

## Frequently Asked Questions

**Q: Can I participate if I am recovering from a substance abuse problem?**

Yes, if you are able to concentrate and follow the RTM Protocol steps.

**Q: What will be expected of me?**

You will be expected to show up for appointments or give 24 hours notice, if you need to reschedule. 4 appointments will be set up over a relatively short time frame so that you make progress and gain momentum.

**Q: Does RTM work with multiple traumas?**

Yes, RTM is designed to work multiply traumatic events in order to alleviate the symptoms of PTSD. Typically treating 1-4 events works to re-program the brain and collapse all PTSD symptoms.

**Q: Will I be able to handle doing RTM?**

Yes, RTM is a non-traumatizing process. Clinicians are trained to ensure you stay as relaxed as possible instead of getting hooked and re-associating into the traumatic feelings. You are free to ask questions about any concerns you have. Also, please appreciate that the clinician does not need extensive information about the trauma event to start treatment with RTM. After minimal details are gathered RTM treatment proceeds in a safe methodical fashion.

**Q: For whom does RTM works best?**

RTM works for people dealing with a wide range of traumatic events. Whether the trauma event happened 1 month ago or 50 years past, RTM can help all ages. Anyone who is tired of suffering with PTSD symptoms and wants a better quality of daily living will gain from RTM treatment. Even the most skeptical of veterans who have been willing to give RTM a chance have been grateful they went forward with RTM Protocol Therapy.



## The Reconsolidation of Traumatic Memories Protocol (RTM©), A breakthrough cognitive therapy. Demonstrating a 90% + success rate in treating PTSD



*“After RTM I feel normal again. A huge weight has been lifted. It’s amazing”  
Client 4005*

**For more information on if RTM is right for you please talk to your therapist**

## What is Reconsolidation of Traumatic Memories (RTM©) Protocol Therapy?

- RTM Protocol therapy is a non-drug, non-traumatizing treatment that re-programs the neurological connection between the brain's feeling center and specific traumatic memories.
- It requires 3 to 4, ninety minute therapy sessions,
- Sessions are clinician-led during which the client sits in a comfortable chair and visualizes pictures on an imagined movie screen in a way that separates the traumatic memories from the traumatic feelings.
- The sessions require no homework or practice outside the therapy sessions.
- Clients remain completely relaxed and comfortable while they construct the images on the imagined movie screen during the treatments.
- The treatments completely eliminate traumatic nightmares, flashback and directly related emotional problems for over 90% of clients.
- After RTM therapy, people can remember past traumatic events with no traumatic feelings

**RTM** has proven particularly effective for treating veterans who have experienced combat, sexual, childhood and other severe traumas.



The focus of RTM is to separate the traumatic feelings from the memories using a relaxed reimagining process. Clients are guided to dissociate themselves from the traumatic memories and while separated from feelings of fear, terror or helplessness, make changes, so that the memory no longer signals fight, flight or danger. Following RTM treatment, people find they are no longer feel preoccupied with trauma events and their nightmares and flashbacks no longer trouble them.

## What are the goals of RTM?

- Alleviate flashbacks and nightmares
- Eliminate re-living stressful events, including negative physical reactions like sweating, muscular tensions and heart pounding.
- Improved sleep, concentration, emotional control.
- Reduced hypervigilance
- Increased freedom in thought and action

### What Will I Be Doing in RTM?

Over approximately 3-4 individual therapy sessions:

- You will be asked about flashbacks and nightmares and trauma related events in a way that is non traumatizing
- You will be given directions that will help you stay calm and relaxed
- You will practice the visual formats that are key to the RTM process
- You will learn how to create dissociation and get distance from the event
- You will notice how the physical sensations related to the events decrease during each session
- You will find the RTM Protocol steps easier and easier to do with each session.