Reconsolidation of Traumatic Memories Therapy Fact Sheet for Clinicians

Reconsolidation of Traumatic Memories (RTM) Therapy is a proven treatment designed to meet the needs of corrections officers and first responders.

Discussing RTM with your client:

- RTM is an improved and highly effective treatment for PTSD.

- Research shows that 3 sessions of RTM produce lasting remission in over 90% of clients.

- RTM is a safe, non-exposure therapy that avoids retraumatizing clients and keeps them calm during treatment. Your client will NOT be asked to fully re-experience traumatic events.

- After RTM, clients can calmly think and talk about past experiences that used to upset them.

- In 3 sessions, RTM eliminates nightmares and flashbacks in over 90% of clients. Research follow-ups at the 1 year mark indicated clients symptom free.

- Clients who complete RTM also report better sleep, better mood, greater enjoyment of life and family, and the ability to return to work and community life.

- Clinically, clients freed of traumatic memory symptoms are easier to deal with, respond better, and can be given further treatments more effectively and at lower cost.

- What is Reconsolidation of Traumatic Memories (RTM) Therapy?

RTM is a drug-free, non-traumatizing, cognitive reimaging protocol for treating PTSD. In 3-4 treatment sessions, RTM leads the client through a series of visual exercises (like playing the memory backwards) designed to disconnect the target trauma memories from their coupled traumatic feelings. This neurological process is called Reconsolidation. It severs the connection of the traumatic memories to their traumatic feelings. The simple visual re-formatting steps produce unconscious changes and neurologically, the traumatic memory is separated from its traumatic feelings. The content of the memory remains unchanged. By the end of treatment, clients spontaneously recognize that the traumatic memory has lost its’ connection to the traumatic feelings. The actual change happens unconsciously.
What is involved in RTM?

RTM is a short term, trauma-focused, clinician-facilitated treatment typically consisting of 5 or less, 90-minute sessions. RTM can be delivered in as little as a week’s time but requires at least 24 hours between treatments. Treatment is complete when the client’s traumatic feelings have been separated from their memories of traumatic events.

References


4. Gray, Budden Potts et al. (in Preparation). The reconsolidation of traumatic memory protocol (RTM) for the treatment of PTSD: a randomized waitlist study of 30 female veterans


