

## LET IT GO!

Imagine what it feels like to carry a heavy burden – years of carrying the effects of trauma gone in a single ART session. Unbelievable? This is what happens with your ART trained therapist and reprogramming distressing images and memories which have been stored in your brain and now, no longer trigger strong physical and emotional reactions.

Using unique visualization techniques and how the body is affected by distressing images or memories, **ART** enhances rapid eye movements similar to eye movements during dreaming. Peer review publications and additional ongoing studies for both civilians and military personnel can be found on the internet.

**ART** is not a substitute for medical intervention. Always seek a physician if medical intervention is indicated.

To locate an approved **ART** trained therapist in your area, visit at [www.ArtWorksNow.com](http://www.ArtWorksNow.com) or [www.IS-ART.org](http://www.IS-ART.org).



*International Society of Accelerated Resolution Therapy*

*IS-ART is the credentialing agency for ART.*

**ART** allows a client to erase old images and rewrite their story through reconsolidation, changing the physiological response to the memory.

### HOW IS ART DIFFERENT

- Targets images and sensations
- Voluntary image replacement
- Takes healing beyond desensitization to 'positization'
- Process oriented, not content

### WHY CLIENTS LOVE ART

- NO narrative (client does not have to share details )
- NO homework (the goal of the session is 'resolution')
- NO ongoing appointments
- ACCELERATED, measurable results\*
- CAN address 'emotional blocks' like survivor's guilt
- CLIENT centered (client is in control of session)



Rosenzweig Center for Rapid Recovery



**ART** is recognized as a peer reviewed evidenced-based treatment for psychological trauma, developed to treat adults and children.

### Rapid Recovery from Trauma & other mental health problems include

Anxiety  
Depression  
Family Issues  
Phobias  
Obsessive Compulsive Disorder (OCD)  
Post Traumatic Stress Disorder (PTSD)  
Addictions  
Performance Anxiety  
Victimization/Poor Self Image  
Victimization/Sexual Abuse  
Relationship Issues/Infidelity  
Codependency  
Grief  
Job Related Stress  
Pain Management  
Memory Enhancement  
Dyslexia

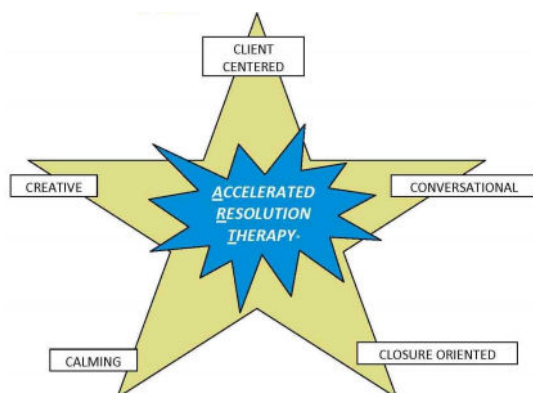
## KEEP THE KNOWLEDGE, LOSE THE PAIN



**ART** works for an amazingly wide range of problems. Our brains are capable of positively modifying unwanted material.

Distancing from emotional responses to problems facilitates the opportunity to look at situations objectively.

Positive memories are reinforced and new information can be assimilated to rapidly restore one's functioning and health.



## WHAT CLIENTS SAY

"I made more progress in one hour than I had made in 3 years of therapy."

"I was extremely skeptical of ART but figured I had nothing to lose. After one session my feelings have changed dramatically. I am no longer sad, anxious or depressed about the situation that haunted me for months."

"The most difficult aspect of discussing **ART** is the fact that it sounds too good to be true."

- Laney

## Live on You Tube

The **ART** of Rapid Recovery | Laney Rosenzweig | TEDxSpringfield - <https://youtu.be/vP7dx03arxl>



Laney Rosenzweig, MS, LMFT Founder/Developer

## Who. What. Wow.

Accelerated Resolution Therapy (**ART**) is a form of psychotherapy with roots in existing evidence-based therapies but shown to achieve benefits much more rapidly (generally within 1-5 sessions).

Clients suffering with depression, anxiety, post-traumatic stress, substance abuse, and many other mental and physical conditions, experience remarkable benefits starting in the first session. **ART** is not hypnosis, does not require medications or homework.



"Keep the Knowledge, Lose the Pain"