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treatment is restoring lives




records a video inside the destroyed Scientific Research Centre in Damascus, Syria April 14, 2018.

for Post-Traumatic Stress Disorder (PTSD) is changing people's lives for the better, and at

atic Memories (RTM) is a therapy that uses no drugs and focuses on the hippocampus, where memories are stored. The process uses a brief process of two or three sessions involving questions and visualizations to retrieve and then alter a memory using a dissociation strategy.

The participant is asked to imagine they are in a movie theater watching the traumatic event as movie at first played slowly, then increasing speed, then backward and then in black and white. The process is repeated until the participant can comfortably step back into the movie and talk about the trauma without discomfort.

RTM was designed by 75-year-old Dr. Frank Bourke, the founder and executive director of the non-profit Research and Recognition Project. RTM is the result of the refinement of a therapy plan created by Bourke in treating survivors of the 9/11 terror attacks.

Bourke is a clinical and research psychologist with 33 years of experience, a masters degree from St. John's University and a Ph.D. in psychology from the Institute of Psychiatry in Lond 

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Research studies on veterans who received the RTM treatment showed promise. Over 80% of participants saw an end to nightmares, flashbacks and the emotional issues they had been

The RTM Foundation Project's website boasts that RTM can stop post-traumatic stress from starting if it starts after the service member returns from duty. The testimonials on the site are moving and powerful. The fact that RTM has had. The group shields the privacy of participants by labeling the participants with numbers instead of names.

"It was a big 'Wow' for me," said Client 3035. "I was unable to sleep, walk down hallways without being afraid to shoot me, or enjoy playing with my daughter without feeling guilty. Now I am able to do things I used to before deployment."

In addition to being used for military personnel experiencing PTSD, it also has applications for first responders, police officers, and child abuse victims.

"I can now go through events without anxiety, in detail, without fear," said Client 4001, a victim of rape. "I'm not afraid of the future now. I am not as focused on the past. I have more self-confidence, more self-esteem. I don't need to be on off lithium because my mood is more stable. It was valuable to do the three treatment sessions. I now feels worthwhile."



Dr. Bourke is a retired Navy Rear Admiral Dennis Wisely who once commanded the U.S.S. John F. Kennedy (CV-67), flew 350 Vietnam combat missions and was the commander and flight leader of the Blue Angels Demonstration Squadron.

Dr. Bourke is also the President Emeritus of the Blue Angels Association and is involved with their efforts focusing on the support of wounded veterans and those dealing with PTSD.

Dr. Bourke spoke of how the Blue Angels came to be involved with RTM and how their organization brought Dr. Bourke to California to work with some veterans who were dealing with PTSD.

One of the veterans Bourke treated previously told Wisely he was "on the verge of committing suicide," but RTM changed all of that.

"Not only is he not wanting to commit suicide anymore, he's now married with kids and works for a congressman in San Diego," Wisely said.

Another veteran who Wisely said was treated using RTM is now one of the spokespeople on the RTM Protocol for the Blue Angels.

The Blue Angels Foundation would go on to fundraise, bringing in almost a quarter of a million dollars to do a 30-person clinical study of RTM in 2015. At the six-month follow-up, 28 of the 30 male participants were PTSD free. A second study was then done, this time involving females, and it had a similarly high success rate over 90 percent.

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one might think this protocol would be flying through the Veterans Administration, but it has been getting a “tremendous amount of pushback.”

around it [the pushback],” said Wisely, “by raising money to train people in the RTM

drug companies have a huge influence on why we can’t get this [RTM] totally in the

ough money was raised for six RTM training sessions which have been done around the
New Mexico and four in Florida.

is resulted in RTM being used to help students coping with the school shooting that took
Stoneman Douglas High School in Parkland, Florida. One of the survivors, Alexandra, has
rappy to help her cope and finally found RTM.

ctrum News 13 in Florida, Alexandra said, “I felt like a weight was lifted off of me, and the
d noise and I didn’t jump.”

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