



RECONSOLIDATION PROGRAM

The Reconsolidation Program: Your Guide to Lasting Change



by Reprogramming Mind

Welcome to The Reconsolidation Program

Welcome to The Reconsolidation Program! We're excited to guide you on a journey designed to help you gently and effectively update troubling memories, reducing their emotional impact and allowing you to move forward with greater peace and resilience.

This program is built on cutting-edge neuroscience principles of memory reconsolidation. It's not about erasing memories, but about changing their emotional charge so they no longer trigger distress in your daily life. You are in control, and this guide will walk you through each step.

What is Memory Reconsolidation?

Imagine your memories are like files stored in your brain. When you recall a memory, it's like opening that file. For a brief period after recalling it (about 4-6 hours), this "file" is temporarily "unlocked" and open to updates. During this window, new information or experiences can be integrated with the old memory. When the memory is then "re-saved" (reconsolidated), it includes these new updates.

The Reconsolidation Program uses this natural brain process. By recalling a target memory briefly and then introducing new, positive, or neutral information and perspectives, we aim to update the emotional component of that memory. The goal is for the memory to remain, but for its power to cause distress to be significantly diminished or eliminated.

The Science: How RTM Helped "Carl" 3 A Case Study

The Reconsolidation of Traumatic Memories (RTM) protocol, which inspires this program, has shown remarkable results. A notable case study published in the *Journal of Experiential Psychotherapy* (and other research) describes "Carl," a Vietnam veteran who suffered from severe PTSD for over 40 years. His symptoms included intrusive thoughts, nightmares, and flashbacks related to a traumatic "Rocket Attack" event.



Before RTM

Carl rated his distress (Subjective Units of Distress, or SUDS, on a 0-10 scale where 10 is extreme distress) at an 8 out of 10 when thinking about the rocket attack.



The RTM Intervention

Carl underwent a brief intervention (fewer than 5 hours over a few sessions) using the RTM protocol. This involved specific steps to activate the traumatic memory and then guide him through imaginal experiences designed to change its perceptual structure.



After RTM

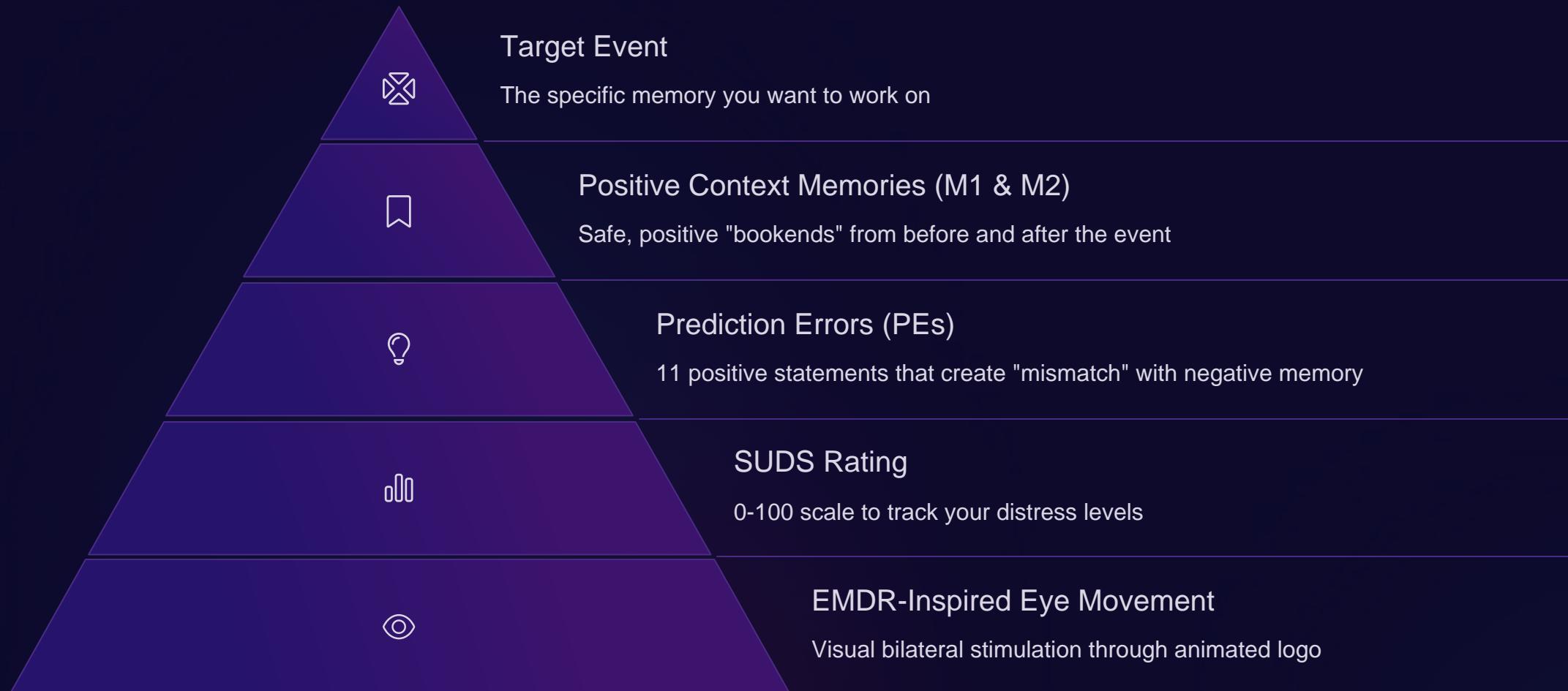
Carl's SUDS rating for the same event dropped to 0 out of 10. He was able to recall the event without significant emotional arousal. Clinical observations and follow-ups (up to one year) confirmed the cessation of nightmares and flashbacks and reported positive adjustments in his personal and family life. He even stopped needing medication he had taken for decades.

