



## ATHLETES PERSONAL INFORMATION

Location: \_\_\_\_\_

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Sex:  Male  Female Date of Birth: \_\_\_\_\_

Sport Played: \_\_\_\_\_ Position: \_\_\_\_\_

League: (i.e. NFL, NBA, MLB, AAA, AA, etc.) \_\_\_\_\_

Team: \_\_\_\_\_

Address Information: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Agency/Rep: \_\_\_\_\_

Referred By: \_\_\_\_\_

Location: \_\_\_\_\_

# LORI CODA<sup>LLC</sup>

*Lori Coda MS, SpEd  
Neurofeedback & QEEG Specialist  
3 Hollyhock Lane • Wilton, CT 06897 • 203.529.3300  
loricoda@gmail.com*

## CONSENT FORMS

I understand that Neurotopia's Performance Brain Training does not diagnose or treat psychological or medical conditions. Neurotopia's use of EEG biofeedback is limited to the measurement and training of specific brainwave patterns that are associated with increased mental performance in sports.

Neurotopia's Performance Brain Training starts by measuring your brain's baseline electrical activity with advanced neuro-assessment technology known as Quantitative EEG (qEEG). The qEEG measures brainwave activity much like a stethoscope is used to measure heart rate activity. Next, Neurotopia's team of sports scientists and neurophysiology experts use the qEEG results to create a customized Performance Brain Training program to help optimize your brain's activation levels. Neurotopia's training programs use cutting-edge technology to provide you with additional information about how your brain is functioning beyond the ability of your ordinary senses. This "feedback" can assist you in learning how to focus stronger and longer, how to manage pressure and stress, how to mentally overcome an error, and how to speed up reaction time.

Neurotopia recognizes that injuries, poor sleep habits, or the continued use of stimulants/depressants (such as coffee, energy drinks, alcohol or medications) may cause your brain's normal electrical activity to become disrupted, creating inefficient brainwave patterns as they relate to sports. Neurotopia uses Neuro-Conditioning (EEG biofeedback) to help stabilize these EEG patterns and improve your brain's ability to engage and, even more importantly, recover (recharge). This in turn can help regulate sleep cycles, energy management, stress management, and emotional control. However, Neurotopia is not able to predict your personal response to this training and cannot guarantee if or what changes will occur. Each athlete's results may vary from seeing improvement in a few visits to others requiring 30 sessions or more. On rare occasions an athlete may experience little or no effect using Neuro-Conditioning.

Some side effects during training may include increased heart rate or feeling sleepy. Later in the day, some athletes may also experience fatigue, irritability, difficulty sleeping or headaches. Unwanted effects usually are the result of mental fatigue and resolve in a very short time – much like the feeling after a physical workout for the first time in a while. Please notify your Neurotopia trainer if you are experiencing any of these effects.

EEG biofeedback has been approved by the Food and Drug Administration (FDA) for stress-reduction, but the use of this device for training mental performance is considered experimental.

It is important to note that sometimes medications may slow the results of your Neuro-Conditioning (EEG biofeedback training). During your training program, you may desire to change the dosage requirements for some of your medications. Therefore, it is important to alert your physician so they are aware of your EEG biofeedback training and can monitor your medication. **DO NOT STOP OR ALTER YOUR MEDICATIONS WITHOUT CONSULTING WITH YOUR PHYSICIAN. EEG BIOFEEDBACK IS NOT A SUBSTITUTE FOR EFFECTIVE STANDARD MEDICAL TREATMENT.**

Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

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