



BWRT: L2 CASE STUDY

TREATMENT OF DEPRESSION

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BACKGROUND

- Mrs X
- 40 year old female
- Presented with MDD

Symptoms:

- Depressed mood
- Markedly diminished interest or pleasure in all activities
- Significant weight gain
- Difficulty sleeping
- Psychomotor agitation or retardation nearly every day
- Fatigue or loss of energy nearly every day
- Feelings of worthlessness or excessive or inappropriate
- Diminished ability to think or concentrate
- Suicidal

BACKGROUND CONT...

- Mrs X presented for therapy because...

“ I am tired of feeling sad all the time...I want to be happy”

- Mrs X later stated...

”I want to spend more time with my family and feel happy...I want this weight lifted off my shoulders”

- Mrs X was hospitalised twice - suicide attempts in 2016 & 2017...

“I feel strong for a week or two after leaving the clinic but then I slowly go back to feeling like nothing is worth it anymore”

OVERVIEW OF THERAPY

SESSION 1:

- Clinical Interview was conducted
- BWRT as a treatment method was discussed
- Mrs X left optimistic about treatment and BWRT

SESSION 2:

- BWRT level 1: addressed childhood bullying
- Worst memory: chair pulled out from under her – class laughing
- Memory edit: ***“My friend warned me and I sat somewhere else”***
- Very exited after session – ***“its like magic”***

OVERVIEW OF THERAPY

SESSION 3:

- Unlock questionnaire

Q1 – Current Image:

- Worthless, weak, failure, not good enough

Q2 – Worst Part:

- I don't like myself. People take advantage of me because I am weak.

Q4 – PAL 1:

- Initial: 10
- Eventual: 10

OVERVIEW OF THERAPY

Q10 – Determination Level:

- Initial: 10
- Eventual: 11

Q13 – Perfect Self

- Someone who is happy, laughing and having fun.
- Strong not allowing anybody to take advantage of me.

Q14 – PAL 2 :

- Initial: 10
- Eventual: 11

Q20 – Best thing about being free:

- Loving myself and spending real time with my husband and children.
- Just being happy about life

OVERVIEW OF THERAPY

SESSION 4:

- Mrs X reported improvement in her relationship with her husband and children - see a shift in her attitude
- Reviewed homework: Worksheet 1 (see attached)
- The Unlock Routine was completed – focused on strengthening Ideal self and weakening ‘old image’ – *‘I can see a weak image of my old self but it isn’t me anymore’*

OVERVIEW OF THERAPY

SESSION 5:

- Feeling increasingly positive and optimistic about life
- Reviewed homework: Worksheet 2 (See attached)
- The Reboot routine was completed.
- Retrigger the old image “***the old self is very weak...I can see it but it's not me anymore.***”

OVERVIEW OF THERAPY

SESSION 6:

- Follow-up session:
- Optimistic and positive ; worthy and confident

“I'm singing more and more at home...I'm so happy”

- Relationship with family:

‘wonderful and better than it's ever been’

- Therapy concluded

FEEDBACK FROM HUSBAND

“...My wife is a totally different person. I fell involve with this women more than 20 years ago and the same spontaneous, loving caring women is back and even better. Thank you very much we are so happy as a family for what you have done. All our friends notice the difference in her...”

- Email 4 weeks after termination

BWRT EFFICACY OF THERAPY

BWRT STANCE

“This is without a doubt the best therapy around. Its fast, effective and permanent. I use nothing else but BWRT! The results are great and I love the fact that clients get quick results!”

- Heinrich Benjamin