

P03-146

## TURNING EACH PATIENT INTO CLINICAL RESEARCH PROJECT THROUGH LIFETRACK

Y. Ishizuka

Lifetrack, Rye, NY, USA

**Objective:** To demonstrate how an on-going psychotherapy practice can be turned into a perpetual research project by tracking progress (or lack thereof) of each patient through daily self-rating on 41 parameters. The author has treated 1,213 patients over the last 20 years, showing that psychiatric symptoms (such as anxiety, anger, physical symptoms, depression, and psychosis) can be predictably eliminated by transforming personality through 'Breakthrough Intimacy' - closeness between committed couples far greater than their previous maximum experience, usually without drugs and often within 6 months.

**Method:** Lifetrack therapy works with the patient and his/her partner in three-way teamwork, bringing them far closer than ever before, guided by their own daily self-rating on 41 parameters that allow accurate graphic tracking via Internet of subtle changes in their personalities and dynamic mental status during each therapy session. The therapist actively helps the couple to think, feel, and act in such ways that their closeness will increase, provoking and overcoming waves of symptom spikes (defense) until they disappear by exhaustion, as the couples undergo personality transformation.

**Results:** Of the 1,213 patients treated over the last 20 years, 50% reached a level of adjustment beyond their previous best level according to their own daily self-rating. Patients with partners (871) did 4 times better (61.4% vs. 15.2%) than singles (342). Of those who did not drop out of therapy during the first month, 78% of patients with partners (659) reached their previous maximum of 10, while only 11% of those without partners did so.