentration Problems
 _____ Organization/Planning Problems
 _____ Reading Comprehension

MOOD

_____ Depression-(Sad--Don't enjoy daily Activities)
 _____ Anxiety
 _____ Irritable
 _____ Hyperarousal & Fear responses
 _____ Empathy for Others
 _____ Social Activity
 _____ Hopefulness
 _____ Self Confidence
 _____ Guilt

EMOTIONAL CONTROL

_____ Anger & Loss of Control
 _____ Obsessive Thoughts or Hyper-Focused
 _____ Impulsive or Compulsive Behaviors
 _____ Communication Skills
 _____ Oppositional/Defiant Behavior
 _____ Emotional Expression
 _____ Positive Interactions with Others
 _____ Hyperactivity
 _____ Mood Swings or Manic Episodes
 _____ Self Esteem

PERFORMANCE and SLEEP

_____ Getting Things Done
 _____ Fast Reaction Time
 _____ Performance: Insert Type: _____
 _____ Eye/Hand Coordination
 _____ Easy to Fall Asleep
 _____ Staying Asleep Through the Night
 _____ Feeling Rested in the Morning
 _____ Remembering Dreams
 _____ Headaches
 _____ Pain: Insert type: _____

Medication Changes/Notes: _____