

4th Annual Congress on MENTAL HEALTH

April 12, 2024 | Webinar

The impact of generative reprocessing therapy (TRG) on Fibromyalgia and mental well-being**Juliana Bezerra Lima-Verde***Brazilian Institute of Therapist Training, Brazil*

Despite attempts with conventional therapies to treat fibromyalgia, many people continue to face challenges with little effective improvement in their quality of life. Often, the influence of the psyche in this context is not adequately considered. The aim of this study was to investigate the effects of Generative Reprocessing Therapy (TRG) in the treatment of fibromyalgia. A 53-year-old woman diagnosed with fibromyalgia and anxiety, who had made several suicide attempts following an abusive relationship and a fear of rejection, participated in the study. After unsuccessful experiences with traditional therapies, she was invited to join a study using TRG and provided informed consent. The study employed questionnaires "Before TRG" and "After TRG" to assess her quality of life with scores ranging from 0 (poor) to 6 (excellent). During the sessions, traumatic events were reprocessed until the associated suffering was neutralized. A comparison between pre and post-treatment scores, following 12 sessions, was conducted, taking into account her own perception in five main categories: Romantic relationship (2 and 6); Sexual satisfaction (1 and 6); I like life (2 and 6); Physical appearance (2 and 6); Professional competence (3 and 6); Feelings about your past (1 and 6); Optimism about the future (1 and 6). Following the treatment's conclusion, the participant reported no longer experiencing fear of rejection or suicidal thoughts. She no longer felt any fibromyalgia-related pain and successfully tapered off medication under medical supervision. Even after two years post-treatment, she remained free of relapses and continued to make consistent progress. In this case, TRG has proven effective in treating fibromyalgia. However, further studies are underway to confirm its efficacy in addressing emotional disorders and somatizations..

Biography

Juliana Bezerra Lima-Verde was a university professor and researcher in the field of Human Physiology and Neuroscience. She is certified in Reiki (Level II), kinesiology, transpersonal hypnotherapy, auriculotherapy, reflexology, and Generative Reprocessing Therapy (TRG), which she has been fully dedicated to since 2022. She currently serves as the scientific director of the Brazilian Institute of Therapist Training (IBFT), where she conducts research on TRG.