Still Struggling after Years of Therapy and Medication, Rebecca on ExoMind for Trauma – Patient Rebecca Transcript

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Podcast Intro and Rebecca's Background

My case was backlogged for three years. So I had to wait three year to go to court. And so on that three-year portion of everything, it became truly like a shell of a person that I was.

It's a completely different setup and feeling than the traditional TMS because it's considered advanced TBS. Correct. And so with the traditional, that's every single day for it can be anywhere from 30 to 45 days, depending on what your protocol is.

And it takes like a few hours even to like get set up sometimes because like this crazy huge helmet. But with ExoMind, it's a 6 to 12 treatment protocol.

It's Welcome to the Deeper Healing Podcast. I'm your host, Danielle Howley. This is for everyone who's been dismissed, misdiagnosed, or told to just live with it and refuse to accept that answer.

You're going to hear amazing patient recovery stories, raw and real in their own words. People who found answers after everything had failed them. You are going hear from medical experts we trust that are pioneering new approaches to healing the body.

Because we deeply know we're designed to heal. Let's dig in. Hi, everybody. Have an amazing, amazing guest today. We were just having the most fascinating conversation and I thought, shoot, we better start recording because it's just too good.

So this is Rebecca. Rebecca is our rep for ExoMind, which is amazing brain treatment. And we're going to get into that today, but her personal story is even more fascinating because she had a journey to Get Where You Are Now with Exomind.

so when she started telling me I have quite a personal story I thought no no this is a podcast there are so many girls out there like Rebecca and so tell us how this all began go back to the beginning yes so take it all the way back in high school um I played softball, I played soccer, was very outgoing.

I was in any and every club possible. Had a ton of friends and was outgoing, very outspoken. And I actually graduated 15th in my class by accident. Between like 480 and 520 students that was in our graduating class, I accidentally graduated 15th, so that's pretty cool.

Trauma, Backlogged Case, and Loss of Function

But learning and everything came extremely easy to me, always. I could just retain information super quickly and make friends really easy. So smart, gorgeous, and school's easy and so life is good.

That's amazing. Hey, look, it's a blessing. Take it. That's incredible. So I moved 10 hours away from home, went to Ole Miss, I went into college, COVID hit, so I move back home.

Okay. Once I'm moved back, home after COVID, hit 2020, actually was sexually assaulted 2020. It was horrific, all the things. And from there, because it was COVID, All the cases were backlogged.

So my case was backlog for three years. I had to wait three year to go to court. On that three-year portion of everything, it became truly like a shell of a person that I was.

There's something called victim impact statements that your family's able to give in court for like sentencing and stuff like that. And so my family actually did those and they had a lot to say.

I didn't know actually, but they have a say about who I, was how I acted, how it wasn't as outgoing, How I did it, have any friends, I failed out of nursing school twice.

And it wasn't because I wasn"t studying, it was because i would try to retain information. I'd have to read the same paragraph like four or five times just to try and get it in my brain.

It took a really long time for me to study, retain, information and stuff. So you have this traumatic event and you are a completely different person post-event.

And we're in lockdown. So what was available to you? Were you able to get therapy? Like when you say the impact statement, so I'm assuming that you made those and then your family's making them about how you've been changed.

Is that one time? Is it a one-time recorded thing? How does that happen during COVID? So during COVID, how it all started, so the county actually set me up, and we didn't do this, but the County set up with a therapist and she was brand new, like two weeks new and didn' really know what she's doing.

Like she even told me, she said, I have no idea. And I was like, well, this just isn't going to be for me. So I actually went through five different therapists and I'm actually did find one.

She's amazing. in Savannah, but I didn't find her until right after my case actually closed. So it was after three years. I had already went to court and he had been convicted.

It takes a long time to find a therapist that actually works and is helpful. But I mean, I went, right? Three years of Non-good therapy, basically is what you're saying.

That's what I did. Okay. All right. Well, the medication too was on a plethora of different regimens, like anti-anxiety kind of like Zoloft. So dulling you down.

And I had no emotions. like zero, nothing. That's one of the biggest complaints is people feel really, really flat. They're just like, I have no emotions, no libido, No desire.

Therapy, Medication, and Emotional Numbing

Like everything is just, like I don't feel like myself. So, okay. Combination, not good therapy. This was assigned to you. Three years of non-good therapy, that's a lot.

