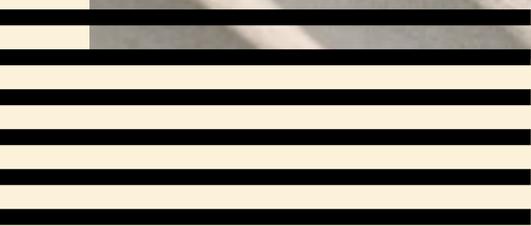


RTM



PROTOCOL

The RTM Protocol

The breakthrough
in PTSD treatment.

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 re-imaging 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.

RECONSOLIDATION OF TRAUMATIC MEMORIES (RTM)

RTM begins by questioning the client until he or she responds physiologically. Typically, this includes changes in breathing, heart rate and vocal pitch. The response is only allowed to continue until the physiology changes. It is stopped before re-traumatization can occur.

The client is then walked through 3 levels of dissociation and image exercises that cause the memories to be reconsolidated.

When the trauma can be talked about with no discomfort, the intervention is presumed to have worked.

RESULTS

RTM is notable because:

- It causes little discomfort to the client.
- It can be administered in any normal quiet room by Masters level counselors after a 4 day intensive and 3 month mentored training.
- It does not involve drugs or costly equipment.
- It is a relatively quick therapy.
- Anecdotal evidence indicates long-term efficacy.

In clinical trials RTM removed the nightmare and flashback symptoms of PTS in less than half the time of current therapies, often in less than two or three sessions.

RTM administered shortly after veterans return home can remove the symptoms and stop the PTS Syndrome from developing.

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

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.

ABOUT POST-TRAUMATIC STRESS - PTSD

Every year tens of thousands of military veterans return from military action with potential post-traumatic stress disorder (PTSD). Yet these men and women are only the tip of the spear, as this number doesn't account for the thousands of state and local police officers along with emergency workers who battle the same disorder.

Typically, the mind and body are in shock after a traumatic experience. As most people make sense of what happened and process their emotions, they come out of it. Those with PTSD, however, remain unable to control the painful emotional and behavioral intrusion of the traumatic memories into their lives.

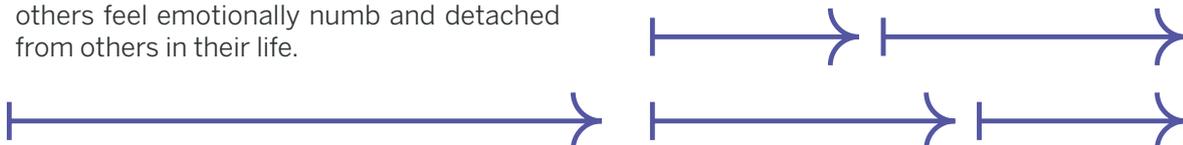
WHILE EVERYONE EXPERIENCES PTSD DIFFERENTLY, THERE ARE FOUR MAIN TYPES OF SYMPTOMS:

01. Re-experiencing the traumatic event. Often this manifests in flashbacks, nightmares and intense physical reactions to reminders of the event.

02. Avoiding reminders of the trauma. Some are unable to remember important aspects of the trauma, others experience a loss of interest in activities and life in general. Still others feel emotionally numb and detached from others in their life.

03. Negative cognitions and mood represent myriad feelings, from a persistent and distorted sense of blame of self or others, to estrangement from others or markedly diminished interest in activities, to an inability to remember key aspects of the event.

04. Arousal is marked by aggressive, reckless or self-destructive behavior, sleep disturbances, hyper-vigilance or related problems.



WHO?

The number of veterans who have returned from recent (OEF, OIF, OND) wars has been conservatively estimated at 2 million in the US.

All around the globe you have no military people developing PTSD symptoms more and more. With the COVID-19 pandemic I am afraid the numbers skyrocket.

Nowadays, we know that traumatic events, like:

- Car accident
- Body Injuries
- Death

- Violence
- Abuse
- Drastic life changes
- Work environment
- And others, can cause someone to develop PTS symptoms.

TSD does not just impact veterans. These issues affect families, impacting marriages and the well-being of spouses and children.

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.

GET IN TOUCH

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