



THE WHOLISTIC BRAIN AND MIND

TRANSCRANIAL DIRECT CURRENT STIMULATION (tDCS) THERAPY



WHAT IS tDCS?

tDCS is a non-invasive method of brain stimulation that modifies brain activity using a small electrical current. tDCS has been shown to be a safe, effective and drug-free alternative for managing depression and chronic pain.

HOW DOES IT WORK?

The Wholistic Brain & Mind uses Sooma tDCS™ technology. This is a medical device used by healthcare professionals worldwide and is approved in Australia, Europe and the USA for treating depression and chronic pain in adults.

tDCS works by delivering a weak electric current through two electrodes placed on the scalp. You are completely alert and awake during the treatments. The electrodes stimulate key brain areas where activity has been shown to be altered in depression and pain, to restore a balance of brain activity.

WHAT ARE THE BENEFITS OF tDCS?

Research has shown that tDCS therapy is an effective treatment option for depression, fibromyalgia and chronic neuropathic pain, with no major side effects.

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CLINICAL NEUROPSYCHOLOGY SERVICES

Research reviews of tDCS in depression found it has similar efficacy to anti-depressant medication. Meta-analyses of tDCS in pain show significant reductions in pain and quality of life improvements compared to a placebo treatment. Published treatment outcomes using the Sooma device found approximately 2 in 3 patients (61%) reported significant help in just two to three weeks, including improvement in mood, anxiety, sleep quality, activity levels and pain.

tDCS treatment can be used as a standalone, or in combination with medication and/or psychological therapy. People who do not get adequate response from medication or have trouble tolerating them may benefit from tDCS therapy.

There are no serious side-effects reported in 20 years of research. The main side-effects are local and transient such as skin itching, mild headache or redness under the treatment area when the device is on.

WHAT DOES THE tDCS THERAPY PROGRAM LOOK LIKE?

Our Sooma tDCS therapy is a simple, self-administered, take-home device. You will first need to attend a face-to-face appointment with Dr Cara Wong, Clinical Neuropsychologist who will collect your relevant history, data and guide you through the tDCS set-up and program. You will then take the device to use at home over the following weeks. Dr Wong will have weekly check ins to review your progress, and there is a post-treatment face-to-face session.

One treatment takes 20 to 30 minutes, and it is repeated 5 days a week for at least 2 weeks. During the treatment you may engage in quiet and relaxing activities. Please contact us for more information.



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