

**Rae Tattenbaum, MSW, LCSW  
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Licensed Clinical social Worker, State of Conn.  
003029**

## **INFORMED CONSENT**

**This document is an informed consent. Please read it carefully and ask any questions you may have.**

**Rae Tattenbaum is a licensed Clinical Social Worker. She completed her social work training at Columbia University. She holds licenses in the State of Connecticut. Rae Tattenbaum is doing business as Inner Act. She is certified by the AAPB in EEG Biofeedback having gained knowledge in these areas through didactic training, clinical supervision and patient experience, and a study of the literature of the field. Ms. Tattenbaum has had additional training in hypnosis, Guided Imagery, Progressive Relaxation Techniques, and Open Focus.**

**Rae Tattenbaum DBA as Inner Act in person or via teletherapy offers the services of Neurofeedback specifically NeuroOptimal , short term solution-oriented psychotherapy and an integration of mind/body techniques for improving emotional health and performance. .**

**All the therapeutic procedures utilized at Inner Act are believed to have potentially beneficial effects in remediating problems associated with attention, depression, anxiety, chronic pain, and trauma. Scientific investigation is ongoing, particular in the field of EEG biofeedback, to determine the mechanism by which this remediation occurs. At present, Inner Act recommends the biofeedback training relaxation exercises and NeuroOptimal on the basis of empirical observation of improvement of clients with similar conditions.**

**No representation is made that any individual client will improve from the NeuroOptimal training. There is some indication that in a few clients who experience benefit, the improvement may fall off after the cessation of training. These individuals would benefit from periodic follow up, or booster sessions.**

**The training appears to be harmless as far as is known at present. No injuries are known as presented in the literature review, or in the experience of Rae Tattenbaum, or in the experience of NeuroOptimal or the Zengar Corporation who provides the system.**

**Rae Tattenbaum as the provider of the services does not make any representation of the safety or efficacy of the training. Any questions should be addressed to the patient's**

primary care or treating physician. The client /patient should continue ongoing therapies until otherwise advised by that physician.

Auto Hypnosis, Guided Imagery, Progressive Relaxation Techniques, and Open Focus are among a number of interventions used in conjunction with coaching as well as NeurOptimal. No representation is made that the client will improve from the use of one of these integrative therapies, and yet there is enough empirical evidence to indicate that these interventions are often very helpful in the clinical setting. With all these interventions the patient, while in a state of relaxation and narrow focus, remains in control. By signing this consent form, the patient gives permission to use auto hypnosis, guided imagery, relaxation and Open Focus in the treatment as appropriate.

Finally, the patient understands that during the in person sessions Ms. Tattenbaum will be placing sensors on the patient's head or extremities, and touching the patient's abdomen, head, or shoulders to demonstrate relaxation or breathing techniques. The patient agrees to this level of physical contact. During Teletherapy Rae Tattenbaum will provide coaching on these techniques.

It is the patient and the family's responsibility to monitor the subjective effects of training, to track changes and personal development in a weekly diary, and to continue training so long as benefit is perceived.

The research literature indicates that there are some individuals who are apparently unaffected by the training. Accordingly, Inner Act encourages clients to evaluate their progress after twenty sessions to see if further training is indicated. Inner Act invites discussion at this point, or at any point in the training.

By signing this form you, the patient (or parent of the patient if the patient is a minor) indicate your understanding of the information set forth here and in the document entitled Relationship with Inner Act.

By signing below you acknowledge that you have read and discussed this document with Rae Tattenbaum.

- You are acknowledging that the treatment protocol and potential risks have been presented to you.
- You acknowledge and understand that there may be a shift in patterns of states such as sleep, energy, anxiety, agitation, and speech which are temporary.
- Thus by signing this you waive any claim of damage due to the training, including worsening of the client's condition for which training was undertaken, claimed side effects, or the failure to improve with training.
- In addition, the client agrees to take full responsibility for his/her training, or the lack thereof, and further agrees to hold Rae Tattenbaum (doing business as Inner Act) harmless from all claims associated with such training.
- The client further agrees that the staff of Inner Act may consult with the client's primary care practitioner or other health care provider with the regard of the EEG Training.

- By Signing this statement, the client further agrees that Inner Act may utilize information gained from the training in presentations, consultations, or publications, with the protection of privacy and preservation of the anonymity of the client.

The client agrees to submit any dispute with Inner Act to mediation.

Patient/Client's Or Guardian's Name \_\_\_\_\_

Signature \_\_\_\_\_ Authorized Representative: If You  
Are Consenting To The Care Of Another: I Have The Authority To Sign On  
The Behalf Of \_\_\_\_\_ Relationship To  
Patient: \_\_\_\_\_

Witness \_\_\_\_\_

Rae Tattenbaum \_\_\_\_\_ Date \_\_\_\_\_