This case, and others like it, demonstrate the potential of memory reconsolidation techniques to provide rapid and lasting relief from the emotional burden of traumatic memories. Our program aims to make a similar process accessible to you.

How The Reconsolidation Program Works: Your Journey

This program guides you through up to five treatment sessions. Each session builds on the last, further working to neutralize the distress associated with your chosen target memory.

Core Components:



Phase 0: Calibration

Re-activate & record your target event, rate your current distress (SUDS), and establish your positive context memories (M1 & M2). This is the crucial first step for **EVERY** treatment session.

Treatment Session

Select 11 Prediction Errors that feel most relevant to your target event. These will be used throughout the process to help update your memory.

Processing Phases

Work through specific imaginal exercises that guide you to view your memory from different perspectives (movie screen, dissociation, resource integration).

Guided Narrations

Record yourself reading 11 unique narrative scripts that combine your M1, Target Event, one Prediction Error, and M2. Premium users also receive AI narrations with animated logo.

Reverse Integration & Results

Record 8 "reverse rewind style" scripts to further update the memory, then rate your final SUDS to measure improvement.

Benefits of The Reconsolidation Program:

- Gentle & Non-Traumatizing**
- Efficient**
- Lasting Change**

Designed to avoid re-experiencing the full intensity of the trauma.

Aims for significant change in a relatively short number of sessions.

By updating the memory at its root, the goal is enduring relief.

Getting Started with The Reconsolidation Program



Find a quiet space

Choose a comfortable location where you won't be interrupted



Begin Activation Setup

Complete Calibration for Treatment 1



Follow prompts

Work through each step as guided on screen



Be patient with yourself

Practice self-compassion throughout the process

Email Support

After completing the initial Calibration (M1, M2, Target Event, SUDS for T1), you'll receive a welcome email with instructions.

After each of the 5 Treatment sessions, you'll receive a summary email with your SUDS results for that session.

Progress Tracking

The sidebar in the app will track your progress through the Activation Setup and completed treatments, including your SUDS scores.

Contact Information

For support, please visit our FAQ section or contact our team directly through the app.

We believe in the power of your mind to heal and update. This program is a tool to help you unlock that potential. Let's begin!