



TEL: +27 84 617 2985
FAKS / FAX: +27 86 671 9904
E-POS / E-MAIL: hans@vivre.co.za
WEBLAD/ WEBPAGE: www.vivre.co.za

Pr No: 000378

PO Box / Posbus 15989
Lyttelton
0140
South Africa / Suid Afrika

Re: Article in the Record 10 March page 3 Sufferers seek help (Depression)

We at VIVRE experience the same fall back problem that the counsellors of Vista is reporting. However we believe that we are in the process of overcoming this problem.

We are also treating depressed people with a multi-disciplinary team, with great initial success, the same success that is reported by the personnel at Vista.

But I firmly believe that the biggest problem with people with stress related illness is not getting them out of the crisis situation. This treatment is well documented and is usually successful after a 6 – 12 week period.

But there is a very important part of the successful treatment that often can not be done.

The ideal treatment is to be able to monitor the patient for a long period of time to ensure that they stick to the medication and to react immediately if there is a deterioration of the depression. The logistics of regular and frequent follow up is so difficult that it rarely happens.

Since we experienced the same problem Dr. Hans Dreyer one of our team members, started working on a remote system to monitor depression on a weekly and if necessary on a daily basis. He worked and tested this system in his own practice for almost 7 years. Recently he patented this monitoring system “Chronic Alert”® © and also had a copyright registered on it.

“Chronic Alert” ® © is a remote control system that is very inexpensive and need no costly apparatus to monitor the depression.

Now a relapse or fall back can be avoided in time by using this remote system for continual monitoring.

According to Dr. Hans Dreyer depression causes the depressed patient to move out of the river of daily living and become stuck somewhere on the riverbank.. One of the biggest challenges is getting the depressed person back into the river of daily living and teach him to participate and experiment with life again. While the patient is doing this at home Vivre is monitoring him via Chronic Alert weekly or daily. The moment a fall back in the person’s health; a fall back into the old negative pattern of treating life difficulties, is detected via the monitoring system he is called back for personal and group skills development. This skill development is done by VIVRE instead of just giving cognitive therapy as is the most common method used.

He must be helped to regain the position in his household and social environment that he lost or gave up as a result of the depression. This process often meet with a lot of resistance from the close family as well as the broader society.

Role-play and a daily feedback are of the utmost importance to get this person back on track. If this is not done he develops resentment against those who keep him from fulfilling his older role. This cause a new tension in the family on which the latent depression feeds and grows.

The same monitoring system “Chronic Alert”® can be used with great success in the corporative world to monitor employee’s days away from work.

VIVRE working in conjunction with “Chronic Alert”® are notified and they will handle the problem and set it right as far as possible.

Thanks

[Dr. Hans Dreyer.](#)