



EEG/qEEG

QUANTITATIVE
ELECTROENCEPHALOGRAM

MONTEREY BAY
NEUROFEEDBACK
CENTER

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■ WHAT IS IT?

An EEG, or electroencephalogram, utilizes sensors on the scalp to measure the electrical activity on the cerebral cortex. The EEG captures the brain wave patterns simultaneously, and the resulting information is processed, compared to normative data bases and translated into graphical representations (the qEEG). By looking at the resulting brain maps, assessments are made about the electrical activity of each location independently and in combination with all of the areas of the cortex. In this way, the qEEG gives a clear direction for site-specific neurofeedback training.

■ HOW IS IT DONE?

An EEG cap is placed on the head with sensors connected to the scalp at specific locations. The EEG technician will apply electrode gel through an opening in each sensor to create a good connection with your scalp. You will be asked to sit very still for ten minutes with your eyes open and then with your eyes closed. The data will later be compared to a data base and then organized into colored maps.

■ WHAT IS IT FOR?

Studies have shown that a map of brain electrical activity can be extremely helpful for making an accurate correlation between brain activity and symptoms, predicting brain response to medication, and selecting a neurotherapy protocol.

■ WHO CAN ADMINISTER A “Q”?

Trained technicians who are skilled in the data collection phase may administer an EEG. The assessment and treatment information is developed by certified experts in the field.

■ WHAT ARE THE BENEFITS?

A detailed assessment allows for a treatment plan that is specifically tailored to what is happening in your brain, rather than being guided only by symptoms which can have any of a number of causes. Therefore, treatment protocols can be more effective, making success rates more robust and treatment time shorter.

■ WHAT ARE THE LIMITATIONS?

The qEEG is not considered a ‘stand alone’ assessment but is a powerful adjunct when combined with other tests and a diagnostic interview.

■ IMPORTANT!!! WHAT ABOUT MY MEDICATIONS?

If you are taking stimulant medications, please check with your prescribing physician to determine if it is possible to stop taking the stimulants 48 hours prior to recording the qEEG. Do not make changes in any other medications, but be sure to bring a list of your medication and dosage information to your qEEG appointment.

■ HOW MUCH DOES IT COST?

\$225 charge for the EEG recording

\$450 for the EEG/qEEG processing, analysis and protocol strategy

\$180 for chart review, consultation, scoring and review of tests, protocol strategy, and treatment plan

\$400 for written report of analysis (optional)

\$200 for cognitive testing (optional)

■ HOW DO I PREPARE FOR MY QEEG?

Do NOT drink coffee, tea, Red Bull, caffeinated soft drinks, or any other substance with caffeine less than 15 hours prior to the qEEG. Avoid taking any over-the-counter medication or supplements for three or four days prior to the qEEG. Use the restroom prior to the start of the qEEG. Have clean, dry hair – NO hair spray, gel or mousse. This will interfere with the sensor contact and make the EEG gel harder to remove from your hair.