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TREATING PERSONALITY

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All psychiatric distress can be understood as the consequence of interaction between one´s existing personality - the way one thinks, feels, and act - and life challenges.
Traditional treatment approaches have focused on understanding and treating various form of distress (symptoms), or consequences of above mentioned interaction.
Lifetrack therapy focuses squarely on personality, offering a quantifiable model of personality that can be tracked daily by the patients themselves on 41 parameters.
Working with the patient and his/her partner, Lifetrack therapy focus on increasing their closeness beyond their previous maximum experience, provoking and overcoming waves of defense (symptoms) until it weakens and disappears by exhaustion.

Results of 1,213 patients with all diagnosis treated with Lifetrack therapy showed that 50% reached a level of adjustment beyond their previous maximum level according to their own daily self-rating. Result was 4 times better when the patients were treated with their partners. Of 224 patients with borderline personality disorder, the most challenging category of patient population, 70% reached or exceeded their previous maximum levels, with couples doing 10 times better than those without partners. 50% of BPD patients went through complete or near complete personality transformation.
Lifetrack therapy experience suggests that psychiatric symptoms of distress can be effectively treated through changing the patients´ existing personalities, raising threshold of tolerance of challenges in life.

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