

# Home Neurofeedback Training

## Features

Our home-based Neurofeedback replicates the **leading-edge Neurofeedback** you receive in our clinics, using **the same equipment**, under the direct supervision of our **world-class practitioners**, at your convenience – you can do the sessions **at any time** and at a frequency **to suit you**.

**We don't 'rent out' equipment** – we provide a service delivered in your home, with the assistance of your **nominated home trainer**.

## Benefits

Our home training programme gives you the following benefits:

- **BrainTrainUK's internationally respected Neurofeedback programme**
- **Supervision** by a BrainTrainUK **Neurofeedback Practitioner**
- **Flexible schedule** – unlike other providers, we don't require you to do the sessions at a certain time each day – you fit it into your schedule, not ours.

## Suitability

BrainTrainUK offers home training to selected clients who can make a commitment to follow the process, and have someone with the necessary technical competence and confidence to operate the equipment. **Note that is impractical for a novice to do neurofeedback on themselves, and not something that we support.**

## Risks & Disclaimer

There is inherent risk in providing Neurofeedback that can trigger side effects including but not limited to, headaches, migraines, sleep disruption, nausea, dizziness, seizures. Our contracts require that clients accept the inherent clinical risks of Neurofeedback whether delivered directly by BTUK Neurofeedback Practitioners or delivered as Home Training under the supervision of a BTUK Neurofeedback Practitioner.

## Pricing

Home training can be more cost effective than visiting a practitioner, though the main benefit is convenience and the ability to do training more frequently without the need to travel to the practitioner.

What's included:

- Home Training Handbook - documentation of customised step-by-step instructions for one client's neurofeedback training
- Set-up, history assessment, symptom assessment and neurofeedback plan design for one client
- Access to our library of over 1,000 videos, and a hard copy of our video catalogue to help you choose which ones to watch
- Equipment loan for 5 weeks (20 sessions)
- Supervision of 20 sessions
- Training & real-time on-line supervision of first home session

- Reviews of NF sessions, progress and protocol by phone/email
- Consumables, i.e.
  - NuPrep preparation paste
  - Ten20 conductive gel
  - alcohol or surgical spirit to prepare skin and clean paste from head
  - cotton wool buds for application of cleaner and NuPrep
  - cotton wool pads for removal of paste from head

Client needs to provide:

- **A nominated home trainer** – this needs to be someone other than the person receiving the Neurofeedback. This person needs to be confident using technology, good communication skills and good attention to detail.
- **TV or computer monitor** with sound and HDMI input for feedback.
- **Internet access** for BTUK laptop to enable communication of reports and remote support (we need to be able to access the BTUK laptop remotely).

### Price breakdown:

A **20 session home training package for one trainee is £2,595**. This price assumes that you can do **4 sessions a week and return the equipment after 5 weeks**.

If you wish, you can **extend the duration for £259 per week**. You can also add **more sessions for £65 per session**. For example, to extend the duration by 1 week and add 4 more sessions would be **1 x £259 + 4 x £65 = £519 extra**.

If a client begins training in-clinic, then transfers to home training, the number of weeks of home training included shall be:

# home training sessions	# weeks home training included
17-20	5
12-15	4
10-11	3
Less than 10	Home training not available

**Additional family members** can be added at a discount of **£1,100 each**, i.e. **£1,495 per additional family member**.

The laptops we provide include monitoring software to ensure that the equipment is only used for clients with BTUK Neurofeedback plans.

There is a refundable equipment deposit of £3,000 for UK residents, non-UK residents deposit details on request.

