

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

USER GUIDE FOR SPECIALISTS: FOR CUSTOMIZED OR COMBINATION THERAPY

PROGRAM : POST-TRAUMATIC STRESS DISORDER (PTSD)

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 Post-Traumatic Stress Disorder (PTSD).

[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

PTSD

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> : Greater right than left parietal asymmetry in alpha band power is the most promising marker of PTSD symptoms and is linked to exaggerated physiological arousal that may impair filtering of environmental distractors.	11 Hz (10 min), 1Hz (10 min), 12 Hz (40 min) OR 5 Hz (10 min), 6 Hz (10 min), 8 Hz (40 min)	
[ref: typical neurofeedback plan]	1. Inhibit frequencies of 2–6 Hz for slow activity and 22–36 Hz for fast EEG activity and reward frequency of 10–13 Hz at Cz or C4 2. Zscore training at C3-C4, P3-P4 (If participants reported significant over-arousal symptoms for at least two training sessions, the reward frequency was lowered by 1 Hz. If the participant reported symptoms of under-arousal, the reward band was raised by ½ Hz until those symptoms remitted.)	
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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