

Transcranial Magnetic Stimulation (TMS)

Advanced neuromodulation for depression, OCD, and more.

Transcranial Magnetic Stimulation (TMS) is a safe, non-invasive treatment that uses gentle magnetic pulses to stimulate the brain circuits involved in mood, focus, and emotional regulation. For many people, TMS offers meaningful relief when medications and therapy haven't been enough — without systemic side effects.

H3 provides TMS at our St. Clair Shores and Taylor locations using both MagStim and Blossom TMS systems. Treatment is overseen by Dr. Robert Lagrou, a nationally recognized expert in treatment-resistant depression (TRD) and the first psychiatrist to offer both TMS and Spravato in Detroit. Dr. Lagrou completed advanced neuromodulation training at Duke University, one of the nation's leading centers for TMS research and clinical innovation.

FDA-Approved Indications for TMS

TMS is FDA-cleared for the following conditions:

1. Major Depressive Disorder (MDD) — Adults

For adults who have not responded to antidepressant medications or cannot tolerate them.

2. Major Depressive Disorder (MDD) — Adolescents Ages 15–17

TMS is FDA-cleared for teens with treatment-resistant depression, offering a non-medication option when symptoms persist despite therapy or medication trials.

3. Obsessive-Compulsive Disorder (OCD) — Adults

Using a specialized deep-brain protocol targeting the anterior cingulate cortex, TMS can reduce intrusive thoughts and compulsive behaviors.

Insurance Coverage

Most FDA-approved TMS treatments are covered by insurance after prior authorization (PA).

Our team handles the entire PA process for you.

Non-FDA Protocols Offered at H3

Affordable, evidence-informed options not covered by insurance

While not FDA-cleared, emerging research and clinical experience support the use of TMS for:

- Anxiety disorders
- ADHD
- Parkinson's disease symptoms
- Addiction cravings (alcohol, nicotine, and other substances)

These protocols are self-pay, and we keep pricing accessible so patients can explore neuromodulation without financial barriers.

How TMS Works

TMS uses focused magnetic pulses to activate or calm specific brain networks. Unlike medication, TMS works at the circuit level, helping the brain form new, healthier patterns over time.

- No anesthesia
- No systemic side effects
- No downtime — you can drive and return to normal activities immediately
- Sessions last 3–20 minutes depending on protocol

Overview of TMS Protocols

1. Major Depressive Disorder (MDD) Protocol

Targets the left dorsolateral prefrontal cortex (DLPFC) — a region involved in mood regulation, motivation, and cognitive control.

Typical course:

- 5 sessions per week
- 6–8 weeks
- Each session lasts 3–20 minutes
- Many patients begin noticing improvement around weeks 3–4

Goals:

- Improve mood
- Increase energy and motivation
- Reduce negative thought patterns
- Enhance emotional resilience

2. OCD Protocol

Uses deep TMS to stimulate the anterior cingulate cortex (ACC) and medial prefrontal cortex — areas involved in intrusive thoughts and compulsive urges.

Typical course:

- 5 sessions per week
- 6 weeks
- Includes brief symptom-provocation exercises before stimulation

Goals:

- Reduce intrusive thoughts
- Decrease compulsive behaviors
- Improve daily functioning and emotional stability

What to Expect During TMS Treatment

Before Your First Session

- Meet with a psychiatric provider to review your history and determine the right protocol
- Measurements are taken to map the exact brain location for treatment
- You'll try a brief test pulse to understand the sensation

During Each Session

- You sit comfortably in a treatment chair
- A small magnetic coil rests lightly against your scalp
- You'll feel tapping sensations — unusual but not painful
- You can listen to music, meditate, or simply relax
- Sessions last 3–20 minutes

After Your Session

- You can drive yourself home
- No sedation or cognitive impairment
- Most people return to work or school immediately

Common Experiences

- Mild scalp tenderness (temporary)
- Light tapping sensation during treatment
- Gradual improvement in mood, focus, or symptoms over several weeks

Why Choose TMS at H3

At H3, TMS isn't just a procedure — it's a partnership in healing. Our program is led by Dr. Robert Lagrou, the first psychiatrist to offer both TMS and Spravato in Detroit and a Duke-trained specialist in treatment-resistant depression. But what truly sets H3 apart is the way we care: with compassion, collaboration, and a belief that no one should walk through depression alone. We combine advanced neuromodulation technology with a warm, supportive environment and a team that sees you as a whole person — not a diagnosis. Whether you're pursuing an FDA-approved protocol or exploring one of our affordable non-FDA options, you'll be met with respect, clarity, and a commitment to helping you rediscover hope.