

TMS TRENDS

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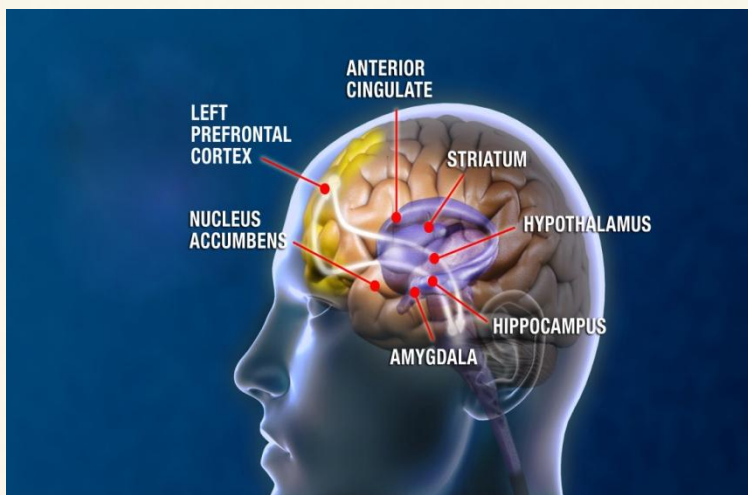
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THE EMOTIONAL RESILIENCY OF THE PREFRONTAL CORTEX

Spousal conflicts can leave both parties feeling the worse for wear on the day of, but how will you feel the day after? Your prefrontal cortex may hold the answer. According to a study in *Biological Psychiatry*, individuals with high activity levels in their lateral prefrontal cortices the day following a confrontation were predictably in a better mood when compared with partners with lower activity levels.

These findings are not surprising: research has long pointed to the lateral prefrontal cortex's role in emotional regulation and mood stabilization. This study, however, provides a real-life application of this body of research: our brains determine how well we cope with conflict.

We at the TMS Institute of Pennsylvania have a special interest in the dorsolateral prefrontal cortex (DLPFC) in treating depression. Transcranial magnetic stimulation (TMS) therapy targets the DLPFC through the use of electrical stimuli to increase neuronal activity. Through participation in TMS therapy, patients with depression can experience significant benefit from regular stimulation to this targeted brain region. TMS therapy is changing lives, one prefrontal cortex at a time!



**Season's Greetings from the
TMS Institute of Pennsylvania!**

The TMS Institute of Pennsylvania welcomes Lindsay Michel to the team as Clinical Coordinator. Lindsay joins us as a recent graduate from Temple University, where she studied Neuroscience, Psychology and Creative Writing. Lindsay is excited to learn more about mental health and TMS before starting medical school in the fall, during which she hopes to pursue psychiatry. As Clinical Coordinator, Lindsay will be assisting with TMS treatments and administratively in the practice as needed.