

P02-342 - LIFETRACK THERAPY OVERCOMES DEPRESSION THROUGH BRINGING THE PATIENT FAR CLOSER TO HIS/HER PARTNER THAN EVER BEFORE

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Objective of this presentation is to demonstrate that depression is a part of natural responses by one's personality when its past experience and current capability to cope is exceeded by life challenges. Accordingly, Lifetrack therapy attempts to modify patient's personality in such ways that threshold of tolerance can be significantly raised, eliminating depression by making it unnecessary.

Working with the patient and his/her partner, Lifetrack therapist focuses almost exclusively on bringing the couple closer than ever before, guided by their own daily self-rating on 41 parameters that allows accurate graphic tracking of dynamic mental status and subtle daily changes in their personalities via Internet. A series of 26 revealing graphs are examined during each session.

As the case example of Mike (35 year old executive who became severely depressed and was hospitalized after attempting suicide in career crisis) illustrates, his closeness with his wife advanced far beyond previous maximum level through Lifetrack therapy, provoking and overcoming waves of defense (symptom spikes including depression) until symptoms became weakened by exhaustion and disappeared in 1.5 month. In 2.5 months, he returned to the same difficult job directly from hospital and thrived on it.

Of the 1,200 cases manifesting various degrees of depressive symptoms, 61.4% of patients treated with partner (871) exceeded their previous maximum level of adjustment according to their own daily self-rating. When couples persisted beyond the first month of therapy, 77.3% exceeded their previous maximum level. 86.6% did so when they persisted beyond three months in therapy.