And then, so you must be seeing a psychiatrist that giving you the medication. Wow, really? Okay. And then where does ExoMine come into this story? So you're in a dark place, basically.

Yes, darkplace. So I switch over, I fail out of nursing school the second time. I was like, what am I going to do? I'm going do something. I love healthcare.

But I love marketing and building and all like businesses and stuff like that. switched over and got an associate role with BTL, which is the creators of ExoMind.

And the day I was offered the job was the date I graduated from college. Okay. This is 2024, 2019. I've been here every year. So we got this job and we went to our national sales meeting that same week.

At this huge national national meeting, they tell us this brand new device that they have. And I knew about TMS therapy, but I also knew how hard it was to get approved through your insurance to do it.

And all the steps that that took, and I just didn't want to go the bandwidth to that. So just to give a little history, the way that it used to be, if transcranial magnetic therapy was being recommended, you would have had to have numerous drug fails.

They were always like, line of defense, take the drugs. that you wouldn't become eligible to even get the therapeutic treatment, the healing brain treatment until those had been exhausted.

And it depends on your insurance too. Each individual insurance can have different qualifications for failures. So it can take you like two to five to 10 years to get qualified and to prove that.

You have failed. Yeah, that's insane. But I mean, I just had a friend who didn't stage four cancer. She couldn't get her insurance to approve the PET scan that her oncologist was ordering for her.

And I'm like, make it make sense. So don't let's not even go, we won't go sideways. Okay. You're at a new job, you're young, You are excited. you are in this company.

They show this incredible brain treatment that is brand new. Transcranial magnetic therapy, which is an incredible and this is like way better than the old one.

The old way was very long, very loud, sometimes painful. I heard painful, this new machine doesn't have any of those problems. So, okay, so you're sitting here going, wait, could this be good for me?

I immediately asked my mom, she was like, we want to try these out. And they're like yeah, absolutely. We'd love you to have your own stories. That's what I immediate did.

After we got back from the national sales meeting, then I turned around and I was, like okay somebody get me it immediately. Yeah. And thankfully, there was one of my offices that had it available and I went down and started doing treatments.

It's a completely different setup and feeling than the traditional TMS because it's considered advanced TBS.

Discovering ExoMind Through BTL

Correct. And so with the traditional, that's every single day for, it can be anywhere from 30 to 45 days, depending on what your protocol is. And it takes like a few hours even to like get set up sometimes because it's like this crazy, huge helmet.

But with ExoMind, It's a six to 12 treatment protocol. twice a week, and it's super easy to set up. Like, it just is a little paddle that just sits right here.

It doesn't hurt. If feels like somebody's tapping on your head, I take a really, really nice nap every time I do mine. But I have been able to come off of all of my medications since doing the Exomein treatments, And I was fully dedicated to, like, function.

like truly to be normal, you know, like to able to function, not like freak out and not have the anxiety or like super, super deep depression. I've had to been medicated.

And I was like, okay, this is my life, which is a lot of my family members. So I'm like okay. Well, I guess this was, are normal. So, doing the Exomein treatments, I've completely come off of all medications.

This is incredible. So just to summarize, so smart, extroverted, amazing girl, traumatic event, therapy, medication from primary care. You're completely flat, not yourself whatsoever.

Your entire family is like, this is not Rebecca, this is not even who she is. And then you by some grace of God get hired by a company that is a brand new machine that isn't even out yet, that heals the brain and gets you off all

your medications.

Do you come back to who you were? How do you feel now? I feel like I used to feel, like, I should have just skipped. If you were to take that whole chunk of my life where I wasn't myself and you would just take it and continue with how I used to be and now, I think I'm just the older version.

I feel like that's how i am. It's hard for me to even relate back to who I use to. To even think back and be like, That's kind of crazy that I felt that way and that, you know, I was this upset and like, this was the mind space up because I'm not even close to that now.

So it's just wild to see the growth that's happened, but it is life changing for sure. You know what's amazing too is it didn't take long. Talk about that because that is the other thing like okay, three years of therapy and medications.

Not good. You're not good, you're in a flat, scary, not yourself place thinking this is going to be the rest of your life. So then you get introduced to X of mind.

How many treatments? Like, what are we talking about? Because I feel like that's the thing is people are like, I want to different, and I wanna be better, but they'll say things like maybe in six years from now, or you'll round robbing the medications for years.

But I'm like what if you could be a different person in What?

