

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

USER GUIDE : SPECIALISTS/ COMBINATION THERAPY

PROGRAM : MEDITATION

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.

RELATED INFORMATION:

Meditation first appears in written evidence in the Vedas around 1500 BCE. In India, the tradition of Guru and Shishya (teacher and disciple) has been around for ages, where students were sent to Gurukuls (schools) mostly in the forests to live and learn under a learned teacher.

How meditation benefits the brain:

- Helps preserve the aging brain.
- Reduces activity in the brain’s “Me Centre”.
- Acts as a natural antidepressant.
- May lead to volume changes in key areas of the brain.
- Improves concentration and attention.
- Reduces anxiety and social anxiety.
- Can help alleviate addiction.

[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

MEDITATION

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> Deficits in slow activity, mainly Theta, some Alpha	8 Hz (5 min), 6 Hz (5 min), 5 Hz (10 min), 4 Hz (40 min)	
[ref: typical neurofeedback plan]	1. Increase occipital alpha and theta 2. ISF T3-T4 3. Z Zscore training at C3-C4, P3-P4, F3-F4	
Note:	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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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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