

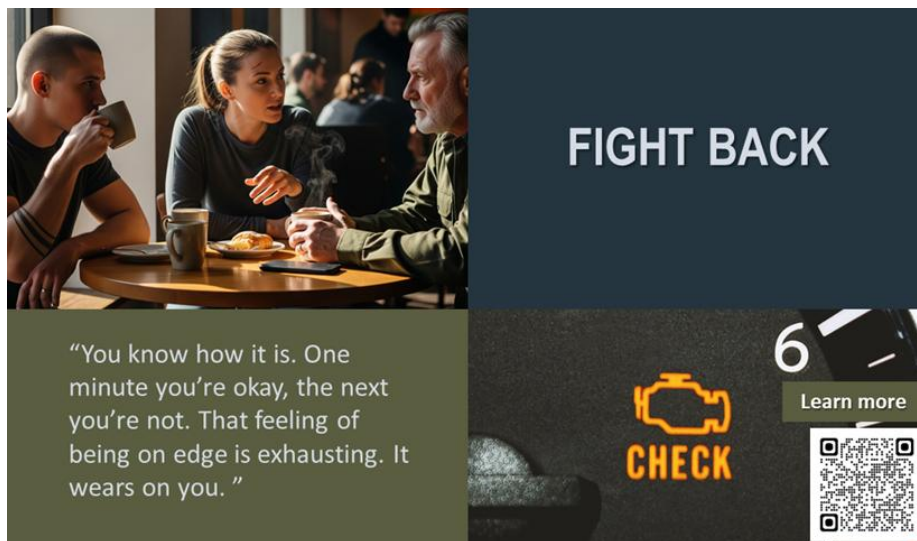


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2-Dooz to Present Innovative Non-Pharmacological Approach for PTSD Treatment at San Mateo County Veterans Stand Down

REDWOOD CITY, CA – September 24, 2025 – 2-Dooz, a leader in mental health AI innovation, today announced its participation in the 2025 San Mateo County Veterans Stand Down event in Redwood City on September 25, 2025. The company will be presenting its **Prolonged-avoidance Therapy** proposal, a non-pharmacological approach to PTSD symptom management that is designed to work within existing VA treatment guidelines.

At the event, a company representative will discuss the challenges veterans and caregivers face with traditional PTSD treatments. While exposure therapy is a powerful tool, its intensity can lead to high dropout rates and a worsening of symptoms. Similarly, while effective, certain medications carry the serious risk of increased suicidal thoughts in an already vulnerable population.



The 2-Dooz Prolonged-avoidance Therapy proposal is a more conservative, effective starting point. It focuses on stabilizing a veteran's symptoms before direct trauma re-exposure. The company's technology, including the **2-Dooz DSM App** and **Resilience Smart Ring**, helps

veterans build crucial coping skills, such as meditative breathing, that can "short-circuit" a panic attack or flashback.

"The 'check engine' light for PTSD and improved tactical breathing skills provide veterans with the confidence and mental distance needed to successfully engage in and complete more intensive, subsequent therapies like Cognitive Processing Therapy (CPT) and Prolonged Exposure (PE) Therapy," said Dr. David Mosely, Chief Clinical Officer at 2-Dooz.

By choosing this more conservative starting point, caregivers can potentially reduce treatment drop-out, avoid medication side effects, and pave the way for successful long-term recovery.

For more information on Prolonged-avoidance Therapy, visit the 2-Dooz website [here](#).

About 2-Dooz

[2-Dooz](#) is a privately funded, pioneering, and socially conscious Silicon Valley based incubator, accelerator, independent biotechnology research lab and consultancy. The company's mission is to foster affirming, technology-based products and services which enhance purpose and quality of living. 2-Dooz leverages cutting-edge AI innovation to develop solutions that empower individuals to proactively manage their health and well-being. The company was founded by Tony Clark, President, CEO and Chairman, in 2003 and formally incorporated in May of 2006.

Distress Symptoms Mitigation (DSM) App and Resilience Smart Ring are trademarks of 2-Dooz, Inc.