

**PLATTEKLOOF PRACTICE:**

58 Keurboom Crescent, Platteklouf 2, Parow, 7500

**CLAREMONT PRACTICE:**

253 Main Road, Claremont, 7708

**ROSENPARK PRACTICE PRACTICE:**

Block A, Ground Floor, Belvedere Office Park, Pasita Road, Rosenpark, 7550

## **Binaural Beats Reset Therapy**

Through your review and signature, you are consenting to your involvement in a treatment called Binaural Beat RESET Therapy (BBRT). RESET is an acronym for Reconsolidation Enhancement through Stimulation of Emotional Triggers. This procedure is based on the use of a neuro-modulated sound (binaural beat) that can have a significant and beneficial effect on your condition. This treatment is a noninvasive intervention which utilizes brief exposure therapy combined with acoustical neurostimulation (sound). The published results of a number of case studies and five books characterize our goal of rapidly modifying varied memory circuits in the brain in order to relieve your targeted symptoms.

The BAUD was FDA approved as a class 2 accessory medical device (Biofeedback device 21 CFR 882.5050) on October 05, 2006. It is designed to boost brain plasticity through a special form of biofeedback. The BAUD is a handheld soundemitting device with sound provided through a set of headphones. It has independent volume controls for the left and right ears. The device also has a tone (frequency) knob to adjust the sound frequency. It also has a "disrupter" adjustment which produces a sound in the left ear that is different than that provided in the right ear. The following image is a picture of the device.

During 2023 and 2024 the iBAUD has been introduced as the embodiment of the BAUD with the same abilities and functions, but via an electronic application. Either one of these approved bio-acoustical devices will be used to effect treatment.

Binaural Beat RESET Therapy is a treatment process that interferes with your selected and targeted memory. We have learned that this emotionally charged memory is restored repeatedly after it is selectively lit up in the emotional part of the brain (amygdala) through your intentional focus.



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The term "target" is used in Binaural Beat RESET Therapy which suggests that we are going to turn off the "switch" in your brain that produces your symptoms. You will set the lower two Volume Knobs of the BAUD with your eyes closed. This is done to avoid your looking at the numbers rather than what you actually hear.

During a Binaural Beat RESET Therapy treatment session, you will be using a headphone to receive a special sound that is tuned in to connect (resonate) with your selected condition. When this is tuned in correctly through this battery operated device, you will likely experience some intensification of your selected target. This is similar to tuning in an old-fashioned radio in order to lock in the station you want. Now when that station connects with the sound, you may experience some bodily signs of discomfort such as an increase in your heart rate or a change in your breathing pattern or a tightening of your muscles.

We will also complete this 'tuning in' sequence with the Disrupter knob which will be adjusted much slower. When this one connects you will likely experience your selected target fading, diluting or changing into an old picture, etc. This final setting, when done properly, frees you from the emotional aspect of the target. Later, you will be asked how it seemed to you. When we confirm the setting, I will run a 10-minute trial to fully check out what happens to your selected target. I will then schedule you for your next appointment where we will 'tune in' for a 15 to 20-minute binaural sound treatment session.

During your second visit, we will discuss the effects of the treatment to ensure that the binaural sound was accurately set. Time will also be available to discuss things that emerge due to your treatment whether they be positive or negative. The session will range from 45 minutes to one hour. Each additional session will include this pattern.

**POTENTIAL SIDE EFFECTS:** After a Binaural Beat RESET therapy session you may feel emotionally drained or, in the next few days, you may have different emotions come up. This is a positive result and is part of the process of "getting out the poison" of the negative emotions that has been held inside of you for so long. Other known side effects tend to be rare and mild and may include the following: headache or dizziness are most common, but pass quickly. Other effects have included - temporary intensification of the symptom. This tends to be quite rare and is usually resolved by the end of the session.

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**PARTICIPATION AND RIGHT TO WITHDRAW WITHOUT PENALTY:** Your participation in this treatment is strictly voluntary. You have the right to choose not to participate or to withdraw at any point. Withdrawing from the treatment will have no effect on your future health care or other services to which you are entitled.

**CONFLICT OF INTEREST:** None of the therapists involved in providing this treatment have a financial interest in any of the equipment used. There is no financial incentive to produce a positive outcome.

**FINAL STATEMENT AND SIGNATURE:** The process of Binaural Beat RESET therapy has been explained to me, I have read the consent form and I agree to the treatment.

Your Email:

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**Signature of Participant:**

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**Print Name of Participant:**

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**Date:**

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**Signature of Therapist:**

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**Print Name of Therapist:**

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**Date:**

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