

NEUROPSYQUE[®]


HEALTHY BRAIN,
HEALTHY LIFE

TRANSCRANIAL MAGNETIC STIMULATION (TMS)

WHAT IS IT? / FREQUENTLY ASKED QUESTIONS



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INDEX

1

WHAT IS TMS?

03

- ↪ WHAT DOES IT TREAT?
- ↪ HOW DOES IT WORK?
- ↪ IN WHICH CASES CAN IT HELP?
- ↪ RELEVANT INFORMATION
- ↪ MEDICATION-RESISTANT CASES 

2

INSIDE THE BRAIN

07

- ↪ NEUROPLASTICITY
- ↪ LOW VS HIGH FREQUENCY

3

EXPECTED RESULTS - TMS

08

4

FREQUENTLY ASKED QUESTIONS

09

1

WHAT IS TMS?

Transcranial Magnetic Stimulation, also known as TMS or EMT, is a non-invasive neuromodulation technique that uses magnetic pulses to stimulate specific areas of the brain. The goal is to modulate neuronal activity in circuits associated with symptoms such as pain, depression, anxiety, obsessions, or emotional and cognitive disturbances. It allows the treatment of numerous neurological and neuropsychiatric conditions without creating or worsening the harmful dependency commonly associated with pharmacological therapies.



1. WHAT IT TREATS

Specific areas of the cerebral cortex, defined according to the clinical assessment and the therapeutic goal.



2. HOW IT WORKS

A coil is positioned over the scalp and emits brief magnetic pulses capable of influencing the electrical activity of neurons.



3. IN WHICH CASES CAN IT HELP

 Mais details – p. 5

It can be integrated into therapeutic plans for treatment-resistant depression, OCD, anxiety, chronic pain, post-stroke rehabilitation, sleep problems, and other clinical indications, always following specialised assessment.

TMS

-RELEVANT INFORMATION-



CAN I HAVE TMS WITHOUT A PRIOR CLINICAL APPOINTMENT?

No. TMS must always be preceded by a clinical assessment to confirm the indication, rule out contraindications, and establish an appropriate protocol.

DOES TMS WORK THROUGH ELECTRICAL CURRENT?



TMS

Magnetic pulses generate a focused electrical current. No anesthesia is needed, and the patient resumes their day normally.

VS

ECT

Direct electrical current applied to induce a controlled, painful seizure, under general anaesthesia, with a 7-hour fast.

IS IT THE SAME AS ELECTROSHOCK THERAPY (ECT)?



IS TMS SAFE? DOES IT CAUSE PAIN? ARE THERE SIDE EFFECTS?



Completely safe. It is a non-invasive and painless therapy that rarely presents side effects.

DO I NEED ANY PREPARATION BEFORE THE SESSION?



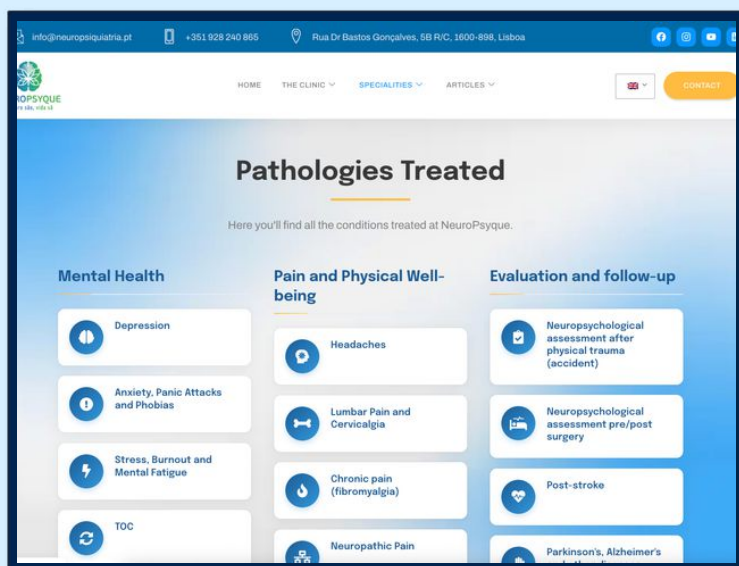
It is simply recommended to wear comfortable clothing, avoid metal accessories near the head, and inform the team about any implants and neurological history.