How ExoMind Treatment Works

That doesn't even sound possible. So talk about the timing. With the ExoMine treatments, I did back-to-back treatments twice a week for three weeks for a total of 12 treatments.

And the treatments are only 24 minutes. They're very quick. It's really no time at all. I'm truly just stopping on my lunch break. The other thing I want to say, because when people hear it's going to hurt and it is on the head, this is painless.

it's 24 minutes and you're literally laying comfortably. So this is like your, like I would say to Asians, you are passive because I think the old machines have that stigma of like, it is long, It's uncomfortable.

You know, You had to go through so much to get there. so like understanding how much easier this, how doable this and that you see results so quickly.

It is absolutely life changing. But I'm going to let you say that. Sorry. I mean, I just get excited. That's the thing that people ask. They're like, well, you know, i'm scared or whatever.

So, okay, so you do 12 treatments and then where are you? So throughout the 12 treatment after my So forced treatments, that would be two times of coming in.

I felt a big difference and I actually started tapering off of my meds then. And I was wondering that. Because that's the other thing is they're like, I want off the med, but where do I do that at?

So it's nice that in here, we can help with that, right? But when you're your own case manager, you are doing this over here and you doing that over there, which we have a lot of people like that where their stack of medications are from different providers.

So, okay, so you're like, I'm failing movement. I am feeling a little safer because you were probably deeply educated on what ExoMind was and what it does.

Right. You're coming into it knowing a lot. Do you start tapering down, which was probably helping things move along faster. Yes. And I, before I knew it was time to taper down, whenever I was actually getting more emotional,

and I'm like, it's time I taper these bad boys down a little bit.

So I can kind of tell, I actually kept a journal of how I feeling while I going through my treatments. so that I could see like, okay, I'm having, you know, less anxiety and I am sleeping better.

This is how many hours I've been sleeping and being able to log how I was feeling throughout the whole process so if something's not working or my medications need to come back up or whatever the case is, then I can kind of see that and see where we're at.

That's amazing. Gosh, no one talks about that. We talk about journaling all the time because it's almost like even my own husband has been through a long thing.

It's like when you're on the other side of it. So you had a three-year dark period, basically. You're like, was I that bad? It was almost you want to forget about it, bad pregnancy, you don't want think about anymore.

Tapering Off Medications and Early Recovery

So you can almost make like a summary statement, but it was actually three years of your life. That's a very long time for a young person like you. Well, for anybody, For anybody.

But okay. So, you're noticing it. You're tapering down. Now you are through 12. Where are you? They just had the Elastopram, I think, is a generic version of Xanax.

Lowest dose possible, which is like 0.25 milligrams. as needed. And there were a couple of times that I needed it for the next three months, but that's that lowest dose and it was just as-needed truly.

Didn't even finish that whole bottle. Ended up having to like bring it to me disposed because it actually expired. That's amazing. I don't have anything.

It's crazy. So you found an incredible therapist. The person's been convicted, so that door is closed. You're healed, you're healthy, your functioning.

When you talk downstairs to me about the way your brain used to work, it used be real fast, sharp, retained information. Then all of a sudden, she's like, after the event, I couldn't retain anything.

Now, where's your So now I feel like I'm way quicker with what I have to say. And I've so many accounts that I can like, I know everyone's children's name.

I now like what they like to eat, you know, their lunch order, like where they're at, where their located. It's very easy for me to retain all of that and it wasn't previously.

Okay. Whenever I was talking about trauma previously, I would yawn a lot. And I don't know what's happening. I swear to you I'm not tired. Whenever i'm yawning, it's because a portion of my brain that's bringing up the trauma is trying to shut down and not remember it.

My whole body is like, oh my gosh, we have got to get oxygen to her brain. Her brain's dying. So I yaawn because I am inhaling oxygen against my brains.

That's wild. Which is wild! That is Wild. And with ExoMind, instead of three years of therapy, even if it's bad therapy. Trying to work through something.

It's hard to do that on your own. Yeah. Because your brain doesn't want you to DO it. Yes. You know? And so it's really hard. So with ExoMind, I've found that it almost like it builds, instead of like a two-lane road, it build that highway where I'm able to like, It's like Atlanta.

Like a bunch of different little pathways. Oh my God. It is so funny you say that's what I think about. When I look at even the Exomind the graphic where it is like creating new pathways in the prefrontal cortex, if you look someone's brain, you'll see that front can get very gray.

