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Reconsolidation of Traumatic Memories™ (RTM) Therapy

How will this program produce IMPACT?

Traditional treatments for PTSD and similar trauma symptoms take 12-24 sessions over several months. In contrast, RTM offers symptom reduction in as few as 4-6 sessions, with significant improvements in as little as one 90-minute session. The Center is the only non-profit provider of RTM in South Florida.

Because the Center's proposed program is explicitly intended to demonstrate the effectiveness of RTM, funding from *Impact the Palm Beaches* will lead to increased adoption and use by other providers as well, greatly expanding the reach of this funding. In turn, this means long-term healing, improved physical and mental health across many more individuals and their families, and ultimately reduction of the cycle of trauma and violence across generations.

The Program:

Successful RTM therapy separates traumatic memories from the emotions that can cause lingering symptoms and destructive behaviors. It offers a more focused and targeted way to address traumatic memories compared to traditional therapies without requiring the client to recount the traumatic event, which can be distressing. Instead, RTM provides a non-intrusive, rapid approach that is less invasive and requires fewer sessions than other treatments (such as cognitive behavioral therapy (CBT) or eye movement desensitization and reprocessing (EMDR)) for PTSD and similar trauma disorders, reducing the intense emotional distress and physiological response triggered by trauma-related cues.

Measurable Outcomes:

The number of clients successfully served within CFS's trauma therapy program will be substantially increased. Client symptoms of trauma will be reduced, and clients will show improved mental health and well-being as assessed by empirical outcome measures. CFS will scientifically compare RTM to other treatments for PTSD and publish results in professional journals, thereby advancing knowledge on best practices and outcomes for traumatized individuals.

How will the Impact Palm Beaches grant be used?

Funding will be used for an additional therapist trained in RTM therapy, as well as costs associated with research and dissemination of the success of RTM therapy.

Agency Profile:

Center for Family Services of Palm Beach County (CFS) was founded in 1961 to strengthen individuals and families through behavioral health and psycho-educational services. CFS helps clients surmount mental health challenges, emotional distress and maladaptive behaviors, and empowers them to become emotionally healthy individuals.

Strengthening individuals and families through behavioral health and education services.

