



For more information about our services, call

815.399.9700 or
866.350.3500 (toll-free)

Visit us at

aspenbh.com

Paying for TMS

Insurance coverage for TMS therapy varies depending on individual carriers and plans and may be determined on a case-by-case basis. Our staff members will work with each client to help determine eligibility. Aspen Counseling helps clients attain the coverage they need as quickly as possible so that they may access this beneficial treatment.

Aspen Counseling & Consulting, LLC provides a safe and therapeutic setting to help clients improve their quality of life and handle stress and anxiety, as well as develop strategies to manage mood disorders, such as major depression, bipolar and dysthymia. Our licensed, experienced professionals help clients find solutions to problems so they and their families can lead productive, fulfilling lives.

We are the first provider to offer transcranial magnetic stimulation (TMS) therapy in the Northern Illinois area. TMS is an FDA-approved therapy for depression.

Aspen COUNSELING
& Consulting, L.L.C.

New directions in emotional health and well-being

8616 Northern Avenue • Rockford, IL 61107
(Located in Rosecrance Berry Campus)



Transcranial Magnetic Stimulation Therapy (TMS)

FDA-approved help
for depression

Aspen COUNSELING
& Consulting, L.L.C.

An affiliate of Rosecrance Health Network

Why choose Transcranial Magnetic Stimulation therapy at Aspen Counseling & Consulting, LLC?

- TMS therapy is **noninvasive** and does not involve surgery. You remain awake and alert during the treatment and can resume everyday activities afterward. It is also **non-systemic**; unlike most medications, it is not taken orally and does not circulate in the body's bloodstream.
- Aspen Counseling is the **first provider of TMS therapy in Northern Illinois**. It is performed in our office under the supervision of board-certified psychiatrists.
- Aspen offers **comprehensive consultations**. During these consultations, you will have the opportunity to tour our facility, see the TMS chair and discuss options with our staff.
- We schedule TMS **sessions at your convenience**, and we do offer early morning and evening appointments.
- We offer **several payment options** and will work with you to help determine insurance eligibility and attain the coverage/funding needed as quickly as possible.
- For continued care, we offer a **support group** for clients who have undergone TMS treatment.



Struggling with Depression? Medication not helping? There is hope.

Although antidepressants can be effective for many patients, they do not work for everybody. More than 4 million patients do not receive adequate benefit from antidepressants and/or cannot tolerate the side effects caused by them. Transcranial magnetic stimulation offers you new hope and new beginnings.

"I struggled intermittently with depression and anxiety for 30 years. The last few years, depression and anxiety episodes were increasingly severe and frequent, and medications were increased and added without desired results. TMS was truly a blessing for me. I feel strong and confident. I was able to go from four different medications down to one medication."

—Sandi, TMS patient

THE PROCESS

What happens during TMS therapy?

- During TMS therapy, pulsed magnetic fields are repetitively transmitted into the left prefrontal cortex, the part of the brain that is thought to regulate mood, in order to stimulate the firing of neurons (nerve cells).
- It triggers a cascade of neurochemical events, including the release of neurotransmitters (such as serotonin, norepinephrine and dopamine), and helps normalize neurotransmitter function.

"TMS is at the cutting edge of treatment for neuropsychiatric disorders. It is safe, cost-effective and offers new hope to those who have hit a wall in their search for relief from their symptoms."

— Dr. Raymond Garcia, Aspen Medical Director

How long does a patient undergo TMS therapy?

- The typical initial treatment course consists of five treatments per week over a four-to six-week period, for an average of 20-30 treatments. Each treatment session lasts approximately 40 minutes, and flexible scheduling is available.
- TMS therapy is individualized to ensure the highest level of care for each client. Total treatment sessions will be determined based on medical necessity.

MINIMAL SIDE EFFECTS AND RISKS

- The most common adverse reaction related to treatment was mild to moderate scalp pain or discomfort at the treatment site. The incidence of this side effect declined markedly after the first week of treatment.
- With regard to long-term safety, TMS uses the same type and strength of magnetic fields as MRIs, which have been used with millions of patients around the world and have not been shown to cause long-term consequences.
- TMS therapy should not be used in patients with implanted metallic devices or non-removable metallic objects in or around the head. It also should not be used in patients with implanted devices that are controlled by physiological signals such as pacemakers, etc.

BENEFITS OF TMS

- In clinical trials, 1 in 2 patients had significant improvement in symptoms and 1 in 3 had complete symptom resolution.
- TMS is non-systemic, so it doesn't have side effects such as weight gain, sexual dysfunction, nausea, dry mouth or sedation.
- Aspen Counseling offers a free support group for TMS clients. The group fosters continued progress after treatment and helps clients understand they are not alone.
- Furthermore, when undergoing TMS at Aspen Counseling, you have the support of Aspen Counseling therapists, counselors and psychiatrists. We will coordinate care with your current psychiatrist. If you do not have a treating physician, we are always accepting new clients.