**Examples:**

1. Client conducts 4 sessions/week, buys 20 session package, completed within 5 weeks: **£2,595:**



2. Client wants to train their son and their daughter, within 5 weeks. 20 session package £2,595 + £1,495 for additional family member = **£4,090.**



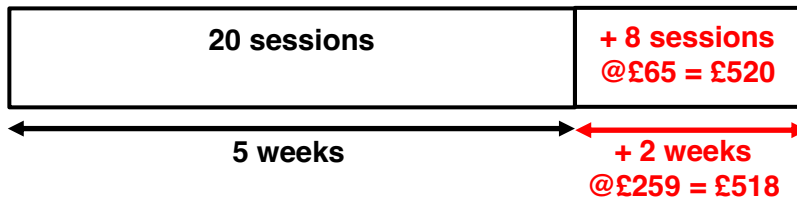
3. Client knows in advance they can only manage 2 sessions per week and asks to extend to 10 weeks. 20 session package includes 5 weeks (£2,595) + 5 weeks extension (5 x £259) = **£3,890:**



4. Client does total 25 sessions over 5 weeks. 20 session package £2,595 + 5 x £65 = **£2,920:**



5. Client does 28 sessions over 7 weeks. Buys 20 session package plus 2 extra weeks each with 4 sessions: £2,595 + 2 x £259 + 8 x £65 = **£3,633.**



## How we Train You

We can either train you in clinic if you have some clinic-based sessions before transferring to home training, or we can train you at home by video.

We have trained many home trainers by video using Zoom and find that we can get you to a suitable level of competence and confidence with 90 minutes of training. You also receive a comprehensive Training Manual that takes you step by step through every aspect of operating the equipment.

Part of the training process is to establish the optimal training frequency and training plan for each client. If this is done in initial sessions face to face with the Practitioner, this is also an opportunity to train the nominated trainer on the process.

## Supervision

Your home training will be supervised by one of our Practitioners. They will create the plan and will guide you through the process, directing how session settings should be adjusted, and placements added, as you go through the process.

## Home Training Prerequisites

It is essential for clients to communicate symptom tracking information and session information to the Practitioner. Symptom tracking must be done via the on-line symptom tracking system.

Session information sharing is automated so that session reports are automatically shared with the practitioner. This requires wired or Wi-Fi internet access at the home training location.

## Home Trainer Support

Ongoing Home Trainer support will be provided for the duration of the home training.

The PC provided will be locked down, i.e. it will not be possible to change configuration, and it will be set-up with DropBox software to enable copies of session reports to be copied to BrainTrainUK, and with TeamViewer software to enable BrainTrainUK to take control of the PC in the event of a problem or query.

## Summary of Terms and Conditions

1. Payment is expected in advance of training commencing.
2. Symptom tracking is critical to effective training, and clients agree to track symptoms as part of this agreement.
3. Equipment deposit is refundable upon the return of equipment in re-useable condition. Clients are responsible for loss of or damage to loaned equipment. BTUK does not provide insurance for loss or damage. The Inventory which forms part of this agreement, identifies replacement costs of loaned equipment under this agreement and any equipment replacement administration fee.
4. Upon declaration of loss or damage, BTUK will issue an invoice for replacement charges which will be due 7 days thereafter. Rental charges will continue to be due until the account is settled. If the client wishes to continue with training then BTUK will endeavor to provide replacement equipment as soon as reasonably possible after the replacement costs are paid, and the rental period will be extended to reflect any delay between payment and replacement equipment being made available.
5. There is inherent risk in providing Neurofeedback that can trigger side effects including but not limited to, headaches, migraines, sleep disruption, nausea, dizziness, seizures. Clients accept the inherent clinical risks of Neurofeedback whether delivered directly by BTUK Neurofeedback Practitioners or delivered as Home Training under the supervision of a BTUK Neurofeedback Practitioner. Clients accept that they have a responsibility to minimise these risks and undertake to:
  - Follow the Neurofeedback Home Training Manual provided by BTUK.
  - Restrict Neurofeedback training to those individuals named on the Invoice and the Neurofeedback Home Training Manual.
  - Ensuring they have adequate internet connectivity and bandwidth to enable these remote monitoring and control functions.
  - Supporting regular supervisory calls with their BrainTrainUK Neurofeedback Practitioner.