



2024-2025 Grant finalist Summary

Center for Family Services of Palm Beach County – Reconsolidation of Traumatic Memories (RTM)

Impact Focus Area: Family

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 promotes a healthy community by strengthening the family structure through services and collaborations with other human health agencies. CFS helps clients surmount mental health challenges, emotional distress and maladaptive behaviors, educates them about safeguards and coping strategies and empowers them to become emotionally healthy individuals.

The Program:

Reconsolidation of Traumatic Memories (RTM) offers a potentially more focused and targeted way to address traumatic memories compared to traditional therapies because it does not require the client to recount the traumatic event, which can be distressing. Instead, RTM provides a non-intrusive, rapid approach focusing on memory reconsolidation through guided visualization. RTM 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. Successful RTM separates traumatic memories from the emotions that can cause lingering symptoms and destructive behaviors.

How will the program impact Palm Beach County?

Traditional trauma treatments often take 12-24 sessions over several months. In contrast, RTM offers symptom reduction in just 4-6 sessions, with significant improvements in as little as one 90-minute session. Increased availability of RTM therapy means that many more families get much needed help in quicker time frames - allowing CFS to greatly expand services at little to no cost to the many underserved and at-risk individuals who have experienced trauma. In turn, this means long-term healing, improved physical and mental health across these individuals and their families, and CFS believes, reduction of the cycle of trauma and violence across generations.

Measurable Outcomes:

The number of clients successfully served within CFS's trauma therapy program will be substantially increased. Clients will reduce symptoms of trauma, and will demonstrate 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 Impact Palm Beaches grant be used?

\$75,578 Salary, payroll taxes and benefits to hire a new therapist, \$4,000 RTM training and conferences, \$1,190 for program supplies, \$1,025 for printing, \$1,000 for IT services, \$1,600 for utilities, \$1,455 for insurance, \$2,591 for conferences/meetings, \$10,000 for office space, \$1,176 for consultant/professional fees and \$385 of other misc. costs