



GLASGOW ANXIETY & DEPRESSION
COUNSELLING SERVICE

REWIND TRAUMA THERAPY TECHNIQUE

What is the Rewind Trauma Therapy Technique?

The Rewind Trauma Therapy Technique is an internationally recognised treatment for phobias, PTSD and anxiety developed by Dr Davis Muss. It is a short term therapy offered in approximately one to three sessions. This form of therapy has become internationally recognised as an indispensable treatment and provides closure those with trauma. The treatment allows closure without disclosure. Rewind therapy is an evidence-based trauma treatment, using imagery techniques. This treatment can provide quicker results to those affected by trauma.

Rewind can help reduce, or in some cases remove, the following PTSD, phobia and anxiety symptoms:

- flashbacks
- intrusive thoughts or images
- nightmares
- intense distress at real or symbolic reminders of the trauma
- physical sensations such as pain, sweating, nausea, or trembling

Many people with trauma or phobias have been treated using approaches which drag them back through the experience again; this can cause even more distress or anxiety for some. You do not have to narrate all the intricate details of your experience or what happened to you when engaging with Rewind. It is a non-invasive approach which allows trauma, anxiety and phobia to be approached in a calm and focused manner.