# About Ashburn

Ashburn Clinic is a not-for-profit rehabilitation facility offering a professional, supportive environment for the diagnosis, comprehensive treatment, and recovery from mental illness or addiction.

We work to assist people toward healthy lives and behaviour patterns, developing the tools needed to overcome difficult situations. Together, we aim to learn more about our personal challenges and struggles to improve the ability to effect personal change.

# Contact Us

For further information, contact us:

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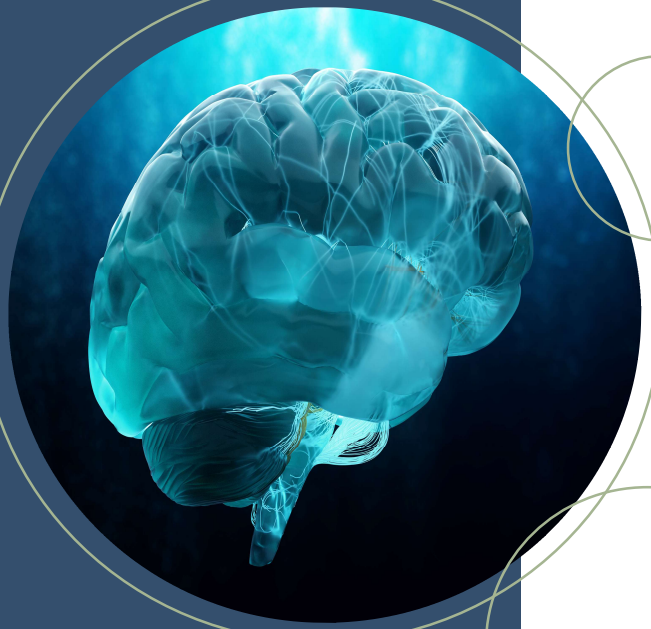
Ashburn
PSYCHIATRIC HEALTH CARE

**Non-invasive**
**Safe**
**Effective**
**Proven**
**FDA and RANZCP-approved**



# TRANSCRANIAL MAGNETIC STIMULATION THERAPY

# About rTMS Therapy

Repetitive Transcranial Magnetic Stimulation Therapy (rTMS) is a non-invasive therapy which stimulates nerve cells in the brain to treat psychiatric and neurological disorders. Many patients describe the therapy as life changing.

During treatment electromagnetic pulses pass through the skull and stimulate neurons in underactive regions of the brain, gently modulating brain functions back to health.

## Evidence-Based Therapy

- First approved in 2008, rTMS is an effective and evidence-based treatment for psychiatric disorders, especially depression.
- rTMS therapy has been demonstrated to be safe, well-tolerated and effective in numerous clinical trials and double-blind studies.
- MRI imaging has shown rTMS increases blood flow to the area of the brain being stimulated – with subsequent therapeutic benefits.
- Close to 70% of patients receiving rTMS will feel some benefit and relief in depression symptoms.
- Most patients report feeling positive benefits some years after the initial treatment.
- Studies featuring patients with treatment-resistant depression place response rates in the order of 50% and such patients experience a reduced burden of disease as a result.

*Disclaimer: before receiving rTMS the patient's suitability will need to be evaluated and discussed with an Ashburn Psychiatrist. Examples of some contraindications to rTMS therapy are patients being treated for epilepsy, having aneurysm clips, pacemakers, cochlear implants, cardiac stents etc.*

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# For Health Professionals

**Psychiatrists, Medical Practitioners' Psychologists, Psychotherapists, Counsellors**
rTMS is a breakthrough therapy which can assist in your treatment of patients. It is an ideal alternative treatment if patients have not responded to medication, cannot tolerate their side-effects, or prefer a drug-free treatment.

## The Process

- Psychiatrist or Psychologist refers patient for treatment.
- The patient will be further assessed by Ashburn Psychiatrists and, if deemed suitable for treatment, rTMS therapy will be administered according to individual patient needs by a rTMS-trained doctor or therapist.
- Ashburn Psychiatrist analyses rTMS treatment and manages follow-up and ongoing patient treatment.

## What an rTMS session involves

rTMS therapy is applied by a rTMS device with a stimulating coil. The patient sits reclined in a comfortable chair while the technician takes measurements of the patient's head. A coil is then placed onto the patient's head and treatment is started. The session lasts 30 minutes. Patients can resume normal day-to-day activities immediately after treatment.

## Our Machine

We have sourced a top-of-the-line magnetic stimulator machine to treat psychiatric and neurological disorders using transcranial and peripheral magnetic stimulation with new-generation ergonomic coils.

## Treatment Package

Our package includes an initial psychiatric assessment, a consent and fitting session, and 30 individual sessions. Sessions occur once every weekday for six consecutive weeks. The 30 sessions are required to be paid before treatment starts and is not refundable. Follow-up treatments after this are recommended and are charged separately. Please contact us for up-to-date pricing.