



Moment of Clarity Publishes New Educational Resource Exploring Esketamine Therapy for Treatment-Resistant Depression

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Moment of Clarity has published a new educational resource examining the role of Spravato® (esketamine) as an FDA-approved treatment option for people experiencing treatment-resistant depression. The newly released article explains how esketamine therapy differs from traditional antidepressant medications, when it may be considered by behavioral health professionals, and how it can be incorporated into comprehensive mental health treatment plans alongside evidence-based psychotherapy and ongoing psychiatric care.

The publication reflects increasing interest in advanced treatment options for patients whose depression symptoms have not adequately improved through conventional therapies. According to the National Institute of Mental Health, major depressive disorder affects millions of adults in the United States each year, while a significant percentage of patients experience treatment-resistant depression despite multiple treatment attempts. The U.S. Food and Drug Administration approved Spravato® for eligible adults with treatment-resistant depression when used in conjunction with an oral antidepressant under a Risk Evaluation and Mitigation Strategy (REMS) program. Educational resources that explain these treatment options help patients and families better understand the available evidence-based interventions and encourage informed

discussions with qualified behavioral health professionals.

The newly published article explains that esketamine therapy is administered under direct medical supervision in certified healthcare settings and requires ongoing monitoring following each treatment session. Unlike traditional oral antidepressants, Spravato® works through a different neurological pathway and may be considered for patients who have not achieved adequate improvement after multiple antidepressant medications. The resource emphasizes that treatment recommendations should always follow comprehensive psychiatric evaluations and individualized clinical assessments performed by licensed healthcare providers.

According to information available on the Moment of Clarity website, the Reseda location provides a comprehensive continuum of behavioral healthcare services for people experiencing depression, anxiety disorders, trauma-related conditions, post-traumatic stress disorder, and other mental health challenges. Services include depression treatment, anxiety treatment, PTSD treatment, trauma treatment, psychiatric evaluations, medication management, mental health, individual counseling, group therapy, family therapy, CBT therapy, DBT therapy, EMDR therapy, intensive outpatient programming, partial hospitalization programming, and individualized treatment planning. Treatment recommendations are developed following comprehensive clinical assessments and are adjusted throughout care based on each patient's evolving therapeutic needs.

The educational resource further explains that advanced treatments such as esketamine therapy are typically incorporated into broader behavioral healthcare plans rather than used as standalone interventions. Patients may continue participating in psychotherapy, medication management, skills development, and structured outpatient programming while receiving supervised esketamine treatment when clinically appropriate. This integrated approach allows behavioral health professionals to address multiple aspects of recovery while monitoring treatment response and making adjustments based on clinical progress.

National behavioral health organizations continue to recognize the importance of individualized treatment planning for depression. The American Psychiatric Association and the National Institute of Mental Health emphasize that patients respond differently to available therapies, making comprehensive psychiatric evaluations essential before determining appropriate interventions. Patients experiencing treatment-resistant depression may benefit from specialized therapeutic options when traditional treatments have not provided adequate symptom improvement, highlighting the importance of individualized care delivered within established clinical guidelines.

People searching online for mental health treatment, depression treatment, anxiety treatment, PTSD

treatment, trauma treatment, EMDR therapy, DBT therapy, CBT therapy, or medication management often seek providers offering comprehensive behavioral healthcare rather than isolated services. Moment of Clarity's newest educational resource explains that selecting the most appropriate treatment approach depends upon a thorough psychiatric assessment, treatment history, symptom severity, and each patient's overall clinical presentation. Evidence-based treatment plans frequently combine psychotherapy, psychiatric oversight, medication management, and structured behavioral healthcare to support long-term recovery.

The Reseda treatment center serves patients throughout Reseda, Winnetka, Lake Balboa, Tarzana Ranch, Encino Village, Northridge East, Granada Hills South, and surrounding communities seeking comprehensive mental health treatment. By expanding its educational library with clinically grounded resources, Moment of Clarity seeks to improve public understanding of treatment-resistant depression, advanced psychiatric interventions, evidence-based psychotherapy, and integrated behavioral healthcare. Educational information, supported by current clinical research, helps patients and families better understand available treatment pathways and encourages timely evaluation by qualified mental health professionals.

The article also explains that successful recovery from treatment-resistant depression often requires ongoing participation in therapy, psychiatric follow-up, family support, medication management, and individualized treatment planning. Behavioral health providers routinely evaluate patient progress throughout treatment and adjust recommendations based on symptom improvement, functional recovery, and long-term wellness goals. This emphasis on continuity of care reflects current behavioral health standards, which recognize that lasting recovery develops through coordinated, personalized treatment over time.

Moment of Clarity continues expanding its educational resources covering depression, anxiety, trauma recovery, evidence-based therapies, and comprehensive behavioral healthcare. The newly published article examining Spravato® therapy for treatment-resistant depression provides patients, families, healthcare professionals, and referral sources with research-supported information explaining how advanced treatment options may complement psychotherapy and ongoing psychiatric care. By combining educational content with a comprehensive continuum of behavioral health services, Moment of Clarity supports informed treatment decisions while increasing public awareness of evidence-based mental health treatment.

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Moment of Clarity Reseda

Reseda, CA's preferred mental health treatment facility. Whether you are struggling with anxiety, depression, dual diagnosis disorder, eating disorders, or general unrest, call Moment of Clarity

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