



12th
European Conferenc
on Mental Health

September 9-11, 2024
Kraków, Poland

A wide-angle photograph of the Kraków market square (Rynek Główny) at dusk. The square is paved with cobblestones and is filled with people walking. In the background, the Gothic architecture of the St. Mary's Basilica (Kościół Mariacki) is prominent, with its tall, ornate spire. To the right, the colorful, multi-story buildings of the Cloth Hall (Sukiennice) are visible. The sky is a soft, twilight blue. The overall atmosphere is lively and historic.

Conference Abstract Book

Impact of Generative Reprocessing Therapy (TRG) on the Quality of Life of Patients with Post-Traumatic Stress Disorder (PTSD)

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Post-Traumatic Stress Disorder (PTSD) emerges as a result of exposure to extremely traumatic, threatening, and terrifying events, causing significant distress and functional impairment for the individual. The aim of this study was to discuss the impact of Generative Reprocessing Therapy (TRG) in treating a patient diagnosed with PTSD. It concerns a 29-year-old man who was a victim of physical violence and kidnapping and had been undergoing pharmacological and psychological treatment for over 2 years without making progress in his quality of life. He agreed to participate in a TRG study and signed an informed consent form. He completed the DASS-21 and BDI-II to assess his levels of depression, anxiety, and stress before and after treatment, as well as an evaluation of symptom intensity and crisis frequency. The DASS-21 scores for depression, anxiety, and stress before GRT treatment were, respectively: 38, 36, and 40. For the scores on this test after treatment, we have: 8, 6, and 10. This demonstrates that the patient went from a state of severe depression, anxiety, and stress to the complete absence of these symptoms. For the BDI-II, the patient went from severe depression (52 points) to the absence of depression (11 points). He underwent 21 sessions of TRG over 6 months and, at the end, reported no more symptoms or crises. He is gradually reducing his medication under medical supervision. Elevated levels of depression and anxiety also contribute to an increased risk of developing PTSD, potentially being more relevant indicators of a maladaptive response to trauma than the severity of the traumatic event itself. We conclude that, in this study, TRG was effective in treating PTSD. Further studies are being conducted in these and other clinical contexts.