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A Pilot Test of the Relaxation Response Resiliency Program (3RP) in Spanish-speaking World Trade Center (WTC) Survivors with Post Traumatic Stress Disorder (PTSD)

Potential Impact: This study is important for WTC survivors and the field of therapy at large. It provides a unique, Spanish-translated, cost-effective, mind-body therapy that helps many mental health and physical health issues.

Research: There is little research on clinical treatments for Spanish-speaking people with mental health needs like those in the WTC Health Program. This research looks how well the Spanish-speaking survivor population accepted the 3RP treatment. 3RP treatment is a type of mind-body focused group psychotherapy. Researchers at Stony

Brook University have proven that 3RP is as an effective treatment for WTC responders.

Population: The WTC Environmental Health Center (EHC) serves survivors of 9/11 with mental and physical health problems as a result of their exposures to the WTC disaster. Over a third of survivors in the WTC EHC identify as Hispanic. In studies looking at rates of WTC-related PTSD, Hispanics are more likely to report PTSD symptoms. At the initial visit, Hispanics in the WTC EHC survivor program are also more likely to report higher rates of mental health symptoms than other ethnic groups in the survivor population.

Findings: The 3RP treatment teaches people how to bring about the body's natural relaxation response. This relaxation response has proven to have positive effects on many mental and physical health problems, including PTSD as well as breathing problems. This treatment improved mental health symptoms and helped people in the study make positive changes to their general health behaviors.

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