

# Moving Through Trauma

## Veterans' Experiences of 3MDR

### 3MDR is an exposure-based intervention for PTSD

#### Active and engaging

Patients walk through their story in an immersive virtual environment supported by a therapist.

#### Designed for military

3MDR is a head-ons, on-your-feet approach –patient and therapist are fireteam partners.

### How 3MDR helps

- Reduces symptoms of PTSD—27% of participants no longer met PTSD criteria
- Enhances ability to manage symptoms
- Improves self-care, function, and relationships

"I kinda lost who I was before 3MDR. It's kinda hard for me to see who I really was before all this happened, but once I started getting rid of that crap, I guess I started finding myself again... I think I'm really getting back to who I was."

—Veteran and Participant

#### Personalized and empowering

Patients work with the therapist to retell their story with their choice of photos and music.

#### 3MDR is promising

3MDR has improved quality of life across several domains for military members and veterans by addressing trauma and the shame, guilt or betrayal of moral injury.

- Share morally injurious experiences
- Address transgression of personal values and morals
- Process, let go and reconnect with self and others

