



Certificate of E-Poster Presentation

This is to certify that

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Presented an e-poster entitled:

**RESOLUTION OF DEPRESSIVE SYMPTOMS THROUGH
GENERATIVE REPROCESSING THERAPY IN AN ADULT
WITH HISTORY OF CHILDHOOD POLY-
VICTIMISATION**

Valdira Oliveira Rocha (Brazil), Juliana Bezerra Lima-Verde (Brazil), Jair Soares Dos Santos (Brazil)

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Topic

AS63 - Psychotherapies

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Objectives

A 40-year-old male presented with treatment-resistant depression, exhibiting chronic irritability, emotional dysregulation, communication deficits, familial conflicts, and occupational impairment. His history included complex childhood trauma: exposure to domestic violence from age 3, sexual abuse by relatives, physical abuse by an alcoholic mother and stepfather, public humiliation, and child labour. This study evaluated the efficacy of Generative Reprocessing Therapy (TRG) in addressing these traumatic sequelae and their adult manifestations.

Methods

Quantitative assessment using the Beck Depression Inventory-II (BDI-II) and Depression Anxiety Stress Scales-21 (DASS-21) was conducted before and after 19 TRG sessions employing all standard protocols (chronological, somatic, thematic, future-oriented, and potentiating).

Results

Initial temporary symptom exacerbation (increased irritability and crying episodes) indicated active trauma reprocessing. Pre-treatment scores revealed severe depression (BDI-II=40), extremely severe depression (DASS-21=40), extremely severe anxiety (DASS-21=32), and extremely severe stress (DASS-21=42). Post-intervention results demonstrated complete symptom remission: no depression (BDI-II=0; DASS-21=0), no anxiety (DASS-21=0) and no stress (DASS-21=0). Somatic symptoms (shoulder pain, emotional overreactions) resolved completely. The patient reported improved emotional regulation, family relationships, and work performance, with gains maintained at 1-year follow-up.

Conclusions

These findings suggest TRG may be highly effective for complex trauma, achieving not only psychological symptom remission but also significant functional improvements. Despite transient reactions during treatment, TRG shows particular promise for childhood poly-victimisation cases, warranting further neurobiological mechanism research.

Resolution of Depressive Symptoms Through Generative Reprocessing Therapy in an Adult with History of Childhood Poly-Victimisation

VALDIRA OLIVEIRA ROCHA, JULIANA BEZERRA LIMA-VERDE, JAIR SOARES DOS SANTOS

INTRODUCTION

Depression is one of the leading causes of illness and disability worldwide, significantly impacting individuals' quality of life. It is a complex mental health condition characterised by persistent low mood, loss of interest and reduced functioning.

OBJECTIVE

This study evaluated the efficacy of Generative Reprocessing Therapy (TRG) in addressing these traumatic sequelae and their adult manifestations.

METHODOLOGY

A 40-year-old male presented with treatment-resistant depression, exhibiting chronic irritability, emotional dysregulation, communication deficits, familial conflicts, and occupational impairment. His history included complex childhood trauma: exposure to domestic violence from age 3, sexual abuse by relatives, physical abuse by an alcoholic mother and stepfather, public humiliation, and child labour.

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RESULTS AND DISCUSSION

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