



Certificate

Labyrinth Psychiatry Group



This award recognizes the stellar reputation and trust that **Labyrinth Psychiatry Group** has earned as reflected by the numerous nominations we received from our subscribers. After a thorough evaluation by a distinguished panel of medical experts, industry peers, thought leaders, and our editorial board, **Labyrinth Psychiatry Group** emerged as the **Top Psychiatric and TMS Treatment Practice 2026**.

Awarded By

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**MEDICAL CARE
REVIEW**



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Rewriting the Playbook for Personalized Psychiatric Care

For one adult patient, the usual treatment path had reached its limits. Months of medication and psychotherapy had done little to ease treatment-resistant depression. Work had become harder to manage, relationships had suffered and daily routines felt increasingly difficult.

Rather than moving to another medication, Labyrinth Psychiatry Group stepped back to answer a more important question: Why hadn't previous treatments worked?

That question shaped the patient's care. The team began with a comprehensive biopsychosocial assessment, looking beyond symptoms to understand medical history, psychological health, social factors and previous treatment outcomes. The evaluation showed that Transcranial Magnetic Stimulation (TMS) offered the most appropriate next step. After completing treatment, the patient's mood, energy and daily functioning improved significantly, making it possible to return to work, reconnect with loved ones and resume everyday activities.

That same thinking guides every patient who comes to Labyrinth Psychiatry Group. The practice does not rely on a standard treatment pathway. Instead, psychiatrists and licensed mental health professionals develop care plans around each person's clinical needs, treatment history and long-term goals, combining established psychiatric care with advanced therapies when appropriate.

"Every patient comes to us with a unique history. Our biopsychosocial assessment helps us understand the full picture, not just the diagnosis. This comprehensive approach allows us to develop a personalized treatment plan that addresses each patient's specific needs and long-term goals," says Dr. Salvatore G. Savatta.

Treating the Person, Not Just the Diagnosis

At Labyrinth Psychiatry Group, psychiatric care is structured and regularly reviewed. Providers monitor each patient's progress and adjust medications, psychotherapy modality, or other interventions as priorities, goals and treatment responses change. Patients remain active participants throughout the process, with treatment decisions explained openly and developed collaboratively rather

than presented as predetermined next steps. Appointments are available both in-person and via secure telehealth, allowing patients to maintain consistent clinical contact without disrupting work or family obligations.

When medication management and psychotherapy do not provide adequate improvement, Labyrinth Psychiatry Group considers alternative treatment options. TMS, an FDA-cleared, non-invasive therapy for depression and obsessive-compulsive disorders, is recommended only after a thorough psychiatric evaluation of previous medication trials, psychotherapy outcomes, and the patient's overall clinical presentation. It uses targeted magnetic pulses to stimulate cortical regions involved in mood regulation and is administered without anesthesia. Patients remain awake throughout the sessions and can resume normal activity immediately afterward.

Labyrinth Psychiatry Group also provides Spravato® (esketamine) when necessary, expanding the range of its evidence-based treatments for patients who have not responded significantly to conventional approaches.

Recovery through Partnership

Sustained recovery in psychiatry depends on ongoing dialogue. Patients consistently appreciate the time Labyrinth Psychiatry Group's multidisciplinary team devotes to listening to their concerns, providing the clinical reasoning behind treatment decisions and involving them at each stage of care. Over time, this collaborative approach fosters therapeutic relationships that bring continuity to care.

None of this happens by accident. Personalized, evidence-based care is paired with genuine compassion across a broad spectrum of services, including psychiatry, psychotherapy, medication management, and advanced therapies such as TMS and Spravato, all within one practice. Patients with multifaceted psychiatric diagnoses benefit from this coordinated approach instead of having to navigate different providers throughout the time they heal.

For Labyrinth Psychiatry Group, meaningful mental healthcare is ultimately reflected in what patients regain, whether renewing everyday routines, reconnecting with loved ones, or achieving an enhanced quality of life. As the practice expands across Edison, New Jersey, it remains committed to delivering dedicated, holistic support, grounded in the belief that every recovery begins with picturing each unique history before addressing the diagnosis. 

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