It can be very like not dead, but dull. I guess dull is the right word to say. So it's almost like you got 100 construction crews and they're like, oh, we got to get a whole bunch more roads and we're going to do that.

Brain Healing, New Pathways, and Hope

And they are all going reconnect. the brain can heal so powerfully from concussions, from trauma, so many things. And one of the things that I think is really powerful about what we're doing specifically at Deeper Healing is so much of patients that we see have emotional things, traumatic things but then we have the other side of house which is the chronic illness sufferer who's in the loop of, am I ever going to get my wife back?

which is a loop you were into. Am I ever going to get my life back? Am i ever gonna be able to have a normal relationship or just feel like myself? Just feel myself.

Those, that has to be broken. That loop has be bebroken. Thats the thing I don't like about therapy. The one thing that I dont like therapy is the way that we've trained therapists.

Now I'm glad you found a good therapist for what you're dealing with but so much of the training is you're telling me the story that you are telling yourself and my job is to let you process through that.

Well, when you repeating a trauma three years in a row, right? In a way, we're rewriting the store and you remember it. So we can look at the clouds and talk about the cloud and study the clout and, you know, just keep talking about it, talking and talking, or Can we blow the clouds away?

That's kind of what I feel like is happening when we push away the toxins from the body and calm the brain down or reroute the brand with new new roadways.

All of a sudden, it's like, I don't need energy to talk about that anymore. I'm focused on my job, my relationships, and my future, goals, vision for my life.

Where is your vision going? Now you have the bandwidth. You have not just the actual brain capacity. Like, it's increasing capacity. That doesn't even sound normal, right?

That does even sounds normal. But the thing that is, if you've ever looked at even people who've had brain surgery and have had part of their brain removed or have a brain injury, Brains reroute, brains have the ability to keel way more, way, more than we understand.

And that's what's really cool about the magnetic therapy is it's literally culling that to come forward. Then all of a sudden, when you feel it, and what I love too, I just love how fast it is.

Because when you get a quick win with anything, you know, so many of the people that come to deeper healing, their belief level shot. They've been like, I've done to 50 doctors.

I'd been to hospitals and done all this stuff. That's why we do the podcast. We do podcast so people can say like oh, this person was sicker than me and they got better and, they were worse.

The body has an incredible capacity to heal, the brain even more so. And that is not—there's not a lot of even concussions. How many people have we had come to deeper healing with a severe concussion?

They were told, crawl into bed, turn off the screens, turned off lights, see in six months. Some of these kids are 16 years old. They're like, Mom, I'm not going to lay in a dark room for six month.

I am not gonna do it. And this is real, this real. What if the brain can be healed?

Closing Thoughts on Access and Healing

And then the good news, bad news is we don't accept insurance. So you don' have to go through the three, five, ten years of failed medications with bad side effects to become eligible to get the treatment.

Becca, don't even get me going on that road, on the whole road because it's just such a tangent to go down. I think we're going to do a whole entire podcast on just the health insurance and almost unraveling where it is at, but also we can't fix that.

So what do we do instead? We just can focus on broken systems. We focus in broken people, not that you were broken, anybody who's been in a severe trauma PTSD would probably self-assess them as broken, like I'm not myself right now.

And we have seen there's so much hope and recovery. The thing is when you don't have to wait long, all of a sudden your belief level comes up. You're like, I am two weeks in and something's happening.

Well, then you feel excited. You're like, oh my gosh, I'm like feeling it. And then it's game over. Then it came over because when your belief level starts going up, then you're, like I'll be there next week.

You know, on the path. I know I am on that path and then everything just really gets fast. So I want to encourage anybody out there. This is one thing that you are not going to think of.

If I had a sexual assault, you aren't going think about a brain healing treatment. That's not even something that's going to be on your radar. You're going think about the police aspect of it, the physical aspect, you're gonna think the therapy aspect.

But what if there's something totally different that is fast and works and can shorten your runway dramatically? Well, that's what this podcast is for.

My God, I hope so many people find this. And it really changes their lives. ExoMind is available nationwide. Obviously, it's available at Deeper Healing.

We're in Charleston, South Carolina, and it is an incredibly powerful brain treatment. Thank you, Becca. Online we have loads of courses and a free toxin quiz.

Subscribe and please, please share this episode with someone who needs it. It's always that one-on-one support that really gets people to find deeper healing.

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