

Full Name _____ Age/ Sex _____ M / F _____ Record # _____

USER GUIDE FOR SPECIALISTS: FOR CUSTOMIZED OR COMBINATION THERAPY

PROGRAM : AUT-Me

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. For example, the client could 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.

RELATED INFORMATION:

This setting is supportive for Autism Spectrum Disorder (ASD).

[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

Aut-Me

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)	

CUSTOM SETTINGS

Neurofeedback/ Psychotherapy/ Pharmacotherapy/ Other Therapies

Specialists/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> Dysfunctional mirror neuron system in the EEG as a decrease of alpha power over the sensorimotor strip (so-called Mu suppression) as a result of observing human motor actions (as opposed to one’s own motor actions).	13 Hz (10 min), 14 Hz (10 min), 15 Hz (40 min) OR 10 Hz (10 min), 11 Hz (10 min), 12 Hz (40 min) OR 4 Hz (10 min), 3 Hz (10 min), 2 Hz (40 min)
[ref: typical neurofeedback plan]	1. Inhibit 4-7Hz Theta, Reward 12-15 Hz Lobeta, Inhibit 22-30 Hz Hi-beta at C4 or Cz. 2. Zscore training at C3- C4, P3-P4. 3. ISF at T4-P4
<u>Deviation:</u> Increased Theta and decreased Alpha can be noted. Down training theta activity and simultaneously up training beta activity has positive effects on both executive functions and social behavior in autistic children	13 Hz (10 min), 14 Hz (10 min), 15 Hz (40 min) OR 10 Hz (10 min), 11 Hz (10 min), 12 Hz (40 min) OR 4 Hz (10 min), 3 Hz (10 min), 2 Hz (40 min)
[ref: typical neurofeedback plan]	1. Inhibit 4-7Hz Theta, Reward 12-15 Hz Lobeta, Inhibit 22-30 Hz Hi-beta at C4 or Cz. 2. Zscore training at C3- C4, P3-P4. 3. ISF at T4-P4
Note:	If client has sleeping problems at home training can include Sleep protocol. Keep the client’s age and response in mind and make frequency adjustments accordingly.

RECOMMENDED GUIDELINES

Average

(Range)

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)

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