Summary of the

Clinical Research on The NLP Trauma Cure

Extracts from Research and Recognition Project Website, Grant Application PDF: 'Proposal to Fund a Breakthrough PSD Treatment for New York State'.
http://researchandrecognition.com/pdf/2019/NY2milJan9.pdf

The NLP Trauma Cure, also known as Reconsolidation of Traumatic Memories (RTM), is a clinical breakthrough in recovery from PTSD. It is a cognitive reframing of memories which gives the brain a chance to reconsolidate the memory of the trauma which causes PTSD symptoms. The treatment can, in 5 hours, re-set the memories in a way that the fight or flight responses are separated from the original trauma memory.

Notably the treatment:

• Causes no discomfort
• Does not involve drugs or costly equipment
• Requires 5 hours or less duration of treatment

The RTM treatment protocol has been tested four times under strict scientific standards in the US in a series of military studies. Over 90% of the 160 veterans who took part in the trails who had been clinically diagnosed with Post Traumatic Stress Disorder (PTSD) completely eliminated their PTSD symptoms including their nightmares, flashbacks and related emotional responses.

Details of the Individual Studies:

1. Pilot Study: Journal of Military, Veteran, and Family Health. 25 of 26 (96%) no longer test as having PSTD. (Grat and Bourke, 2015)
2. First Replication Study. 28 of 30 (94%) no longer test as having PSTD. (Tylee, Gray et alia, 2016a)
3. Second Replication Study (women). 29 of 30 (96%) no longer test as having PTSD. (Tylee, Gray et alia, 2016b)
4. Third Replication Study. 68 of 75 (90%) no longer test as having PTSD. (Steenkamp, Litz et alia, 2016)

The table below shows the method in comparison to other methods used with PTSD.

Note that:

• No other method has a complete removal of PTSD symptoms
• All other methods require longer duration of treatment
• This is the only method that does not risk retraumatisation as a side effect

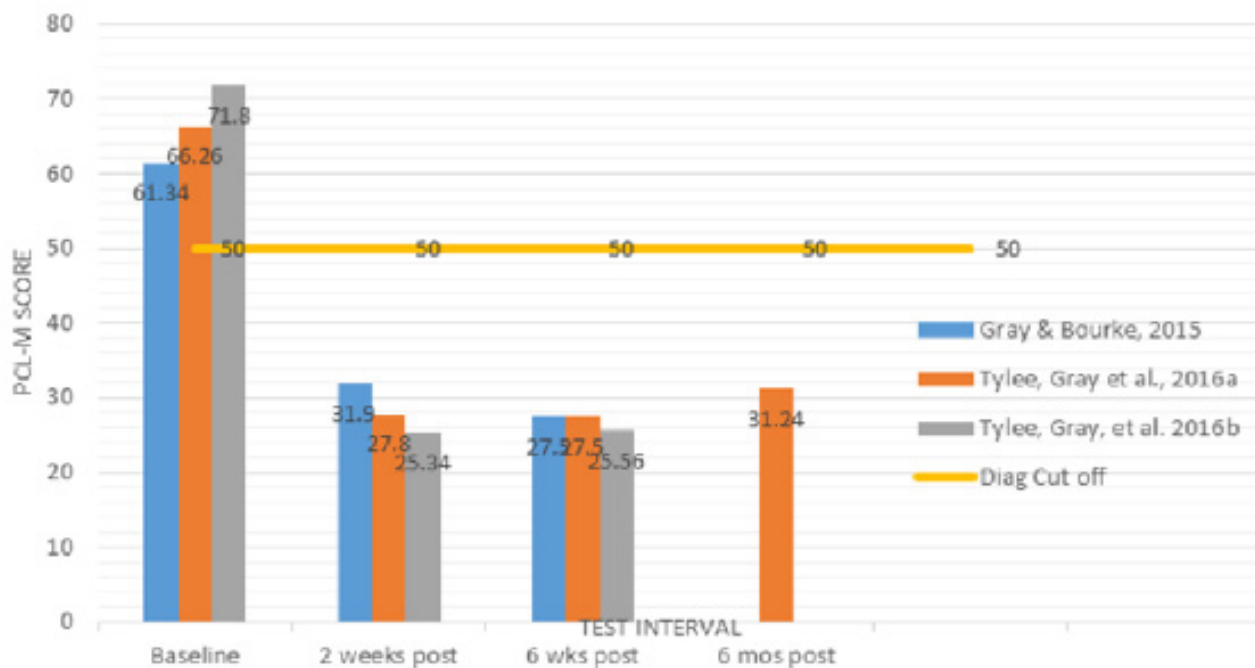| Protocol Description	Treatment Duration	Cost Factors	Side Effects	Clinical Efficacy
Reconsolidation of Traumatic Memories (RTM)	3-5 hours	Less than $500/patient by a certified RTM	none	90% effective in completely removing PTSD symptoms
Prolonged Exposure Therapy (PE)	15-18 hours		Retraumatization@ high dropout rates (28-40%)	35% remission of diagnosis and some symptom reduction for 50% treated
Cognitive Processing Therapy (CPT)	7 sessions		Retraumatization, group exposure	35% remission of diagnosis and some symptom reduction for 50% treated
Eye Movement Desensitization & Reprocessing (EMDR)	7-12 sessions		Retraumatization	35% remission of diagnosis and some symptom reduction for 50% treated

