



**PUTTING YOU FIRST**

At TPH we are committed to delivering excellence in psychiatric care and quality services that promote mental health and wellbeing. Our professional team will support you through every step of your treatment program and offer genuine compassion and care.

We are a family-owned private hospital certified to the ISO 9001 Quality Management Systems Standard, the National Safety and Quality Health Service Standards and the National Accreditation Standards for Trauma Recovery (Posttraumatic Stress Disorder) Programs.

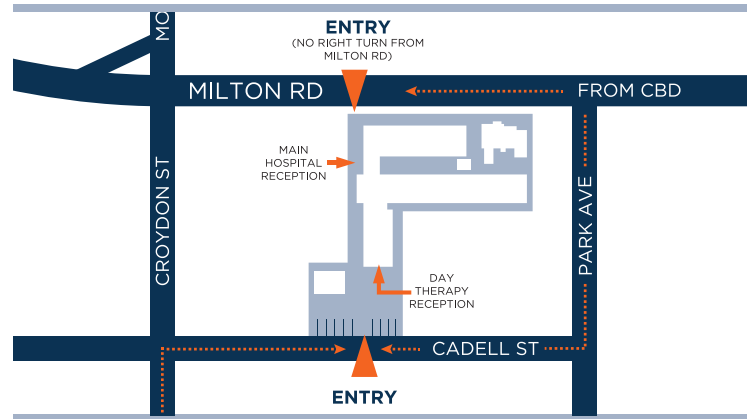
Our treatment and services are designed to demonstrate respect, understanding and focus on you as an individual. Each specialised program is delivered by experienced mental health practitioners including psychiatrists, senior psychiatry registrars, psychologists, registered and enrolled nurses, occupational therapists and social workers.

Every detail at TPH has been considered to ensure you feel safe, comfortable and experience a positive treatment environment.



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At TPH we provide a range of programs tailored to meet the needs of patients including:

- Employment Related Trauma Recovery Program
- Cognitive Behavioural Therapy (CBT) Anxiety Program
- CBT Mood Disorders Program
- Tailored Therapy Program
- Repetitive Transcranial Magnetic Stimulation
- Electroconvulsive Therapy
- Assertive Community Treatment Program
- Mobile Recovery Support Service - Pilot Program

We also offer specialised treatment for military and ex-military personnel including:

- Trauma Recovery Program
- Trauma Relapse Prevention Program
- Anger Management Program
- Alcohol Day Treatment Program

The information in this brochure is not intended as a substitute for professional medical advice, diagnosis or treatment.



# REPETITIVE TRANSCRANIAL MAGNETIC STIMULATION



NSQHS  
 SAI GLOBAL



TRPS  
 SAI GLOBAL



Quality  
 ISO 9001  
 SAI GLOBAL



## ADDITIONAL TREATMENT FOR SEVERE DEPRESSION

Toowong Private Hospital (TPH) offers Repetitive Transcranial Magnetic Stimulation (rTMS) which involves applying focussed magnetic energy to superficial areas of the brain to help with severe depression.

rTMS is commonly used to treat people who either show not enough improvements with medication or cannot take it.

At TPH we only provide rTMS at the request of your referring psychiatrist. We will work with you and your psychiatrist to assess if rTMS is right for you, identify your mental health needs and plan a complete treatment program.

rTMS is most beneficial when used as part of a comprehensive treatment plan involving additional therapies.

While rTMS is a relatively new treatment it has proven to be very effective for some people with severe depression. During rTMS treatment a small electrically charged coil is placed close to the scalp. This coil creates a focussed magnetic field that provides a mild stimulation to a small, specifically targeted area of the brain. The magnetic field stimulates electrical activity in brain cells underneath the coil.

To be most effective rTMS is administered over 20 sessions (five times a week over four weeks). Each session lasts approximately 45 minutes. This treatment requires no anaesthetic; you will be awake and aware of what is happening at all times.

At the start of each session you will be greeted by the rTMS staff. They will ensure you are comfortable in the reclining armchair before the nurse commences your treatment. During the treatment, you will hear a series of clicking sounds and experience a tapping sensation directly under the treatment coil.



This is caused by the magnetic field pulsing on and off. At the end of the rTMS session you can return immediately to your normal daily activities.

Before you start rTMS we will ask you to complete a safety checklist to make sure you do not have anything that might be affected by the magnetic energy such as:

- Epilepsy
- An active brain illness (eg recent stroke)
- Implants including metal implants in the head, surgical clips, pacemakers, implanted medication pumps or electrodes
- An unstable medical condition that could be exacerbated by a seizure
- Pregnancy (the safety of rTMS during pregnancy has not been evaluated so it is not recommended at this time).

If you would like to discuss how this treatment may benefit you, please contact your doctor.