DOES TMS REPLACE MEDICATION OR PSYCHOTHERAPY?

Not always. TMS can be used on its own or integrated with other approaches. It is always included within medical follow-up (which may include pharmacology or even a gradual tapering of medication), and in certain cases it is prescribed in combination with psychological work to enhance and prolong results – the decision is always individualised and agreed upon with the clinical team.

FOR WHICH CASES IS IT INDICATED?

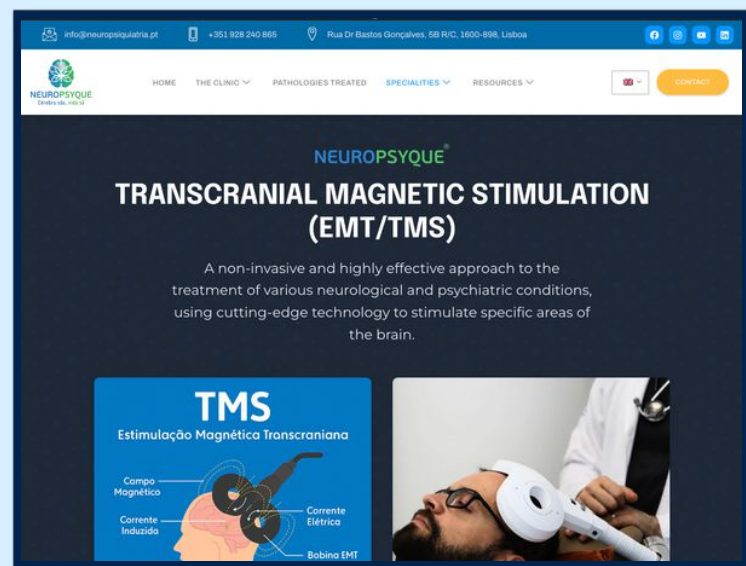


ON THE NEUROPSYQUE WEBSITE YOU WILL FIND DETAILED INFORMATION ABOUT EACH MEDICAL CONDITION.

Here you will find the conditions treated at NeuroPsyque, as well as the general outline of our approach to each one, including the indication of TMS/EMT for certain cases.

THIS IS A PAGE DEDICATED TO TRANSCRANIAL MAGNETIC STIMULATION

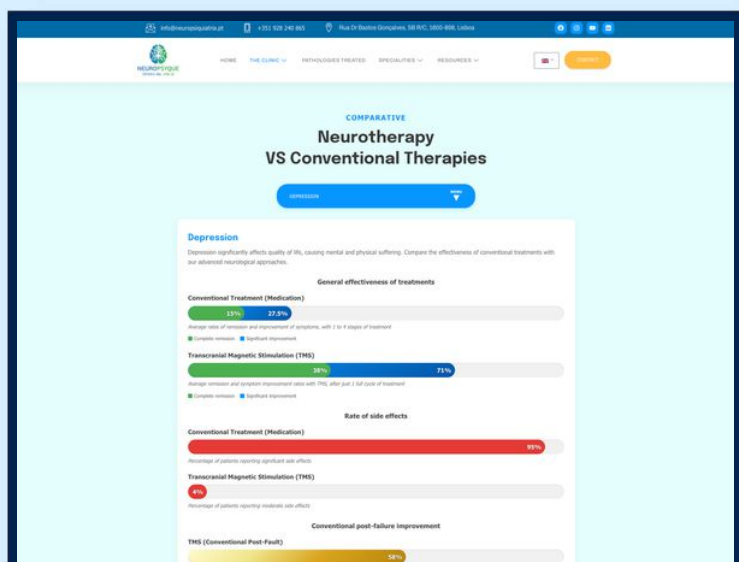
Here you will find more information about this therapy, the technology, and how it helps specifically in the treatment of certain neurological, neuropsychiatric, and neurophysiological conditions.



