



Services for Difficult-to-Treat Depression

Depression and other psychiatric conditions impact every aspect of life. Depression often exacerbates other health problems including fatigue, insomnia, loneliness, and excessive worry. It can also worsen unhealthy behaviors, such as poor diet and reduced physical activity. Depression often affects the lives of those you love in addition to your own day-to-day experiences.

The Center for Interventional Psychiatry and Neurotherapeutics (CIPN) is for patients currently under psychiatric care for depression and other difficult-to-treat psychiatric conditions. Our team will provide an in-depth psychiatric consultation, including a review of your previous mental health records. You will also receive a detailed treatment recommendation shared with your referring mental health specialist.

The CIPN is one of only a handful of specialized centers in the world focused on difficult to treat depression and associated psychiatric conditions.

In addition to the consultation, our psychiatrists may recommend treatments including repetitive transcranial magnetic stimulation (rTMS), electroconvulsive therapy (ECT), IV ketamine, and esketamine (SPRAVATO®).

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More Information:

520.874.6657



The Therapies We Offer & How They Work

What is rTMS?

rTMS uses a magnet to activate the brain. Unlike ECT, in which electrical stimulation is more generalized, rTMS can be targeted to a specific site in the brain. A typical rTMS session lasts 30 to 60 minutes and does not require anesthesia. A course of TMS takes four to six weeks, and patients receive the treatment five days a week.

What is ECT?

ECT treatments consist of a series of sessions, typically three times a week, for two to four weeks. Advances in ECT devices and methods have made modern ECT safe and effective for the vast majority of patients. Before ECT begins, a patient is put under brief anesthesia and given a muscle relaxant. Within one hour after the treatment session, which takes only a few minutes, the patient is awake and alert.

What is esketamine?

Esketamine or SPRAVATO® is a medication, delivered by nasal spray, that is FDA-approved for treating depression that has not resolved despite treatment with at least two antidepressant medications. Esketamine is self-administered, under supervision, in our clinic. There is an observation period of a few hours after each administration. SPRAVATO® is administered twice a week for the first month, then weekly per indicated.

What is IV ketamine?

Ketamine infusion therapy is a treatment that uses low doses of ketamine to treat severe major depressive disorder (MDD) in adults. Ketamine infusions are not a first-line treatment for MDD but may be used when antidepressant medications fail. Unlike most oral antidepressants, ketamine targets different receptors in the brain which may provide rapid relief from depressive symptoms. Ketamine is administered intravenously in a medically supervised setting. The usual schedule is twice each week for about three weeks.

People with a history of psychosis, schizophrenia, substance use disorder, or those currently pregnant or breastfeeding should not receive ketamine.

For information and to set up an appointment, please call 520.874.6657.

Website:

BannerHealth.com/Doctors

Psychiatry.arizona.edu/patient-care/cipn