Over Time

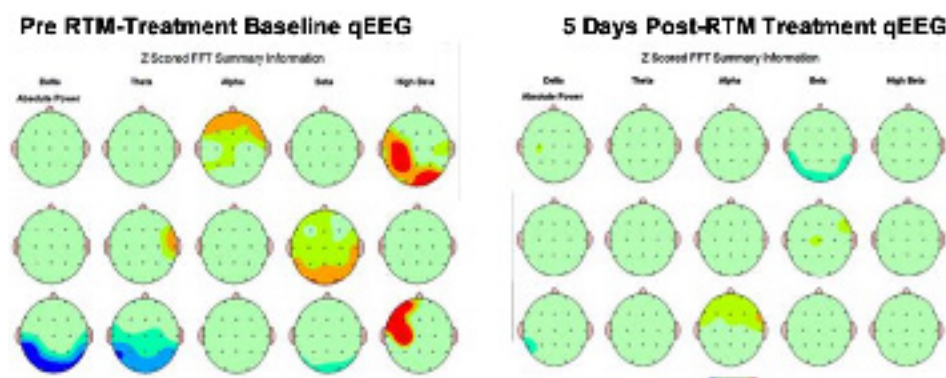Three Research studies with data from baseline, 2 weeks after, 6 weeks after, 6 months after

Current mean pre-post PCL-M results from RTM projects

The Graph below is a sample of the initial pilot results of the neurological study submitted by Dr. Lewine to the Biological Psychiatry Journal. The dark reds and blues in the left row Pre RTM-Treatment scans are indicative of PTSD abnormality. They have completely disappeared in the Post Treatment scans measured five days after treatment. Light turquoise colour is within normal limits. Dark reds and blues indicate deviations from normality. The research is being conducted in Dr Jeff Lewine's laboratory associated with the U. of New Mexico.

How was this Research Funded:

In the United States the Research and Recognition Project received grants totalling $1.1 M from NYS to support validation studies. An additional $400 K was received from a number of sources, including the Blue Angels Foundation, Allstate, United Way, the American Legion, various Rotary clubs and NASBP Insurance. An additional $3.5 M in time and money donated by Project staff over the last ten years.

About The NLP Trauma Response Team Australia

We want to deliver the most effective, research-based methods for recovering from a trauma to people in bushfire-affected communities for free.

If you would like to see this happen, you can support the project by visiting our Crowd Funding page on Chuffed.org

If you have already studied NLP, you can learn more about volunteering for the project at https://theneurocoaching.academy/resilience-with-neurolinguistics/

If you are in a bushfire-affected community and would like like learn more, **call +61 8 9467 2637, or email grace@theneurocoaching.academy**

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