EFFICACY, COMPARISON WITH OTHER THERAPIES AND INCLUSION IN INTEGRATED TREATMENT PLANS

Under the "THE CLINIC" tab in the main website menu, you will also find information on:

- PAIN TREATMENT
- COGNITIVE REHABILITATION
- NEUROTHERAPY VS CONVENTIONAL THERAPIES COMPARISON ...



MEDICATION-RESISTANT CASES



Beyond those who simply choose TMS to avoid the harmful side effects of pharmacological dependency, there are many cases where there is genuine resistance to medication – cases where TMS demonstrates outstanding efficacy. These include situations where there was no initial response to drugs, as well as those where the progressive increase in doses (driven by the body's habituation) reached an efficacy ceiling, or even produced unwanted effects at a level that is no longer tolerable.



AT NEUROPSYQUE WE DON'T JUST TREAT THE SYMPTOMS

In **resistant cases** (as in all cases, but especially these) the **key** lies in **understanding the cause**. TMS is integrated into a thorough and comprehensive assessment of the person as a whole, and is not simply a swap of one medication for another approach.

2 OF THE MOST EMBLEMATIC CASES WE CAN SHARE TREATED AT NEUROPSYQUE:



Julia Wald

Guia local · 638 críticas · 1966 fotos

★★★★★ há 6 meses

Dr. Jose is highly competent and attentive, he really cares about his patients and makes sure they get a personalized, specialized approach. We did 30 sessions of TMS, a mix of protocols for compulsive behaviors and anxiety, and cured my 25 year old eating disorder!!! I am incredibly grateful. Thank you!

Ver tradução (português)



F. T



"I've been battling in silence for 10 years. It's hard to explain or measure. It's a struggle that doesn't show on exams, but it affects every part of life in society, in family life.

When I returned to Portugal, I started seeing Dr. José.

Together, we went through 10 months of medication in just 6 months. He's always attentive. Dr. José has truly mastered his approach: he sees the whole person, not just the pain. He gives you his time and doesn't spare effort.

I leave here with my eternal gratitude."

2

INSIDE THE BRAIN

The coil generates a brief magnetic field that passes through the scalp and skull without any resistance, reaching the brain painlessly and without incisions.

Once inside the brain, that field is converted into electrical current, only in the area to be treated. The shape of the coil (figure-of-8) concentrates the stimulus at a precise point.

MAGNETIC PULSE

1

ELECTRICAL CURRENT INDUCTION

2

That current stimulates the neurons in that area, altering the way they communicate with each other.

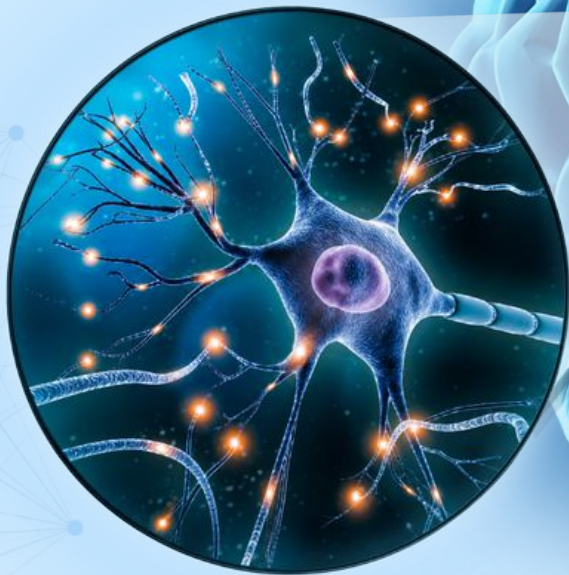
NEURONAL ACTIVATION

3

Over time, the brain reorganises the connections between neurons, strengthening or rebalancing them.

NEUROPLASTICITY

4



DIFFERENT STIMULI FOR DIFFERENT EFFECTS



HIGH FREQUENCY

Stimulates underactive areas (in hypoactivity).

