

January 29 & 30 2015, Oegstgeest, the Netherlands

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3MDR Meeting

**Multi-modular Motion-assisted Memory Desensitization and
Reconsolidation for the Post Traumatic Stress Disorder**



Background

Multi-modular Motion-assisted Memory Desensitization and Reconsolidation (3MDR) is a new innovative psychotherapeutic treatment for the posttraumatic stress disorder. It is built around virtual reality exposure, movement-dependent learning and incorporates critical elements of EMDR, namely desensitization by dual processing tasks. The patients walks on a treadmill and during exposure to self-chosen trauma related images, distracting task are executed. This treatment is personalized, promotes presence and makes avoidance impossible, resulting in symptom reduction, increased therapeutic adherence, as well as giving a feeling of being victorious.

During a 2-day meeting we will introduce the 3MDR concept, demonstrate how it can be used on existing CAREN or GRAIL systems and propose a research collaboration. Participation is free of charge.

Speakers and topics

Prof. dr. col-arts Eric Vermetten, *Military Mental Health Research, Utrecht, The Netherlands*

Dr. It-col Agali Mert, *National Military Rehabilitation Center Aardenburg, Doorn, The Netherlands*

...and others...

- 3MDR introduction and application
- Research collaboration proposal

Info

This meeting will be organized by *Centrum '45* in collaboration with *Motekforce Link B.V.*

Date: **January 29 & 30, 2015**

Location: **Centrum '45**

Rijnzichtweg 35, 2342 AX

Oegstgeest, the Netherlands

For more information or to confirm your participation, please respond to frans.steenbrink@motekforceink.com