

ASSYST-Remote

is focused on acute stress and how those experiences are stored in our memory network. This therapy helps bring stabilization and calm to a charged nervous system.

GOAL of ASSYST – Remote:

is to acknowledge the thoughts or emotions that are present for you from the experience and **reduce the distress that is felt in your daily life.**

Who is a Good Fit?

- You experienced an event that has left daily impacts on your life (inability to: sleep, eat, leave your house, go to work, focus, or difficulty remembering)
- If you experienced an adverse life event within the last few hours, days, weeks, or 2-3 months.
- If you struggle to differentiate the past from the present.
- If you struggle with intense and overwhelming emotions or body sensations.
- You are seeking relief from the symptoms impeding your ability to live day to day.
- You want to feel peace and the ability to be present in your life again. To not feel weighed down from the impact of the adverse experience that you faced.

What Are the Steps?

1. ASSYST-Remote is an intensive therapy aimed to have anywhere from 3-5 processing sessions within a day or multiple days back to back.
2. Each session is 45-60 minutes in length and is completed via telehealth (video) from the convenience of your home or other confidential location.
3. During each session, the participant recalls a traumatic memory *silently in their mind*.
Note: This is NOT a traditional group therapy or listening group as participants do not share their stories.
4. Participants are guided by trained professionals through a standardized procedure teaching them self-administered techniques that the client can repeat in the future as needed. The techniques in the procedure help to regulate & stabilize nervous system hyper-activation (e.g., sensory, emotional, bodily sensations such as increased heart rate) and facilitate natural Adaptive Information Processing (AIP) so that the participant can move forward with less distress.

Becker, Y., Estévez, M.E., Pérez, M.C., Osorio, A., Jarero, I., & Givaudan, M. (2021) Longitudinal Multisite Randomized Controlled Trial on the Provision of the Acute Stress Syndrome Stabilization Remote for Groups to General Population in Lockdown During the COVID-19 Pandemic. *Psychology and Behavioral Science International Journal*, 16(2),1-11.

Smyth-Dent, K., Becker, Y., Burns, E., & Givaudan, M. (2021). The Acute Stress Syndrome Stabilization Remote Individual (ASSYST-RI) for TeleMental Health Counseling After Adverse Experiences. *Psychology and Behavioral Therapy International Journal*, 16(2),1-7.

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