

The American Legion, Department of New York has provided a Grant to the Research and Recognition Project, a NYS non-profit, to train counselors in a new Protocol, Reconsolidation of Traumatic Memories (RTM), to treat Post Traumatic Stress Disorder (PTSD). RTM is a non-traumatic, non-drug cognitive therapy that removes nightmares and flashbacks directly related to PTSD. The two attached fliers are intended to be displayed on your Post bulletin board. Those Posts who publish a Post Letter should also include information from the attachments to ensure the widest dissemination of this important information.

The first attachment is related to an RTM Protocol research study being undertaken by Dr. Michael Roy at the Walter Reed National Military Medical Center. Although the flier states, “*Are you an active duty or **retired** service member experiencing:*” and a list of symptoms, these are not the only veterans eligible. After talking directly with Dr. Roy at Walter Reed, he clarified that all veterans with PTSD are eligible to participate in this study. This ongoing project needs more veterans suffering from PTSD to become involved. The work is done remotely, so any veteran from any part of the country can join. This Protocol has a 90% success rate in removing recurring nightmares and flashbacks.

The second attachment is designed to identify counselors and therapists in your community, who work with PTSD patients. Bring them a copy of this flier and suggest they check out the information about RTM and Department of New York American Legion Scholarship opportunities.

PTSD symptoms have lasted for far too long. The goal is not to manage symptoms, but rather to eliminate nightmares, flashbacks, and directly related emotional problems. PTSD is a significant contributor to suicides throughout the United States. Suicides of our military service members are the highest on record and there are upwards of 20+ veteran suicides a day. Let’s make sure the word gets out.

Mike Suter
Resolutions Chairman