



G.R. Full Testimonial

“My experience at Brain Health Nebraska has always been wonderful, Dr. Frazen is very kind and personable which is something I have found that is not common in a psychiatrist. He is very up to date and well informed on mental health and if he doesn't know an answer to something he will take the time to find and provide an answer to you. I was hesitant at first about PrTMS due to all I had seen on the rTMS subreddit- many seemed to need another round or did not have the desired results. THIS is unlike anything people are talking about on reddit. No one else is doing weekly brain scans, changing frequency and location of treatments based on your weekly "How are you Feeling" questionnaire. I was even informed that as of getting my treatments Brain Health Nebraska is one of 8 clinics in the country that is doing personalized rTMS.

I was cautiously optimistic that I would see some sort of improvement but the way I feel now that I have finished treatment is better than I could have imagined. My anxiety, depression, and PTSD flashbacks are all insanely reduced compared to where they were when I started treatment. My agoraphobia is nearly non-existent. When I do have a panic attack, which is rare, it feels completely different than when I had them before treatment- there's a light at the end of the tunnel and I don't feel like its completely the end of the world. The biggest thing is I am able to sleep at night without any sleep aid medication after having horrible insomnia for the last 3 years. My fianc has noticed a huge improvement in my behavior and my overall demeanor. Music is enjoyable again, I laugh more, I am able to push myself to do things that before treatment would have made me extremely uncomfortable or have a total breakdown.

The staff is also welcoming and pleasant and make the whole experience that much better. The entire ambiance of the office is calming, it feels like going over to a friend's house. There's snacks and a cooler full of drinks and during treatment I was going 5 days a week so everyone really got to know the ongoings of my life.

Brain Health Nebraska gets my highest recommendation and as someone who works in the mental health field I truly can see that this is the future of medicine/treatment for a variety of conditions.

If you're weighing your options on how to move forward with your mental health treatment –
TRY THIS FIRST!”