

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

USER GUIDE FOR SPECIALISTS: FOR CUSTOMIZED OR COMBINATION THERAPY

PROGRAM : CONCENTRATE

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

CONCENTRATE/ PEAK PERFORMANCE/ LEARNING

Reason for Use	Concentrate/ Focus/ Peak Performance/ Executive Performance/ Learning										
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										
User Guide for Specialists: For Customized and Combination Therapy	For combined therapy start with appropriate custom settings given below and adjust/ fine-tune according to the brainwave analysis and individual response.										
<u>Deviation</u> : Decreased Hi-Alpha and Lo-Beta	13 Hz (10 min), 15 Hz (10 min), 18 Hz (40 min)										
[ref: typical neurofeedback plan]	Inhibit theta (4-7.5 Hz) and Hi-beta (35-45 Hz) and enhance Alpha (8-13 Hz) and Beta (13-19 Hz)].										
<u>Deviation</u> : Decreased Lo-Beta	15 Hz (10 min), 18 Hz (10 min), 20 Hz (40 min).										
[ref: typical neurofeedback plan]	Inhibit theta (4-7.5 Hz) and Hi-beta (35-45 Hz) and enhance Alpha (8-13 Hz) and Beta (13-19 Hz)										
Note:	Keep the client's age and response in mind and make frequency adjustments accordingly.										
RECOMMENDED GUIDELINES	Average						(Range)				
Duration of each session	50 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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RECORD SHEET

Session No.	Date mm/dd/yy	Week No.	Duration Min.	Symptom Decrease	Progress %	Remarks

(Print more sheets to cover additional sessions)

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