

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

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

### PROGRAM : PARK-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. 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:

This setting is supportive for Parkinson’s disease.

[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**

**Park-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> The theta power in temporal left region and the alpha1/theta ratio in the central left region can be affected	130 Hz and 135 Hz – time can be determined by individual client response. Start with 20 minutes (10 min each) and increase for above frequencies OR 40 Hz and 45Hz – time can be determined by individual client response. Start with 20 minutes (10 min each) and increase for above frequencies.
[ref: typical neurofeedback plan]	1.Enhance Gamma 40-46Hz 2.ISF T3-T4 3.Zscore training at C3C4P3P4 and later Temporal sites 4.sLoreta ROI/ Zscore Left temporal lobe
<u>Deviation:</u> QEEG measures reflecting EEG slowing, particularly decreased dominant frequency and increased $\theta$ power, correlate with cognitive impairment and predict future cognitive deterioration	130 Hz and 135 Hz – time can be determined by individual client response. Start with 20 minutes (10 min each) and increase. OR 40 Hz and 45Hz – time can be determined by individual client response. Start with 20 minutes (10 min each) and increase.
[ref: typical neurofeedback plan]	1.Enhance Gamma 40-46Hz 2.ISF T3-T4 3.Zscore training at C3C4P3P4 and later Temporal sites 4.sLoreta ROI/ Zscore Left temporal lobe
Note:	Keep the client’s age and response in mind and make frequency adjustments accordingly.

**RECOMMENDED GUIDELINES**

**Average**

**(Range)**

Duration of each session	20-60 min (increase gradually)	(20-80 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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