



TMS Depression Therapy San Jose: Innovative Care for Depression Relief

Depression is a common but serious mental health condition affecting millions worldwide. If you or a loved one are struggling with depression that hasn't responded well to traditional treatments like medication or therapy, [TMS Depression Therapy San Jose](#) offers a promising and innovative solution to find lasting relief.

At **Prodigy Psychiatric Group**, we specialize in providing cutting-edge Transcranial Magnetic Stimulation (TMS) therapy, a non-invasive, FDA-approved treatment designed to target depression at its source—without the side effects often associated with antidepressants.

What is TMS Depression Therapy?

TMS (Transcranial Magnetic Stimulation) uses focused magnetic pulses to stimulate specific areas of the brain involved in mood regulation. Unlike medications that circulate through the whole body, TMS targets precise brain regions responsible for depression, helping to restore natural brain activity and improve mood.

The treatment is performed in-office and typically involves daily sessions over several weeks. Each session is painless, lasting about 20 to 40 minutes, and you can resume normal activities immediately afterward. Because TMS does not involve anesthesia or sedation, it is considered a safe alternative for patients who have not benefited from other therapies.

Who Can Benefit From TMS Therapy?

TMS is particularly effective for individuals with treatment-resistant depression—those who have tried multiple antidepressant medications or therapies without sufficient improvement. It is also suitable for patients who prefer to avoid the side effects of medications or who cannot tolerate them due to health concerns.

At Prodigy Psychiatric Group, our team conducts a thorough evaluation to determine if TMS therapy is the right fit for you. We customize treatment plans based on your unique health profile and symptom history, ensuring the best possible outcomes.

Advantages of TMS Depression Therapy

- **Non-invasive and Safe:** TMS therapy does not require surgery or medication, minimizing risks and side effects.
- **FDA-Approved:** Recognized for safety and effectiveness by leading health authorities.
- **Minimal Disruption:** Sessions are outpatient and quick, allowing you to continue daily routines.
- **Long-Lasting Relief:** Many patients experience significant improvement lasting months or longer.
- **Improves Brain Function:** Stimulates neural pathways related to mood and cognitive function.

What to Expect During Treatment

During a typical TMS session at Prodigy Psychiatric Group, you will be comfortably seated while a magnetic coil is placed against your scalp. The device emits painless magnetic pulses that stimulate targeted brain areas. You may feel a tapping sensation but no pain. Treatment schedules usually consist of 4-6 weeks of daily sessions, followed by maintenance treatments as needed.

Our caring and experienced clinicians closely monitor your progress throughout the therapy to adjust treatment if necessary and provide support for your recovery journey.

Why Choose Prodigy Psychiatric Group?

Located in San Jose, Prodigy Psychiatric Group is committed to providing compassionate, personalized mental health care. Our TMS Depression Therapy program combines advanced technology with expert clinical guidance to deliver effective and transformative results.

Contact Prodigy Psychiatric Group

Locate us: <https://g.co/kgs/PYK5e2v>

Hours: Monday–Friday, 8:00 AM – 7:00 PM

Phone: (510) 875-7721

Website: <https://prodigyclinic.com>