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Fair Soares Dos Santos

FOR PARTICIPATING IN THE 4TH INTERNATIONAL CONGRESS OF INTEGRATIVE MEDICINE, WHICH
TOOK PLACE IN PORTO ON DECEMBER 1ST AND 2ND, 2023.

DATE

02-12-2023

SIGNATURE

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CERTIFICATE

GRANTED TO

Juliana Bezerra Lima-Verde

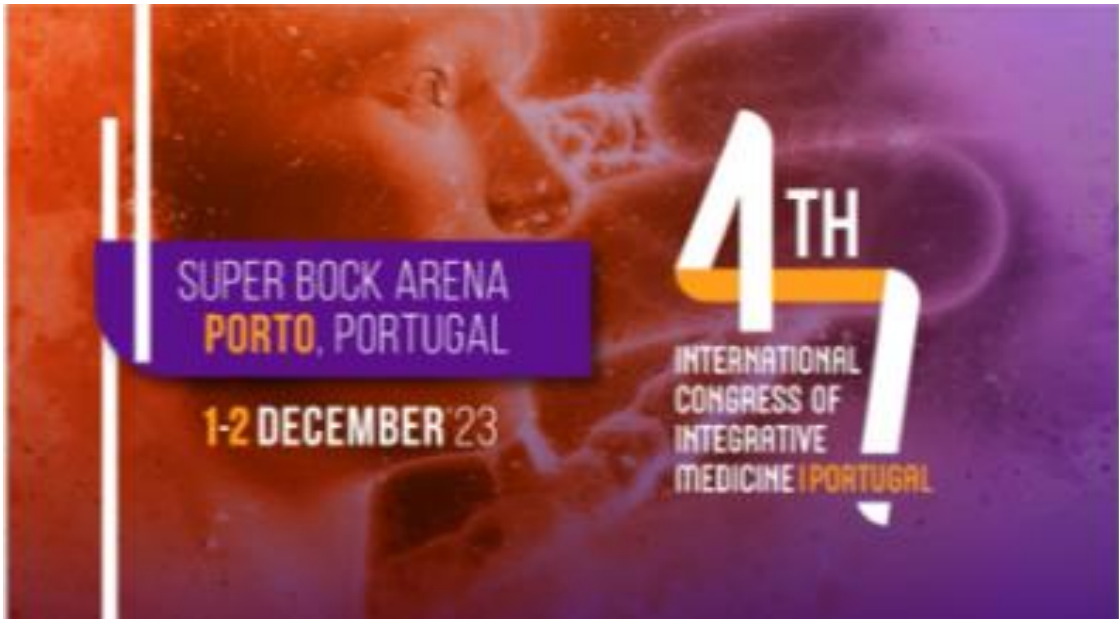
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Depression, Anxiety, and Suicidal Ideation: A Case Resolved by Generative Reprocessing Therapy (TRG)

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Case Presentation: A 22-year-old man with a history of depression, anxiety, and unsuccessful suicide attempts. At the beginning of treatment with Generative Reprocessing Therapy (TRG), he expressed a fear of rejection by people in his life, found solace in smoking and alcohol, and had undergone conventional psychotherapies for over two years without improving his quality of life. Upon agreeing to participate in this study, the individual completed an Informed Consent Form (ICF), a comprehensive interview to gather his life history, and two qualitative questionnaires conducted "before" and "after" TRG treatment, measuring parameters regarding his quality of life on a scale ranging from 0 (poor) to 6 (excellent). **Discussion:** A comparison of scores before and after 10 TRG sessions was carried out across six main categories on the previously mentioned scale: 1. Professional competence (from 2 to 6); 2. Overall life satisfaction (from 1 to 4); 3. Love life (from 2 to 5); 4. Perception of physical appearance (from 0 to 5); 5. Past events (from 0 to 4); 6. Future prospects (from 2 to 6). At the conclusion of the treatment, the individual reported no longer feeling the fear of rejection or experiencing suicidal ideation. These results persist even after nearly two years from the end of treatment. TRG treatment is founded on the premise, as the name suggests, of reprocessing negative situations in the individual's life. This means that during the

sessions, traumatic events were relived until the emotions they elicited no longer made sense, despite the memory of them. The probability of individuals with depression developing anxiety is twice as high as the general population, with most experiencing both conditions concurrently. During depressive episodes, negative events and their consequences are commonly overemphasized and given a distorted perspective regarding what occurred and the future. Environmental stressors like traumatic experiences exert a significant impact on anxious and suicidal behavior throughout life, posing a challenge for healthcare professionals. The correlation between depression, anxiety, and suicidal thoughts underscores the complexity of these disorders and the need for effective therapeutic interventions. Removing individuals from this state is essential for them to gain a new perspective on their quality of life. **Final Considerations:** TRG treatment has proven to be effective, offering an alternative for cases of depression where conventional psychotherapies did not yield satisfactory results and acting in a timely manner to prevent suicide. Many studies are being conducted in similar situations, as well as in other mental health contexts.

Keywords: depression, anxiety, suicide, reprocessing.