

First Visit-

**Congratulations! We are so glad you are here
& taking this step towards improving your
health!**

**Each day we provide you with some motivational
education . Please take these lessons seriously-
they are a key to your recovery and sobriety**

Hello,

My name is Dr. Brainy and I'm a psychiatrist with many years of Deep TMS experience. I have also worked with many people that have overcome dependence on alcohol – achieving sobriety – as you will.



I will be accompanying you in your journey to recovery each Visit.

Your goal is to have ZERO heavy drinking days by Visit 16 & to maintain sobriety for 6 months.

That might seem impossible now, but its not. You are stronger than you know. These lessons will help you get there.

Get to 0 Heavy
Drinking Days
(less than 4
drinks/day)



Each treatment day will include a brief presentation of three elements that can support your recovery

Your full cooperation is essential for their effectiveness

Knowledge
+ Action

= Power

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1. Knowledge is power



Knowledge can give you the power to beat your addiction

This section will include topics relating to alcohol effects on your Brain and body, Deep TMS effects on alcohol-related Brain areas and functions, ways to avoid high risk situations, and more

The first example is on the next slide

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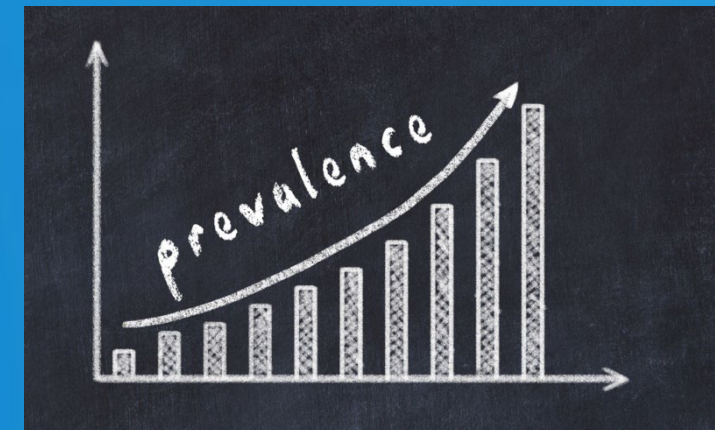
Knowledge is power



You are not alone

Alcohol misuse is worldwide epidemic

- Millions are fighting with it every day
- Countries adapt new policies to fight it
- Science has taught us that it is a brain disease (not a moral problem)
- **By engaging in this trial you are in the cutting edge of destigmatizing this disease – and paving the way for millions of others to receive biologically-based care**



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2. Shape your mind

TMS (the treatment you are getting here) works best when it is paired with certain ways of thinking.



Frequent repetition of **brief positive phrases** **when you are here and at home** encourages positive feelings, thoughts, and attitudes which will help free your mind from alcohol cravings

Consistently repeating these phrases can help reshape your mindset. The first example is on the next slide

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Shape your mind



Embrace these statements

(even if you don't believe them right now)

- I will accept help
- I will be able to control my alcohol use
- I will promote my wellness – through healthy behaviors and activities
- I will change my *mind*
- I will find happiness – without alcohol.
- I will achieve 0 heavy drinking days by Visit 16, and maintain it for 6 months

Try to repeat those to yourself when you can – preferably outloud

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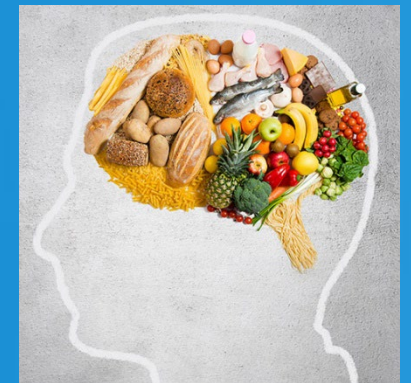
3. Food for thought



Every day we will present an open question(s) to be answered before the next treatment day

Maintaining a journal can:

- ✓ Promote self-reflection, self-awareness, emotional regulation, and stress management
- ✓ Help to acknowledge risky situations and inner-motivations
- ✓ Used post-treatment to avoid relapse



Food for thought



Please answer these in your diary before the next treatment day:

What are your expectations from the treatment?

How can you promote your readiness to change?

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