

**Abstract 18: Two cases report, on Severe Depression and Post Traumatic Stress Disorder (PTSD), Chiren Therapy Centre, Limerick, Ireland.**

**Objectives:**

1. To present two case studies via video testimonials illustrating the initial assessment, treatment modalities, and resulting outcomes in patients suffering severe depression and PTSD.

**Background:**

Severe depression frequently accompanies post-traumatic stress disorder (PTSD), compounding the risk of suicide. PTSD's intrusive memories exacerbate depressive symptoms, intensifying suicidal ideation. Effective management typically involves a combination of therapeutic modalities such as cognitive-behavioral therapy (CBT), pharmacotherapy with antidepressants like SSRIs and SNRIs, and safety planning to address suicidal tendencies. Our treatment approach, rooted in the "Chiren" protocols, employs the "Ramirez Key," a three-point combination known for its immediate relief effects. Through two compelling Facebook video testimonials (2017 and 2023), we offer valuable insights into the initial assessment and treatment response for individuals grappling with severe depression and PTSD, showcasing their unique journeys and treatment outcomes.


**Methods:**

In this abstract, we present two testimonials from patients suffering from severe depression and PTSD, shedding light on their personal experiences and treatment outcomes. These videos were meticulously crafted to offer concise yet impactful insights into the efficacy of our treatment approach for severe depression and PTSD. Furthermore, we have included a detailed chart extracted from the Trauma Stress Relief software (TSR), providing additional quantitative data to complement the qualitative testimonials. Together, these components provide a comprehensive overview of our treatment approach and its effectiveness in addressing the complex symptoms of severe depression and PTSD.

**Findings:**

Roisin, now 46 years old, commenced her treatment on September 6th, 2017, completing a total of 10 sessions by October 4th, 2017. Since then, she has joyfully returned to work and is happily living with her partner. I had the privilege of meeting her at her workplace, witnessing her vibrant and fulfilling life. Roisin has fully regained functionality and is working without any restrictions. Although her treatments predated the development of the Trauma Stress Relief (TSR) software, her remarkable journey served as a catalyst for its creation. To watch Roisin's inspiring testimonial, please click on the provided link. <https://www.dropbox.com/scl/fi/ac8i5s389ricooyk8gsle/roisin-depression.mp4?rlkey=8263wr4ll4tf96yr0ori2bu9s&dl=0>

Katie, 37 years old, initiated her therapy on October 31st, 2023. By November 10th, she reported feeling significantly improved. However, her demanding schedule led to a three-month hiatus until February 15th, when she returned to



the clinic experiencing high stress levels. Following an additional 10 treatments, Katie gained insight into the serious consequences of a stressful lifestyle, as depicted in Figure 1 from TSR. To watch Katie's special testimonial, please click the [link](https://www.dropbox.com/scl/fi/e5k898kvp6oou1mc5f3b9/katie-PTSD.mp4?rlkey=s5bu31ztio949wj2jufqyqh28&dl=0) provided. <https://www.dropbox.com/scl/fi/e5k898kvp6oou1mc5f3b9/katie-PTSD.mp4?rlkey=s5bu31ztio949wj2jufqyqh28&dl=0>

### **Interpretation**

After observing both testimonials, it appears that therapy has had a positive impact on both Roisin and Katie's lives. Roisin's experience, despite predating the development of the TSR software, showcases the effectiveness of the treatment in helping her regain functionality and return to work with no restrictions. Her vibrant and fulfilling life serves as a testament to the transformative power of therapy. Katie's journey, on the other hand, highlights the challenges of maintaining progress amidst a demanding schedule and high stress levels. However, her decision to return to therapy and subsequent insight into the consequences of stress suggests a continued commitment to her well-being. These testimonials underscore the importance of ongoing support.



Figure 1: Katie, Trauma Stress Relief chart, Chiren Therapy Centre, Limerick, Ireland (October 31<sup>st</sup> to March 26<sup>th</sup> 2024).

