



Mental Health Clinic in Santa Rosa CA Offers Cutting Edge Therapies for Treatment Resistant Mental Health Disorders

December 19, 2022

Santa Rosa, California - December 19, 2022 - PRESSADVANTAGE -

Be the Change in Mental Health is a mental health clinic in Santa Rosa, CA that is known for offering cutting-edge and innovative treatments for patients suffering from treatment-resistant mental health conditions. The clinic offers Psychedelic- Assisted Psychotherapy & Transcranial Magnetic Stimulation (TMS). The clinic is urging readers to find out more about the two revolutionary therapies and the promises they hold for the entire field of Psychotherapy.

A spokesperson of the clinic explains what makes Be the Change's therapies special by saying, "We provide our patients with psychedelic-assisted psychotherapy and NeuroStar® Transcranial Magnetic Stimulation in a safe, medically-supervised, and legal manner. Our licensed therapists and physicians administer the treatments according to strict scientifically proven protocols and rules and regulations as enforced by the Department of Justice, the California Board of Medicine, and the Multidisciplinary Association for Psychedelic Studies (MAPS). From our experience delivering these treatments, we have found them to be effective in some of the most difficult to treat mental health conditions including depression, post-traumatic stress disorder, and anxiety. Our hope here at Be The Change is to create a scalable model that clinics all over the

country can mimic, and deliver these life-changing therapies to the countless people out there who need them, regardless of their socioeconomic status.?

The clinic provides Ketamine-Assisted Psychotherapy in Northern California. Ketamine is a dissociative anesthetic that has unique effects on the mind and body. Ketamine has been used for addressing treatment-resistant depression, generalized anxiety disorder, and trauma for over 2 decades since a series of studies in the early 2000s investigated its efficacy for those conditions.

The ketamine treatment begins with a psychological assessment and physical examination by the clinic's medical team to ascertain the patient's suitability. Ketamine-Assisted Psychotherapy is not recommended for clients who have an allergy to ketamine, have a history of psychosis, are current or past users of methamphetamines, or have recently suffered a traumatic brain injury.

The patient is then paired with a licensed therapist who is trained in Ketamine-Assisted Psychotherapy (KAP). The therapist prepares the patient for what to expect before, during, and after the treatment. The ketamine is then administered with an intramuscular (IM) injection in a space specifically designed for the experience. After the explorational session is over, the therapist will help the client translate and understand the insights and realizations they had during the treatment.

Be the Change in Mental Health also offers Transcranial Magnetic Stimulation in Sonoma County. TMS is a form of brain stimulation in which targeted magnetic pulses are sent to stimulate activity in key areas of the brain that are known to be underactive in people suffering from depression. The clinic uses the NeuroStar® TMS machine for this purpose, an FDA-cleared non-drug, and non-invasive form of therapy that can offer patients long-term relief from symptoms of depression.

Before the NeuroStar® TMS treatment begins, a small magnetic coil is positioned lightly on the patient's head. As the treatment begins, the patient hears a clicking sound and feels a tapping sensation on their head while they are reclined in a comfortable chair. During the whole treatment, which lasts 18 minutes, the patient is awake and alert. After around 15 treatment sessions delivered over 4 to 6 weeks, the patient will start to notice improvements in their mood, experience fewer days of depression, and may even find themselves engaging with more people around them than they usually do.

The FDA has approved TMS therapy specifically for people diagnosed with Major Depressive Disorder (MDD) who have shown no improvement after undergoing 2-4 different types of antidepressants.

Readers in Northern California can visit Be the Change in Mental Health at 2800 Cleveland Ave Ste C, Santa Rosa, CA 95403 by appointment. Call to schedule a tour at (707) 800-7568 or you can book a consultation online.

###

For more information about Be the Change in Mental Health, contact the company here: Be the Change in Mental Health Dr. Marisha Chilcott 707-800-7568 info@btcmentalhealth.org 2800 Cleveland Ave Ste C, Santa Rosa, CA 95403

Be the Change in Mental Health

BTC aims to bring psychedelic-assisted psychotherapy and NeuroStar TMS to the public in a safe, medically supervised and managed, legal manner.

Website: <https://btcmentalhealth.org/>

Email: info@btcmentalhealth.org

Phone: 707-800-7568



Powered by [PressAdvantage.com](https://pressadvantage.com)