VS

LOW FREQUENCY

Stimulates overactive areas (hyperactivated).



3

EXPECTED RESULTS - TMS -

1. MORE STABILITY



- + SPIRIT & WILL
- + CLARITY
- SUFFERING

2. BETTER EMOTIONAL REGULATION



- STRESS
- TENSION

3. SLEEP, ENERGY AND RECOVERY



- FATIGUE
- + AVAILABILITY

4. MORE FUNCTIONALITY



- PAIN & FRUSTRATION
- DEPENDENCY
- + CONSISTENCY

5. GRADUAL AND CONTINUOUS PROGRESS



- + CONTROL
- + LASTING RESULTS



! IMPORTANT

TMS DOES NOT PRODUCE INSTANT CHANGES.

Although it is an **effective** and **well-established** treatment, TMS **does not have an immediate** effect like some pharmacological treatments. **Results are progressive** and should be closely monitored by specialists.



4



FREQUENTLY ASKED QUESTIONS

1. How many sessions are needed and how often?

- The number and frequency are defined in the individual protocol. A protocol at NeuroPsyque typically involves 20 to 30 sessions, carried out over 4 to 6 weeks, though this may vary. The exact plan is discussed and drawn up with you at the initial assessment.

2. How long does each session last?

- Sessions last between 20 and 35 minutes and take place at the clinic.

3. How soon will improvements be noticed?

- The effects are progressive, with the first improvements typically noticed within the first few weeks of treatment. Over time, the changes in brain circuits consolidate. Progress is closely monitored by the team and the protocol is adjusted if necessary.

4. Do results last over time?

- In most cases the benefits are long-lasting. Some people benefit from occasional maintenance sessions to consolidate results – something that is assessed on an individual basis.

5. Can I drive and return to work on the same day?

- Yes. As there is no anesthesia or sedation, you can drive and resume your activities immediately after the session, barring any unusual reaction.

6. Are there contraindications? Who should not have TMS?

- The main contraindication is the presence of metal or electronic implants or devices in the head area (for example, cochlear implants, brain stimulators, aneurysm clips, or pacemakers). A history of epilepsy or seizures, certain medications, and pregnancy require additional caution. All of this is assessed during the clinical evaluation before starting treatment.

7. Can children and adolescents have TMS?

- Yes, TMS is used in the treatment of pediatric conditions, especially in certain cases where there is a strong indication for the use of this technology. At NeuroPsyque, it is used only in selected and very specific cases. The indication always depends on age, the condition, and a specialized evaluation. Our team clarifies, on a case-by-case basis, whether TMS is appropriate.

8. Is TMS a scientifically established treatment?

- Yes. It is a well-established neuromodulation technique recognised internationally and approved by regulatory authorities (such as the FDA) for conditions including depression, OCD, migraine, smoking cessation, among others, and studied and applied across a wide range of cases and indications, always through clinical assessment.

9. What will I feel during the session?

- Most people describe a sensation of light "tapping" or knocking on the scalp, sometimes with a slight contraction of nearby muscles. It is tolerable and one adjusts to it quickly; a mild and short-lived headache may occur after the session.

10. How is the brain area to be stimulated defined?

- The target area is defined based on the clinical picture established during the appointment, the clinical history, and the therapeutic goal, with intensity calibrated individually for each person. In certain cases, complementary exams such as qEEG are used to better characterise brain functioning and support protocol decisions.

