



## **Psychedelic-assisted Psychotherapy Available At Mental Health Clinic In Santa Rosa, CA**

*January 05, 2023*

Santa Rosa, California - January 05, 2023 - PRESSADVANTAGE -

Be the Change in Mental Health, a mental health clinic in Santa Rosa CA, is sharing information about their psychedelic-assisted psychotherapy services. The clinic was started in response to the growing need for mental health services in Northern California and is dedicated to providing high quality services to the residents of Santa Rosa and the surrounding areas.

Dr. Marisha Chilcott of Be the Change in Mental Health says, "We saw the devastating effects that mental illness has on individuals and families, and we felt compelled to act. Be the Change in Mental Health was created to pave the way in providing innovative treatments that incorporate psychedelic medications that could make a tremendous difference in the lives of those affected by mental illness. Access to such treatments are limited, and we want to change that because we believe that psychedelic-assisted psychotherapy can go a long way in healing and helping people with mental illness."

Be the Change in Mental Health offers a range of services to meet their patients' needs and help them have the best life they deserve. The clinic's services range from psychotherapy-focused Ketamine-Assisted Psychotherapy (KAP) to purely energetically-based Transcranial Magnetic Stimulation (TMS), and

combinations in between. They are one of the few providers of Ketamine-Assisted Psychotherapy in Northern California. As the clinic explains, ketamine is a dissociative anesthetic with properties that have unique effects on the mind and body. Unlike many ketamine clinics that simply give people the drug, Be the Change's focus is on the therapy, using the medication as an adjunct. This is because while the medication itself may help someone feel much better very quickly, the improvements do not persist unless the patient changes their patterns of thinking, and therapy is the critical component that is used to guide patients through this process.

Be the Change in Mental Health also offers NeuroStar® Transcranial Magnetic Stimulation, a treatment for those who want a non-medication option to address their condition. TMS is a non-invasive treatment that uses magnetic fields to stimulate nerve cells in the brain to improve symptoms of depression. It is FDA approved for the treatment of major depressive disorder (MDD), anxiety associated with depression, and obsessive-compulsive disorder (OCD). According to the clinic, TMS is effective for more than 60% of patients who have tried and "failed" multiple medications to address their depression and has a durability of up to 24 months with no additional treatment. After achieving remission from depression, patients can receive periodic "refresher treatments" to stay mentally well.

Dr. Chilcott says, "We are dedicated to providing therapy with an endpoint. We understand how frustrating it can be if you have been doing therapy without feeling like you are making any progress. We want to change that. We use quantitative metrics to evaluate our patients' progress and then adjust their program as needed. Across all the therapeutic services we offer, we believe in helping the body and the mind heal itself. Our therapists will work with you to explore the root causes of your mental illness and help free you from those limiting beliefs that keep you stuck."

The clinic also states that they are looking into offering additional types of psychedelic-assisted psychotherapy for those who are seeking an alternative treatment option, as soon as it is legally available in California. Be the Change in Mental Health expects that MDMA will receive FDA approval within the next two years, and their therapists have already been through the required MAPS training programs. Notably, their Sausalito, CA clinic was purpose-built to meet the special needs of patients who will receive this type of medication. Additionally, there are legislative actions being taken to decriminalize psilocybin, and a variety of other potential medications are still being developed (currently going through clinical trials).

Those who want to learn more about Be the Change in Mental Health or are looking for psychedelic-assisted psychotherapy in Sausalito should visit their official website for more information. Dr. Marisha Chilcott encourages interested parties to get in touch with her or another representative via phone or email.

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For more information about Be the Change in Mental Health, contact the company here:Be the Change in Mental HealthDr. Marisha Chilcott707-800-7568info@btcmentalhealth.org2800 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.*

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