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Generative Reprocessing Therapy (TRG): A Promising Approach in Mental Health

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Generative Reprocessing Therapy (TRG) emerges as an effective alternative for addressing mental health issues, particularly in cases where conventional therapies have not yielded satisfactory outcomes. It has garnered widespread usage, demonstrating substantial enhancements in patients' quality of life. The purpose of this case report is to present the scientific community with evidence of TRG's ability to modify individual personal and professional contexts through this straightforward yet impactful therapeutic approach. The subject of this case study is a young, 25-year-old unmarried woman without children, who initially presented symptoms of depression, anxiety, and low self-esteem. A qualitative questionnaire, employing scales ranging from 0 (poor) to 6 (excellent), was employed to assess various aspects of her personal and professional life pre- and post-treatment with TRG. The obtained results on the scales allow for a comparison of values before and after treatment, with 20 sessions required to achieve the following outcomes: 1. Partner relationship (0 and 6); 2. Job satisfaction (1 and 5); 3. Overall life satisfaction (1 and 6); 4. Perception of physical appearance (2 and 6); 5. Satisfaction with the past (0 and 4); 6. Optimism with the future (1 and 6); 7. Perception of professional competence (4 and 5). Additionally, the patient reported discontinuation of previously prescribed medications (escitalopram and venlafaxine) following TRG treatment, with a medically supervised tapering process. Furthermore, the patient no longer experiences suicidal thoughts and no longer harbors the fear of being unloved, as previously experienced. This case study exemplifies one of numerous success stories that underscore the efficacy of TRG as a promising therapy. TRG demonstrates the potential to facilitate significant transformations in patients' lives, offering promising prospects for future development and clinical application.