

With unparalleled expertise in assessing and treating psychiatrically complex patients who have exhausted all other options, Pathlight Mood and Anxiety Center offers comprehensive evidence-based psychotherapy coupled with access to all FDA-approved neuropsychiatric treatment options.

Neuropsychiatric interventions are available to all evaluated patients when the diagnosis is appropriate. In select locations, intranasal ketamine treatment is performed on site. We partner with outpatient (OP) providers for electroconvulsive therapy (ECT), transcranial magnetic stimulation (TMS) and IV ketamine treatment.

TREATMENT	WHAT IS IT?	WHAT DOES IT TREAT?	WHERE IS IT AVAILABLE?	WHAT ARE THE BENEFITS?
KETAMINE	Commonly used anesthetic medication administered in IV, intranasal or IM doses. Antidepressant mechanism of action differs from other antidepressant drugs.	Used for treatment-resistant depression (TRD) and major depressive disorder (MDD) with suicidal ideation (SI).	We provide treatment with ketamine at several of our sites and will be expanding access.*	Used for TRD and MDD with SI. Alternative to traditional antidepressants with the potential for rapid improvement of depressive symptoms.
TRANSCRANIAL MAGNETIC STIMULATION (TMS)	Uses a magnetic field to stimulate specific areas of the brain. An outpatient procedure that does not require anesthesia.	Used for treatment-resistant MDD, OCD, migraines and smoking cessation.	Our Chicago facility currently provides TMS, with anticipated expansion to other sites soon. For other locations, we refer to other local providers, coordinate care and provide treatment support.	2/3 of patients with TRD have symptom improvement; 1/3 have full remission.
ELECTRO-CONVULSIVE THERAPY (ECT)	ECT uses an electrical stimulus administered under general anesthesia to induce a seizure through a series of sessions. A proven treatment for severe psychiatric illness such as depression.	By inducing a seizure, various neurotransmitters are released that improve psychiatric conditions.	We refer appropriate patients to local providers for this service.	Considered the "gold standard" in antidepressant treatment. Up to 70-90% success rate in severely depressed patients.

*We do not yet provide Spravato / esketamine.

Please contact us to make a referral or schedule a free consultation with a master's-level clinician.
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