

Full Name \_\_\_\_\_ Age/ Sex \_\_\_\_\_ M / F \_\_\_\_\_ Record # \_\_\_\_\_

**USER GUIDE FOR SPECIALISTS: FOR CUSTOMIZED OR COMBINATION THERAPY**

**PROGRAM : ANXIETY (GAD)**

**BELLABEE SET-UP INSTRUCTIONS:**

1. Download the Bellabee apps from Google Play or the Apple store.
2. Connect the Bellabee headband to your mobile device earphone jack.
3. Turn the mobile device volume setting to maximum.
4. Put the Bellabee band around your head as instructed.
5. Run the desired app program on the mobile device.

**GUIDELINES FOR BELLABEE USE:**

Bellabee can be used for stand-alone therapy (using pre-set and customized programs) or in combination with Neurofeedback, Psychotherapy, Pharmacotherapy, and other therapeutic modalities. The client can use the device at home between office sessions to improve retention. The “Custom Therapy” option lets you customize frequency and duration so you can create programs tailored toward your client’s needs. This arrangement could potentially reduce the number of therapy sessions, lessen the need for pharmacological agents, decrease the response period and subsequently reduce costs for clients and specialists.

[Relevant Information](#)

[Bellabee Information](#)

[Neurofeedback and Bellabee](#)

[Scientific Research](#)

[FAQs](#)

Brainwaves	Delta	Theta	Lo-Alpha	Hi-Alpha	(SMR)	Lo-Beta	Hi-Beta	Gamma
Normal Range	0.5-4 Hz	4-8 Hz	8-10 Hz	10-13 Hz	(13-15 Hz)	13-20 Hz	20-30 Hz	30 Hz & above

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**DATA INPUT**

**ANXIETY (GAD)**

Reason for Use		
Baseline symptom rating	1 2 3 4 5 6 7 8 9 10	(1 = mild; 10 = severe)
Initial response seen	after _____ sessions	
Improvement/end result	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%	
Before QEEG (Findings)		
After QEEG (Findings)		
<b>CUSTOM SETTINGS</b>	<b>Neurofeedback/ Psychotherapy/ Pharmacotherapy/ Other Therapies</b>	
User Guide for Specialists: For Customized and Combination Therapy	For combined therapy, start with appropriate custom settings given below and adjust according to the brainwave analysis and individual response.	
<u>Deviation:</u> HI-BETA	13 Hz (5 min), 12 Hz (5 min), 11 Hz (50 min).	
[ref: typical neurofeedback plan]	Train 7-9 Hz up at O2 or 11-13Hz up at T6.	
<u>Deviation:</u> HIGH ALPHA	10 Hz (5 min), 9 Hz (5 min), 8 Hz (50 min).	
[ref: typical neurofeedback plan]	1) Inhibit 3-7Hz Theta, Reward 12-15Hz Lo-beta Inhibit 22-30Hz Hi-beta at C4 or Cz; 2) Z score training at P3 P4 Cz Fz 3. ISF at T3-T4 or T4-P4.	
<u>Deviation:</u> LOW ALPHA	10 Hz (5 min), 11 Hz (5 min), 12 Hz (50 min).	
[ref: typical neurofeedback plan]	Reward Alpha typically 11-12 Hz at Pz.	
<u>Deviation:</u> CINGULATE DYSFUNCTION	10 Hz (5 min), 11 Hz (5 min), 12 Hz (50 min).	
[ref: typical neurofeedback plan]	Reward Alpha typically 11-12 Hz at Pz.	
Note:	Keep the client's age and response in mind and make frequency adjustments accordingly.	
<b>RECOMMENDED GUIDELINES</b>	<b>Average</b>	<b>(Range)</b>
Duration of each session	60 min	(40-80 min)
Sessions per week	6	(2-14)
Initial response after	20-30 sessions	(2-60)
Total sessions required	30-50	(20-Unlimited)

Brainwaves      Delta      Theta      Lo-Alpha      Hi-Alpha      (SMR)      Lo-Beta      Hi-Beta      Gamma  
 Normal Range    0.5-4 Hz    4-8 Hz    8-10 Hz    10-13 Hz    (13-15 Hz)    13-20 Hz    20-30 Hz    30 Hz & above

