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HOW TO CURE DEPRESSION WITHOUT DRUGS IN 6 MONTHS OR LESS

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Y. Ishizuka<sup>1</sup>

<sup>1</sup>Lifetrack Therapy, Lifetrack, Rye, USA

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**Objective:** To demonstrate how to routinely 'cure' depression - acute, severe, chronic, and treatment resistant - through 'Breakthrough Intimacy' - closeness between the patient and his/her partner far greater than their previous maximum experience.

**Method:** Working in three-way teamwork, guided by couples' daily subjective self-rating, the couple's personalities are transformed in such ways that depression disappears as it becomes unnecessary. Case examples with patients' graphs will show how personality is transformed through 4 stages. All the tools necessary to practice this method by participants after the workshop are offered.

**Results:** Of the 1,170 patients treated (most of them showing varying degree of depression) over the last 20 years, 48% of patients with various diagnoses reached a level of adjustment beyond their previous maximum level. 31% reached a level more than twice, 24% reached more than three times, 20% reached more than four times, 16% reached more than five times, and 7.6% reached more than ten times their previous maximum level of adjustment according to their own daily subjective self-rating. Of those who failed to reach their previous maximum level at premature terminations, 75% showed significant improvement in their overall adjustment, and 77% showed significant reduction of their symptoms. However, 24% showed significant reduction of overall adjustment, and 22% showed significant aggravation of their initial symptoms at the time of their termination during the initial phase of therapy, when symptoms typically worsen.

**Conclusion:** Depression is caused by existing personality of patient, which can be transformed through therapy, causing depression to disappear.