11. Can TMS be combined with qEEG, neurofeedback, or psychotherapy?

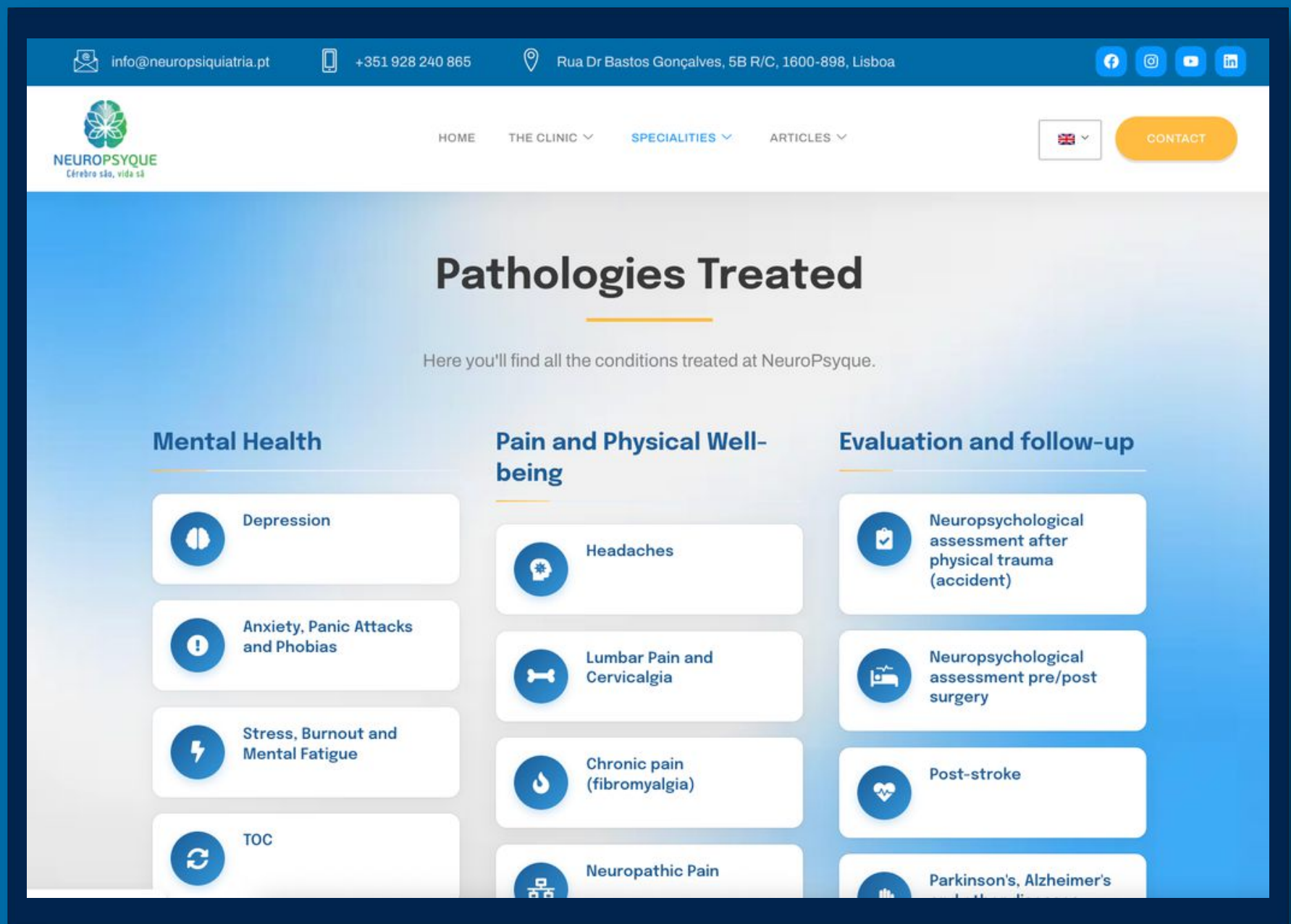
- Yes. TMS is frequently integrated into a broader approach – there is evidence that combining it with medical treatment enhances results – and it can be combined with medication planning and management, qEEG brain mapping, Neurofeedback, psychological/neuropsychological follow-up, and other complementary therapeutic approaches.

TRANSCRANIAL MAGNETIC STIMULATION

NEUROPSYQUE®

HEALTHY BRAIN,
HEALTHY LIFE

LOOKING TO TREAT A **SPECIFIC CONDITION?**
FIND IT, ALONG WITH OUR SPECIALIZED
APPROACH, AT:



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