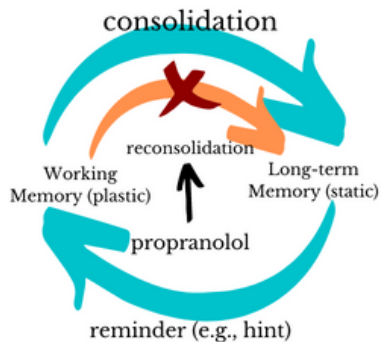


# RECONSOLIDATION:

## A GROUNDBREAKING THEORY

- Reconsolidation is the discovery that memories must be saved again each time they are recalled. If an interference is planned during the saving process, the memory will be permanently weakened.
- Reconsolidation Therapy™ (Brunet et al. 2008, 2018) consists of recalling a painful memory with a therapist under the 'reconsolidation blocker' drug propranolol. Remarkably, this therapy often allows patients suffering from posttraumatic stress disorder to be treated in just a few sessions.
- It is not necessary to be a physician to learn how to use Reconsolidation Therapy™.



# CONTACT US



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DE PSYCHOLOGIE

# RECONSOLIDATION THERAPY

INNOVATIVE  
MANAGEMENT



TREATMENT OF  
POST-TRAUMATIC STRESS  
DISORDER

Reconsolidation™  
**Therapy**  
Méthode Brunet



Reconsolidation™  
**Therapy**  
Méthode Brunet



# WHAT IS RECONSOLIDATION THERAPY™?

An innovative therapeutic approach for the treatment of Post Traumatic Stress Disorder.

An empirically validated psychotherapy protocol, based on 20 years of neuroscience research.

This brief therapeutic method, developed in Canada by Professor Brunet and his team (2008), gradually and durably reduces the emotional charge associated with traumatic memories.



## IMPLEMENTATION

In hospitals, regional psychotraumatology centers and international health centers.

## DURATION OF TRAINING: 2.5 DAYS

For psychiatrists, psychologists, and other mental health professionals entitled to practice psychotherapy.

The training can be attended in person or online.

Reconsolidation Therapy™ can be delivered face to face or online.



## THE TRAINING INCLUDES

- 18 hrs of training with a certified trainer
- A detailed treatment protocol
- A certificate of training
- Clinical supervision available
- A 4-month membership to the Reconsolidation Therapy International Association (RTIA)

INQUIRE AT :  
[WWW.RECONSOLIDATIONTHERAPY.COM](http://WWW.RECONSOLIDATIONTHERAPY.COM)



Alain Brunet, PhD, is a professor at the Faculty of medicine at McGill University. He was the former co-editor of the *Journal of Traumatic Stress*. He also was the former vice-president of the International Society for Traumatic Stress Studies. Dr. Brunet was named by Maclean's magazine as 'one of 39 Canadians who make the world a better place to live in'.

## TRAINING OBJECTIVES AND TARGETED COMPETENCIES

- Distinguish between the various disorders related to stress and trauma
- Understand the theory of reconsolidation
- Discover the main studies supporting the clinical applications of Reconsolidation Therapy
- Implement Reconsolidation therapy in your professional practice

