NEUROMODULATION: TREATING DEPRESSION WITH TRANSCRANIAL MAGNETIC STIMULATION

Typically, therapists rely on talk therapy and psychotropic medications as their primary methods for treating mental illness. However, since each individual is unique, a treatment that proves effective for one person might not work for another. If conventional treatments are no longer effective, you might be a good candidate for transcranial magnetic stimulation (TMS).

In individuals with depression, specific brain regions responsible for mood regulation might not be functioning correctly. TMS is a non-invasive outpatient procedure that employs a pulsed magnetic field to stimulate these areas. This electromagnetic energy activates neurons in the brain, helping to balance the production of three mood-regulating neurotransmitters: serotonin, dopamine, and norepinephrine.

TMS offers a drug-free alternative treatment that alleviates symptoms without the uncomfortable side effects often associated with antidepressant medications. TMS is most effective when integrated into a comprehensive treatment plan that includes various forms of support.

OTHER TYPES OF NEUROMODULATION:

Electroconvulsive Therapy (ECT) can be very effective in severe refractory or psychotic depression. People may develop cognitive impairment from ECT but it is otherwise well tolerated in severe refractory depression.

Deep Brain Stimulation and Cranial Electrical Stimulation (CES) are both experimental research treatments and are therefore discussed below.

