

Beating **DEPRESSION,** Healing **RELATIONSHIPS**

**After TMS Therapy,
a family rekindles
their love and joy**

By Diana Dunne

“I got my wife back,” Jonathon says, beaming. “We’d been through so many things to try to help make her better. But it seemed like I had lost the woman I married 25 years ago.”

Depression had slowly stolen his wife, Stacy’s, joy. Jonathon and Stacy recall the beginning of her downward spiral. It was in the mid-1990s, when she began having flashbacks of unpleasant things she experienced in her youth. “The memories really upset her, and she would talk to me about them. It was at that time that she started having mood swings, and her habits and behaviors began to change.”

Stacy began to prefer darkness. She kept the blinds closed, and could not find the motivation to get out of bed to do even the smallest tasks. Over several years, she developed a new routine: Getting up to take her sons to school, then coming home and going back to bed. When the boys returned from school, she got up to watch them, anxiously awaiting the time when her husband would get home from work. “The minute I came in the door she would go into her ‘cave’ and shut the bedroom door. Even the dogs weren’t allowed in,” Jonathon says.

WHAT IS TMS THERAPY®?

TMS (transcranial magnetic stimulation) Therapy® for the treatment of depression is a non-invasive, outpatient procedure that uses a pulsed magnetic field, similar in type and strength to those produced by a magnetic resonance imaging (MRI) machine. The treatment stimulates cortical neurons, resulting in a release of the same neurotransmitters that are provided artificially through antidepressant medications.



With Jonathon’s full support, Stacy made the decision to start TMS treatments. The treatments exceeded their expectations. “I’ve gotten a new wife without getting a divorce,” Jonathon says.

In 1997, Stacy began professional therapy sessions and was prescribed antidepressants. “They worked for a while, then they would stop,” she says. In hindsight, the couple says they now see that their lives were not improving. “You gradually become conditioned and used to a ‘new normal,’ so you don’t really see your life and relationship realistically because the decline happens slowly,” Jonathon says.

A more rapid decline began when, one evening in 2008, Stacy was home alone and felt the urge to commit suicide. In her mind, there was a perfect “tool” she could use to slit her wrists, and she frantically rummaged through the knife drawer in the kitchen to find it. Frustrated and in a panic, she says she took every knife out of their kitchen, but could not find “the one.” “Something inside me had snapped. And then, I just stopped,” Stacy says. “I heard the voice of God telling me to get out of the house. I ran to my neighbors and told her something was not right with me.” Stacy’s neighbor happened to be a therapist who knew Dr. Mohamed Ahmed, and she called him immediately.

"I'm sharing my story because I want everyone to know about TMS. Too many people are suffering with depression and there are too many tragedies because of it. We've had suicides in our school. My stepbrother committed suicide. People don't understand that depression is real, but it's curable. You don't have to live with it. TMS Therapy is an absolute life changer. The first week I started noticing changes. I thought, *Oh my gosh, if everyone could just feel this they would have hope.* If you're laying in bed, can't get out of your house, have no energy or desire to live, then research and discover TMS Therapy."

It seemed a series of miracles had saved Stacy's life. She and Jonathon knew that the next time, they might not be so lucky. "I thought our next trip would probably be to a psychiatric hospital," Jonathon says. Instead, the very next day after her failed suicide attempt, Stacy and Jonathon were in Dr. Ahmed's office.

"That was definitely my bottom," Stacy says. "It was such a blessing to meet Dr. Ahmed. He really listened to me and talked to me with such grace and calm. My previous therapist never listened; he just put me on more and stronger meds. I was like a zombie on all that medication."

FINDING JOY

With her pink, sparkly nail polish, blinged-out watch, and bright smile, no one would ever know that, just a few months ago, Stacy was unable to get out of bed and preferred to live in the darkness of her bedroom. Depression held her hostage. Today, you can see and sense her glowing happiness.

"People used to talk about this feeling of 'joy'—and that was so foreign to me. I could not experience what they were talking about," Stacy says. After TMS Therapy I took my son to the mall and he wanted to jump on the trampoline. As he played and did flips on the trampoline, I noticed a fabulous feeling bubbling up inside me and spreading a warmth—I realized it was joy! I was feeling joy for the first time in so long, I'd forgotten what it was like. Tears immediately flooded my eyes, and my son asked, *What's the matter Mom?* I realized my son had never really known this side of me. It was so amazing. Now I can be totally involved in my sons' (ages 10 and 17) lives, and really feel their joy and emotions."

When TMS Therapy® became available, Dr. Ahmed suggested that Stacy consider the new, FDA-approved, drug-free, non-invasive treatment for depression. "I had tried everything," Stacy says. "Medications weren't working and I was so filled with despair. But Jonathon and I were hopeful. We researched TMS, watched testimonial videos of others who'd had success with the treatment, and we prayed about it."

With Jonathon's full support, Stacy made the decision to start TMS treatments—not only to beat depression, but

also to rescue her marriage. "God gave me a wonderful man. He put up with a tremendous

amount from me and continually encouraged and loved me through all the bad times," she says. Jonathon accompanied Stacy on many of her 25 treatment sessions. On her first day, while she was in her session, he went out to buy her a journal so she could record her recovery and journey toward wholeness.

Today, Stacy is bright, bubbly, and more like the woman Jonathon fell in love with decades ago. "She's cooking every day—it's not a chore anymore. The house is clean. She goes to parties and events with me. Even her voice has changed and it has that 'sparkle' like the old Stacy," he says. "She sees the humor in things now and sends me texts throughout the day that make me laugh. And she never goes back to bed after she gets up in the mornings. It's like I've gotten a new wife without getting a divorce!"

"I've seen people who cannot get through their marriage when depression is involved," Stacy says. "We are so grateful we've found a solution to healing depression and our marriage. I have the energy to live life now. I am seeing the world differently. I'm clear-headed for the first time. And I'm coming off of my medications and currently taking only 30 percent of the meds I was taking prior to TMS. The treatment has exceeded our expectations."

"Everyone who knows us asks what's different about us, and about Stacy," Jonathon says. "Depression affects the entire family. So don't wait, act now. We hope that TMS Therapy can help others as dramatically as it's helped our family." ●



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