

ART is Evidence-Based

In 2010, with Congressional funding from the Department of Defense, Dr. Kevin E. Kip and colleagues at the University of South Florida began formal empirical study of ART which yielded extraordinary peer-reviewed results. Peer-reviewed results exist for the effectiveness of ART among civilians and military personnel as well as for PTSD, depression, grief and chronic pain. Results were published in *Military Medicine* in 2013. Additional studies are ongoing.



Ongoing Studies of ART:

A Comparison of CPT vs. ART vs. Waitlist; University of Cincinnati (ClinicalTrials.gov: NCT03384706)

Neurophysiological Mechanisms of Accelerated Resolution Therapy (ART); University of South Florida



International Society of Accelerated Resolution Therapy

Sue@is-art.org
www.is-art.org



International Society of Accelerated Resolution Therapy

What is IS-ART?

IS-ART is dedicated to the advancement of the practice and research of Accelerated Resolution Therapy. Formed in 2014, it provides a professional forum for mental health professionals trained in ART and researchers interested in studying ART to access and share information. IS-ART also serves as the professional body that designates and maintains clinician certifications.

Why ART is Unique?

Very brief - no homework. Change or replace negative images and sensations with positive ones. Client does not need to verbalize details of prior events. Frequent use of metaphors and other interventions Imaginal exposure/image re-scripting components.

Benefits of IS-ART Membership

- ◆ Monthly group conference call consultations with Laney
- ◆ Opportunities to act as assistants for Basic trainings required to become a trainer
- ◆ Reduced rates for the annual IS-ART conference
- ◆ Monthly e-newsletter and forum
- ◆ Practitioners Social Network (ACAT)
- ◆ Professional Development
- ◆ Certification
- ◆ Research Dissemination
- ◆ Free Audits of Basic Training for Updates
- ◆ Geographical Locator



IS-ART Membership and ART Certifications

Types of Membership

- ◆ **Full Member:** Provides access to all IS-ART benefits and activities.
- ◆ **Re-Certification for Trainers:** All will be required to attend a 2 hour re-certification update with Laney and there will be a written test (not multiple choice) following the lecture unless extenuating circumstance apply. Attendance is mandatory. Lecture will be delivered virtually and conveniently scheduled to accommodate different time zones. There will be 3 schedule choices: Saturday, Morning or Evening. Hours. This is an RCRR requirement which will be administered by IS-ART. Contact Sue for instructions or waivers.

Levels of ART Certifications

- ◆ Basic ART Practitioner
- ◆ Advanced ART Practitioner
- ◆ Master ART Practitioner
- ◆ Clinical ART Specialist

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ART Coalition Against Trauma (ACAT)

ACAT is a collaborative entity of geographical chapters in multiple time zones that exist to support and connect ART clinicians who are members of IS-ART. No dues required. Lead coordinator or moderator may be chosen by election or volunteering, on a rotating schedule, and will be paid a small stipend by preparing each meeting for 60 to 120 minutes in total.

Goal is to meet and review ART successful cases, receive feedback on clinical best practices and network with other clinicians to develop skills. More detailed information provided to those who are interested.

Clinical Indications

ART was initially developed to treat symptoms of psychological trauma. The protocol has expanded over time and is now being used by clinicians for a range of indications including but not limited to PTSD, depression, anxiety, phobias, obsessive compulsive disorder, substance abuse and chronic pain. Many peer reviewed publications are available.



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Laney Rosenzweig, LMFT
Developer/Founder of ART

*"Keep the Knowledge,
Lose the Pain."*

www.EraseTraumaNow.com