

EP820 - GENERATIVE REPROCESSING THERAPY AS AN EFFECTIVE INTERVENTION FOR CHILDHOOD SEXUAL ABUSE AND ITS ADULT COMORBIDITIES (ID 2825)

Topic

AS63 - Psychotherapies

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Objectives

Depression and related conditions represent a global public health challenge, requiring patient perseverance as conventional treatments merely induce a state of symptom improvement rather than resolution. This study presents a clinical case of a 49-year-old female patient with a history of chronic childhood sexual abuse, diagnosed with major depressive disorder and generalised anxiety disorder, alongside persistent menometrorrhagia spanning decades. The intervention employed Generative Reprocessing Therapy (TRG), an emerging approach for treating complex trauma. The study aimed to systematically evaluate TRG's effects on both psychological symptoms and trauma-associated physiological manifestations.

Methods

Quantitative assessment utilised the Beck Depression Inventory-II (BDI-II) and Depression Anxiety Stress Scales-21 (DASS-21), administered before and after seven TRG sessions employing all standard protocols (Chronological, Somatic, Thematic, Future and Potentiation).

Results

Pre-treatment results indicated moderate depression (BDI-II=23), severe depression (DASS-21=26), extremely severe anxiety (DASS-21=30) and severe stress (DASS-21=30). Post-intervention assessments revealed complete symptom remission: absence of depression (BDI-II=0; DASS-21=2), anxiety (DASS-21=2) and stress (DASS-21=0). Notably, the patient reported an 80% reduction in menstrual bleeding – an unexpected collateral effect. One-year follow-up demonstrated sustained outcomes.

Conclusions

This case, among other similar ones, suggests that TRG may induce profound neurophysiological changes, extending beyond conventional symptomatic relief by modulating neuroplasticity and trauma-related somatic manifestations. These findings position TRG as a promising therapeutic modality, warranting further investigation into its mechanisms of action for trauma-associated physical comorbidities.

Generative Reprocessing Therapy as an Effective Intervention for Childhood Sexual Abuse and Its Adult Comorbidities

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INTRODUCTION

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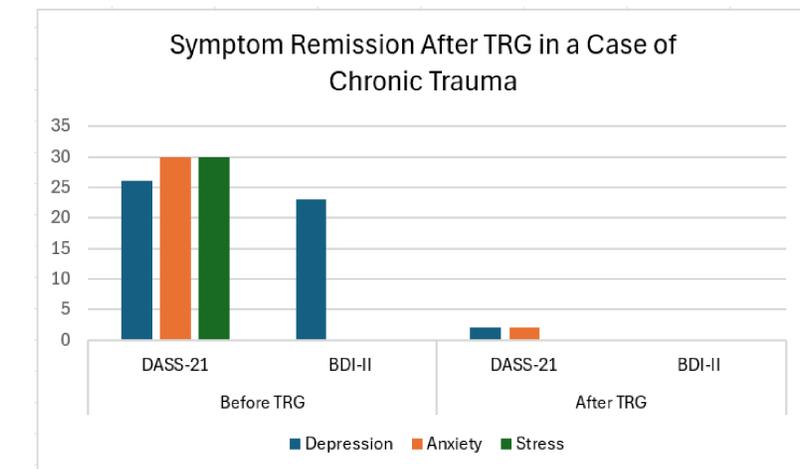
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