



# The Institute for Rapid Resolution Therapy



## Rapid Resolution Featured in Soldiers

In the September 2010 issue of *Soldiers*, the official U.S. Army magazine, Dr. Jon Connelly's Rapid Resolution Therapy (RRT) is featured. The three-page article describes the success stories of two Army veterans who were cured from Post T traumatic Stress Disorder (PTSD) following deployment. Ranging from 13 months to 17 years of active duty, both soldiers experienced traumatic events that affected themselves and their loved ones once back in civilian life.

Laura Bokar, a licensed marriage and family therapist and a licensed professional counselor, is a passionate advocate for RRT. As a certified practitioner in Rapid Resolution Therapy, she explains that "RRT is a type of therapy that eliminates or clears negative effects of past experiences and the distorted beliefs that get attached to it." "The one thing that's different about RRT is that the clients don't have to relive the past or feel it; they need to tell the story, but they don't have to experience the pain of it," Boker states.

In as little as one to three sessions, Rapid Resolution therapists cleared each soldier's PTSD symptoms. Vietnam veteran Tom, who served in both the Air Force and the Army National Guard, describes himself as "one of the lucky ones" and recommends RRT to other Soldiers and service members.

*Soldiers* magazine has a circulation of 150,000 and reaches more than 3 million viewers per month online. To view the featured article, please visit <http://usarmy.vo.llnwd.net/e1/soldiers/archives/pdfs/sep10all.pdf>.

For information on training or finding a Rapid Resolution Therapy Certified Practitioner in your area, visit <http://www.rapidresolutiontherapy.com> or call 800-587-2623.

## Upcoming RRT Trainings & Certification

- LEVEL I**
- Dec. 3-5: Fort Lauderdale, FL
  - Feb. 4-6: Los Angeles, CA
  - Feb. 25-27: San Francisco, CA
  - April 1-3: Dallas, TX
  - April 15-17: San Antonio, TX
  - June 3-5: Chicago, IL
  - June 24-26: Denver, CO

- LEVEL II**
- Nov. 19-21: Orlando, FL
  - Dec. 17-19: Fort Lauderdale, FL
  - March 4-6: Los Angeles, CA
  - March 25-27: San Francisco, CA
  - May 13-15: Dallas, TX
  - May 20-22: San Antonio, TX
  - July 8-10: Chicago, IL
  - July 22-24: Denver, CO

<http://www.cleartrauma.com>



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