

# Services Offered

**Medication Management:** The use of prescription medication to control symptoms of behavioral health problems. A prescription for medication can be written by a physician (MD), Physician Assistant (PA), or Nurse Practitioner (APRN).

**EEG- Brain Health Monitoring:** An assessment used to measure brain state and brain changes. The aim of our brain health monitoring program is to guide and manage brain disorders and injuries. This technology enables medical providers to make a well informed clinical decision and helps ensure the best patient outcomes for overall brain health.

**Pharmacogenetic Testing (DNA Testing):** Genetic differences can influence a patient's ability to metabolize medications and can alter how effective a medication is. Pharmacogenetics, (also called DNA Testing) is the study of how an individual's DNA affects their response to medication. Genetic testing can provide providers with useful information to support their prescription drug decisions.

**Transcranial Magnetic Stimulation (TMS):** A noninvasive technique used to apply brief magnetic pulses to the brain. The pulses are targeted towards the area of the brain to be treated and affecting your mood. Unlike ECT (Shock Therapy), this treatment option is completely pain free with minimal to no side effects.

**Ketamine Therapy:** An off-label treatment option that helps treat a variety of mental health disorders, not limited to depression, PTSD, and Bipolar.

**Clinical Research Trials:** Helps others by participating in various ongoing research studies using medication or device research.

# Services Offered

**Psychotherapy Services:** Therapy services are designed to encourage communication of conflicts and insight into a person's problems. The goal is to bring relief of symptoms, to make changes in behavior leading to improved social and vocational functioning, and to enhance personal growth.

**Brief Psychological Testing:** Also known as BAR Testing involves the use of scientific based instruments or tests that once scored by a psychologist, help your Alivation provider more precisely determine the diagnosis and appropriate course of treatment.

**Surgical Clearance Evaluation:** Some surgeons or hospitals require a surgical clearance assessment from a psychiatric or psychological provider to allow patients to undergo extensive surgeries like bariatric or gender reassignment surgeries. This evaluation is part of the surgical clearance process that must be completed prior to surgery. In most cases it is required by the insurance plan.

**Laboratory Testing:** Labs which can be drawn here in our office as we have a partnership with Nebraska Lab Corp and the University of Nebraska Medical Center (UNMC).

**EMG:** Your provider may order an EMG if you have signs or symptoms that may indicate a nerve or muscle disorder. Electromyography (EMG) is a diagnostic procedure to assess the health of muscles and the nerves that control them (motor neurons). Motor neurons transmit electrical signals that cause muscles to contract.

**Botox:** Botulinum Toxin Injections for the treatment of chronic migraine.

**EKG:** Heart test that makes a recording of the electrical activity of your heart. It can help providers see if you have heart muscle damage or electrical problems in the heart.