

# Brain In Balance

Neurofeedback / Counselling  
brainvalance.ca 778-389-3858



Name \_\_\_\_\_ Medication \_\_\_\_\_ Date of Session \_\_\_\_\_ Completed by: \_\_\_\_\_ (initials)

	Circle relevant rating for each category					Circle any that apply, or add appropriate work or phrase	Other Comments
	worst	poor	fair	good	best		
Sleep Asleep am/pm Awoke am/pm	1	2	3	4	5	difficulty falling asleep difficulty remaining asleep teeth grinding soiling sleepwalking nightmares snoring did not wet bed (if formerly a problem)	
Mood/Outlook	1	2	3	4	5	cheerful/sunny confident optimistic anxious/upright pessimistic changeable/reactive irritable withdrawn fearful sad tearful/weepy	
Activity Level (children) Energy Level (adult)	1	2	3	4	5	overactive low energy very active high energy active variable/impulsive sufficient energy sluggish inactive	
Motivation	1	2	3	4	5	highly motivated & able to get started procrastinating unmotivated	
Attention	1	2	3	4	5	attentive to what is happening preoccupied/"daydreamy" inattentive easily distractible hyperfocused/unaware of surroundings spacey	
Social	1	2	3	4	5	easily interactive with others compassionate and empathetic unconcerned about feelings of others unfulfilling social experiences	
Memory	1	2	3	4	5	adequate memory for life challenges forgetful of tasks, objects, names difficulty recalling new material necessary for success	
Speech	1	2	3	4	5	please rate 1-5 (5 being best for age): expressing thoughts/feelings __ articulation __ finishing thoughts __ pitch regulation __ appropriateness __	
GI Issues	1	2	3	4	5	frequency: ___ x per day time on toilet: ___ min/hrs degree of training: _____	
Behaviour	1	2	3	4	5	aggressive tantrums/rages impulsive manipulative/controlling cooperative deceptive annoying to others compulsively silly overly compliant resistant	
Physical Symptoms	1	2	3	4	5	muscle tension headache nail biting stomach distress loose stool pain picking at skin/pulling hair reflux constipation teeth grinding other	