



## WHITE OAK *Counseling and Recovery*

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### **Low Level Light Therapy Informed Consent**

By applying infrared light to the body we can attempt to enhance the speed of the healing of sore tissues, reduce inflammation and swelling, and reduce the numbers and severity of tics and seizure behavior when the individual has adequate perceptual sensitivity. This infrared light is referred to as low level light therapy (LLLT), and the device that produces it, a photonic stimulator. This type of therapeutic approach has been studied for decades. For this manner of therapy a therapist uses a device basically similar to a flashlight though it emits light of a different quality than that of a flashlight—it is called infrared light. This light is actually invisible to the eye, but very visible to some cameras that are specifically sensitive to infrared wavelengths of light.

In the case of the photonic stimulator the infrared light is generated from light emitting diodes and then focused through a lens onto the skin.

The infrared light delivered through this type of device, is presently used in clinics around the world to treat a very wide range of problems. LLLT has also been used by NASA to help the astronauts, and the US Navy Submarine Service on sailors under water. There are animal and human studies using infrared applied to the head that have yielded positive results in the treatment of stroke, brain injury, pain, damage to the retina and optic nerve, depression and posttraumatic stress disorder. Clinicians have also used it to bring active migraines to an end; raise seizure and migraine thresholds; and temporarily relax sympathetic nervous system activity to achieve better overall balance of the nervous system and help the client better learn the to recognize the feeling of this state. At this time there are numerous carefully controlled published, peer-reviewed research involving groups of people receiving this therapy. It may be one of the best-studied treatment approaches involving humans and animals. Further, the number of published studies using this therapy will likely greatly increase in the near future.

Infrared LLLT accelerates healing, minimizes tissue death from physical trauma, can improve cognitive and emotional functioning, and reduce pain. Ways in which it likely achieves these effects has been outlined in detail and is the subject on ongoing research; still, as with many approaches, the mechanisms by which it works is not as well understood as we would like it to be. Included amongst the major ways in which infrared LLLT works are: blocking of sympathetic activity, stimulation of the mitochondria, the power-houses of the cells of the body, increased blood flow, increased oxygenation of tissue; and reduction of swelling and inflammation.

Infrared LLLT can be used in conjunction with EEG biofeedback methods as there is reason to believe that it may further improve outcome in terms of brain function and there is no reason to believe that it would detract from the benefits of EEG biofeedback.

For problems involving brain function, when used with EEG biofeedback or independent of it, the infrared LLLT can be applied directly to the head—either held directly on the scalp or above it, or it may also be used by shining the light on the finger tips, as a less direct way of influencing the nervous system. When applied to the head, it is generally directed to the same locations used in EEG biofeedback.

There are very infrequent side effects or adverse events associated with infrared LLLT.

Side effects that may occur typically include fatigue, irritability, moodiness, or feeling of excessive energy; if these occur they will likely be very temporary--lasting hours or overnight. It is possible that on rare occasions unusual uncomfortable reactions to infrared LLLT may occur, not the least of which might be the uncramping of blood vessels when they had been causing pain while cramped. The infrared LLLT might trigger a migraine on very rare occasions.

In general, however, those most vulnerable to some form of uncomfortable reaction with

LLLT will be those who have already had uncomfortable reactions to other forms of stimulation that are usually well tolerated by most people. Attempting to determine optimal exposure intensity and duration for the application of LLL therapy often involves a discussion to explore any history of tendency towards hyper-reactivity to stimulation. If you should experience any unpleasant sensation, mood, or worrisome state after receiving LLLT please inform your clinician. Clinicians at White Oak Counseling and Recovery can be contacted by phone at 269-205-2402 between the hours of 9:00AM and 5:00 PM, Monday through Friday.

Infrared LLL therapy as used by your therapist is not applied to individuals who: are pregnant; or have a tendency toward low blood pressure. It is also not used in areas of shingles expression. If you know or suspect you have any of these medical problems, please talk with your health care provider.

When applying LLL therapy to areas of the head covered by hair, some attempt is made by your therapist to part the hair, as hair can interfere with the transmission of the light.

The LLLT may be applied over your clothes, except over areas covered by leather or heavier materials.

The process of change initiated by LLLT can continue for up to four-to-six hours from the time the LLLT is taken away or turned off. The process of change, itself, can be disconcerting at times. If temporary fatigue, agitation, a spaced-out feeling, or other symptoms interfering with clear thinking and orientation occur after infrared LLLT therapy, the client should until these clear, refrain from driving (motor vehicle or bicycle); be more careful as a pedestrian on busy streets; and not be involved in any activity where machinery is operated and may cause injury.

There is no guarantee of successful results to any degree with infrared LLL therapy use.

Whether due to inapplicability to the problem for which you are seeking help, or any other reason in the therapist's eyes, LLLT may not be for you. Your therapist may attempt to find other alternatives for you.

Infrared LLL therapy is not offered as a medical treatment or substitute for medical treatment offered by a physician. If the client needs medical treatment, they are encouraged to seek it.

The therapist has answered all of my questions to my satisfaction. I have been informed that I can halt or change my treatment at any time. I have discussed and received information on alternatives to LLLT, if any. This agreement may have some properties that are already regulated by state laws, which hold priority over some of the features of this agreement.

Information gained in the course of clinical interviews with the therapist or his or her designees will be held in confidence unless subpoenaed by a standing court. The purpose of this information is to help guide the treatment of the issues in which you are interested. Features of this agreement found inapplicable under state law will not affect the rest of the agreement.

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Patient Name, printed

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Patient signature

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Date signed