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### **Rapid Resolution Therapy offers help for PTSD.**

Post-traumatic stress disorder (PTSD) is triggered by experiencing a terrifying event or witnessing it. Symptoms include flashbacks, nightmares and severe anxiety and uncontrollable thoughts about the trauma.

PTSD is often associated with combat veterans, though it effects survivors of physical and emotional abuse, victims of rape and sexual torture, car accident victims, people who have suffered physical trauma and more. First responders and lay people who find themselves in that role are often affected.

Obtaining effective treatment for PTSD is critical to reduce symptoms and improve function.

Regional Mental Health offers a unique therapy, Rapid Resolution Therapy® (RRT), founded and developed by Dr. Jon Connelly. It offers an immediately effective, revolutionary and holistic psychotherapeutic approach to healing and positive behavioral change. RRT offers results after one therapy session.

Only four practitioners in the state of Indiana are certified, three of them practice at Regional Mental Health Services. Only several hundred across the country are certified.

Upon hearing about RRT therapy in 2012, I was skeptical. I researched the topic and attended training, becoming the first certified RRT practitioner in Indiana. I've successfully treated hundreds of patients with the method and haven't looked back since. I attend three to four intense 26 hour training sessions each year and offer RRT training to the Regional Mental Health staff.

Other therapists refer PTSD patients to me. The results are mind-blowing. Success rate of healing is from 81 to 90% after a single session. Patients often continue treatment for other mental health issues with their therapist and have noted that therapy sessions become more productive.

Conventional way of treating trauma makes patients re-experience the traumatic pain to try to heal. It's an outdated way of thinking. RRT treatment isn't well-know, but is highly effective. Victims don't have to re-live the worst moments of their lives or work through the trauma over a long period of time. RRT is gentle and more effective than traditional methods.

People outside of the state have come from as far as Massachusetts Michigan, Ohio, Kentucky, Missouri and Illinois to receive RRT therapy.

I encourage mental health professionals to consider the fact that there is a better way to treat trauma. They owe it to themselves and their clients to investigate RRT. It's a sharp departure from traditional therapy and offers long lasting and enduring results.

The United States Senate designated June 27th as National PTSD Awareness Day. June has been designated as PTSD Awareness Month by the National Center for PTSD (NCPTSD).

For information about Regional Mental Health Services, visit <http://www.regionalmentalhealth.org/> or call 219.769.4005.

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