BeCalm of Ojai

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Regarding the Neurofeedback and Hypnotherapy practice of Dr. John R. Galaska, the undersigned Client acknowledges that he or she has been informed of the following information:

John R. Galaska agrees to provide professional services in accordance with his acquired training and experience. John utilizes **hypnosis, neurofeedback**, and **didactic skills** related to his experience as an educator. His methods are intended to help clients discover their inner creative abilities, to develop positive thinking and feeling, to engender equanimity and focused alertness, and to transform undesirable habits and behavior patterns. Therapeutic goals are to achieve freedom from restrictive thought and belief systems, to assist in solving personal problems and to nurture each client's motivation to achieve personal goals. John's clients will normally be taught the use of self-regulation through neurofeedback and self-hypnotic techniques to foster the acquisition of skills and underlying attitudes determined by each unique individual.

Hypnosis is not a state of sleep. Hypnosis is a natural state of mind that can produce extraordinary levels of relaxation of mind, body and emotions. Hypnotherapy is based upon accessing and utilizing the power of one's inner resources. Hypnosis can transcend the critical, analytical level of mind, and facilitate the acceptance of unique suggestions, directions and instructions desired by each individual Client. The therapeutic use of hypnosis can also elicit information and insights from cognitive processes that normally run beneath our awareness.

Neurofeedback is the training through operant conditioning of brain wave patterns as measured by EEG. Training sessions themselves are normally about ½ hour with some discussion before and after. Brain waves near the surface of the cortex can be trained by feedback provided to the client on a monitor. Sensors are normally attached to the ears and scalp with an electroconductive paste. Hair is simply parted. The paste washes off easily with hand sanitizer. John uses neurofeedback to enhance alpha/theta states associated with deep meditation. It naturally complements hypnosis. Upon referral from your licensed health care provider, John will use protocols for ADHD and other conditions for which Neuorfeedback has an evidence base.

John's teaching experience and **didactic skills** give him the ability to develop strategies for success with school related work.

John limits his scope of practice without a referral to clients with a Global Assessment of Functioning (GAF) above 61 according to the DSM IV-TR. John will determine if a GAF is necessary based upon the intake interview.John's services do not include the practice of medicine. As a **hypnotherapist, neurofeedback provider** and **educator** John is not a licensed physician, psychologist, or counselor. These services are non-diagnostic, and are complementary to the healing arts services that are licensed by the state. John operates his practice in accordance with California Senate Bill SB577 and California Business and Professions Code 2908. Copies of these documents are accessible through links at this page of John's web site: http://www.becalmofojai.com/About John Galaska.htm

John R. Galaska is certified by The National Guild of Hypnotists as a Hypnotherapist and by the Biofeedback Certification International Alliance as a Neurofeedback practitioner. John has a BA from the University of Maryland in General Studies, a Master of Science in Education from the University of Southern California, and the Doctor of Clinical Psychology degree with California Southern University. A Curriculum Vitae is available at BeCalmofOjai.com

I, the undersigned Client acknowledge that I have been advised of the foregoing information, and that I have been given a copy of this "Client Information & Disclosure" form.

Client:_____**Signature:**_____**Date:**_____