

HEAL YOUR TRAUMA

MindAlignmentProcess.org



"I feel more powerful, I am living a healthy and happy life."

MAP Participant, 1 year after completing the MAP Healing Program

**Transform your life
in just 12 weeks**

91%

of MAP recipients experience a significant decrease in flashbacks after 12 weeks. After 2 years MAP completely resolved trauma symptoms in 95% of cases.

Start your MAP Journey in 3 Easy Steps:

MAP is a safe, simple, scientific, and ultra-effective way to heal and resolve trauma in your mind.



Free Consultation

Help us get to know you, answer your questions, and schedule your MAP Healing Session



MAP Healing Session

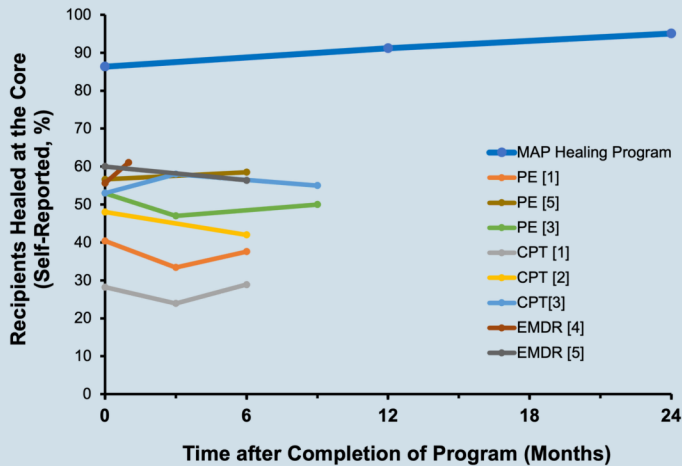
Your MAP Practitioner will guide you through your traumatic flashbacks to peacefully heal your trauma at the core.



After-MAP Care

Establish the foundation for your trauma-free lifestyle in the 12-week After-MAP Care Program.

The MAP Healing Program is completely revolutionizing mental health.



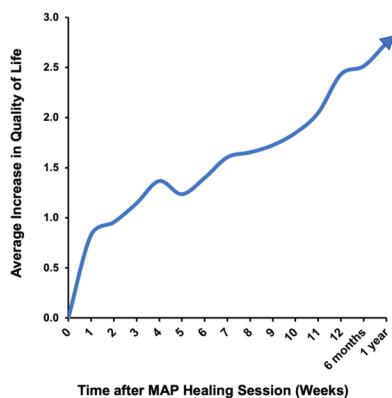
Results represent 40-153 MAP recipients.

1. Schnurr, P.P. et. al. JAMA Network Open 2022;5(1):e2136921
2. Resick, P.A. JAMA Psychiatry 2017; 74(1):28-36
3. Resick, P.A. J Consult Clin Psychol 2002; 70(4):867-879
4. Yurtsever, A., et. al. Front Psychol 2018 9(493).
5. Van den Berg, D. P. G., et. al. JAMA Psychiatry, 72 (3):259-267.

In preliminary studies, MAP outperformed established trauma healing modalities such as Cognitive Processing Therapy (CPT), Prolonged Exposure therapy (PE), or Eye Movement Desensitization and Reprocessing (EMDR).

MAP heals trauma at the core. To be healed at the core of your trauma means to feel peace at the core, meaning you no longer feel an emotional charge by the memory of the traumatic event. Although emotional processing continues to unfold, a natural balance of peace has been restored within the mind.

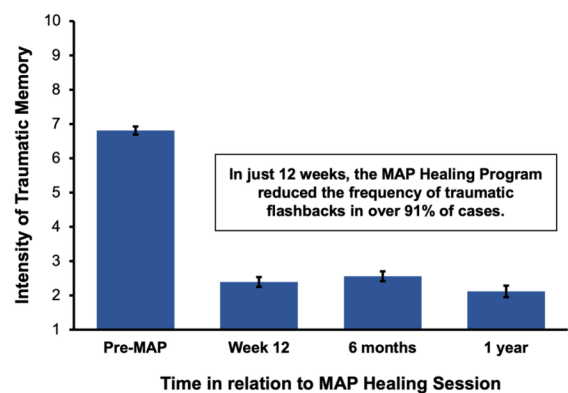
Experience Improved Quality of Life and Relief from Intense Flashbacks



Quality of life refers to the level of peace and enjoyment experienced within your life on an average daily basis. MAP recipients report an improved quality of life in just 12 weeks.

Results shown represent 116 - 408 respondents.

The MAP Healing Program substantially reduced the intensity of traumatic flashbacks in just 12 weeks.



Data reported as mean ± standard error of the mean, n = 118 - 386 cases

"My entire life transformed: from my relationships, to my career and even self-care. I feel confident and on top of things, no longer am I a 'victim' to my outer circumstances."

MAP Recipient, 1 year after completing the MAP Healing Program

Visit us at MindAlignmentProcess.org to learn more and schedule your free consultation.