

# What is 3MDR Therapy?

Multi-modal Motion-assisted Memory Desensitization and Reconsolidation (3MDR)

**3MDR is an intervention for combat-related, treatment-resistant PTSD, and moral injury**

- Immersive virtual reality environment
- Therapy without drugs
- Supported by a 3MDR therapist
- Empowered to address traumas by facing them directly
- Self-selection of music and audio

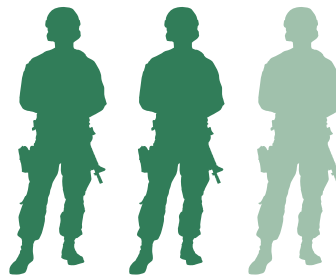


## Who could 3MDR help?



**24%**

24% of Canadian veterans reported symptoms of Post-traumatic stress disorder (PTSD)



**2/3**

2/3 of veterans with PTSD continue to struggle after receiving traditional therapy

## Findings indicate that 3MDR helped to improve participants



PTSD SYMPTOMS



FUNCTION



RELATIONSHIPS



QUALITY OF LIFE

## “I started living again.”

I still have some nightmares but they're not the vivid, violent ones I used to have... 3MDR is a life-saving therapy. If it wasn't for 3MDR I wouldn't be sitting here. It saved my life. My daughter has a father, and my spouse has a partner. That's probably the most important thing I could say about it.”

**—Veteran and Participant**



Source: Immersively Moving Through Trauma: Participant Experiences of Multi-Modal Motion-Assisted Memory Desensitization and Reconsolidation (3MDR)