

NP Health Group Treatment Options

> NP Health Group offers resources to help you and your loved ones understand and address illness. Our core approach is to first clarify the diagnosis through a comprehensive examination and neuropsychological screening, then formulate a treatment plan using measurement-based methods, and administer treatment by monitoring brain evidence with robust and adequate methods.

1. **Operating rooms equipped with the latest technological features and** intensive care services have an infrastructure suitable not only for neurosurgery but for all surgical services.
2. **Imaging systems** encompass a wide range including MRI (3 TESLA), Angio CT, intraoperative applications, mobile X-ray, and USG.
3. **In the Neuromodulation Unit,** brain stimulation treatment methods are applied.
4. **Psychotherapies**: The aim is to eliminate deficits and losses, provide emotional support, impart applicable knowledge and skills regarding life events, and replace maladaptive behaviors with adaptive ones. Neurobiofeedback, EMDR, psychoanalytic psychotherapy, cognitive behavioral therapy, hypnotherapy, and NPGRUP are some of the therapy methods offered within the organization.
5. **Inpatient Treatments**: In cases where a person puts his own safety and the safety of his environment at risk, there is a life-threatening situation, or treatment resistance is experienced, inpatient treatment is an effective option.
6. **General Medical Process**: In connection with general medical services, we offer our infrastructure as a "Brain-focused" hospital.
7. **3-Month Injection and Vaccine Treatments**: 3-month injection applications are performed in our hospital. The administered medications vary depending on the type of substance used.
8. **Family Information Trainings**: Addiction is a disease that affects not only the user but the entire family as well. Therefore, the treatment aims at the transformation of the family along with the individual. For this reason, trainings are organized both to inform families about this disease and to help them learn appropriate behaviors and attitudes that will support their relatives in maintaining abstinence.
9. **Clinical Pharmacogenetics Laboratory (Drug Blood Level and DNA Analysis)**: In patients using medication, drug blood levels exceeding therapeutic values or drug interactions can lead to impairment in brain functions. To determine this, the blood levels of the medications used (TDM) are measured. The success rate of treatment is increased by determining the medication according to the genetic profile and monitoring the blood levels of the medications used. Medications that may be unnecessary or have high side effects for the individual are identified in advance, and the treatment is shaped rationally. If necessary, "DNA analysis" is performed.

10. **Electroconvulsive Therapy**: During acute periods of illnesses, inpatient ECT under anesthesia can be administered. A seizure is induced by passing a very low electric current through the brain, and the disrupted electrochemical processes of the brain are regulated.
11. **Transcranial Magnetic Stimulation Therapy (TMS)**: It is a treatment method used in psychiatric and neurological diseases. Through a magnetic field applied at short intervals to the areas of the brain thought to be affected by diseases, the electrical activity of the brain is regulated. It provides faster and more powerful treatment compared to medications. It is used in cases of treatment-resistant depression. It is applied at low frequencies in manic episodes and in certain situations where electroconvulsive therapy cannot be administered (patient and family preference, anesthesia risk).
12. **EMDR**: One of the specific psychotherapy techniques developed in recent years, briefly called EMDR, is a method based on reprocessing generally negative emotions and thoughts related to traumatic experiences in the mind.
13. **Hypnotherapy**: By interacting with the person's subconscious during hypnosis, positive, significant, and permanent changes in life can be achieved in line with the purpose of treatment.
14. **Neurofeedback**: In neurofeedback training, information regarding brain waves derived from the person's current EEG is presented to him through visual and/or auditory signals, and the person is asked to take certain aspects of this under control. Depending on the problem or need experienced by the person, a treatment protocol is arranged to increase/decrease the wave at the specific frequency in the corresponding region of the brain, thereby creating a learning environment. The person sees the connection between his current thought and his brain waves and learns to control them in the desired direction.
15. **Biofeedback**: It is a system that measures body temperature, skin conductance, respiration rate, muscle tension, and heart rate using special electrodes, visualizing the relationships between the person's bodily sensations and thoughts.
16. **Biofeedback-Assisted Virtual Reality Therapy**: With biofeedback-assisted virtual reality therapy in psychotherapy, stimuli that cause anxiety to the person in the outside world are brought into the therapy room. While the person experiences the anxiety-provoking situation through virtual reality goggles, changes in the autonomic nervous system are monitored moment by moment thanks to the biological feedback method. Thus, he is enabled to confront and cope with his fears, anxieties, and obsessions. The person is fitted with goggles. He can experience himself in the environment in a three-dimensional way. The therapist also observes what the person is seeing at that moment in two dimensions from the computer screen. By monitoring the signals coming from biofeedback, he can track the increases and decreases in the client's anxiety.
17. **Computerized Training Modules (Cogrehab, Rehabil)**: A personalized attention training program can be designed for the individual to regain mental skills or enhance existing ones. Rehabilitation of cognitive skills such as planning, organization, and attention management is carried out using computerized training modules.
18. **Sleep Laboratory**: The sleep laboratory has been established featuring a sleep room, phototherapy room, sleep deprivation room, and a central digital examination system. Sleep laboratories are an activity that requires a joint disciplinary approach among neurology, ENT, chest diseases, and psychiatry specialists. A psychiatric approach is often necessary in treatment. The laboratory management is carried out with this awareness.
19. **Advanced Toxicology Laboratory** provides significant advantages in the treatment of addiction patients.