

LET IT GO!

Imagine what it feels like to carry a heavy burden for years, dealing with the effects of a trauma. Often, it can be gone in a single ART session. Unbelievable? This is what happens with ART, where the therapist guides the client in rescripting distressing images associated with memories. The client will not have the same physical and emotional reactions when recalling the event.

Using ART's unique techniques and addressing how the body is affected by distressing images or memories, the client will frequently have a change in cognitions about the event.

HOW ART IS DIFFERENT

- ◆ Targets Images and sensations
- ◆ Voluntary Image Replacement
- ◆ Takes healing beyond desensitization to "positization"
- ◆ Process oriented, not content oriented



International Society of Accelerated Resolution Therapy

IS-ART is the credentialing agency for ART.

WHY CLIENTS LOVE ART

- ◆ No sharing of details
- ◆ No homework (the goal of the session is resolution)
- ◆ Less appointments
- ◆ ACCELERATED, measurable results
- ◆ Client centered (Client is in control of session)

WHAT PROFESSIONALS SAY

"My opinion is that ART is perhaps the most well-conceived and effective of the various treatment options for treating trauma. ART practitioners accomplish in a very few sessions what other evidence-based treatments might take months to years to accomplish."

Glenn R. Schiraldi, Ph.D., Lt. Colonel (USAR, Ret.)

"Seeing is believing and believing is seeing. I not only learned to administer this procedure but had years of pain erased in two hours. It is an amazing therapy and the trainers were spectacular."

Kenneth J. Taylor, LMSW, CADC



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

ART has successfully been used in the treatment of

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

**KEEP THE
KNOWLEDGE,
LOSE THE PAIN**

For information about ce credit, please see <https://acceleratedresolutiontherapy.com/types-of-training-available/>.

BASIC TRAINING (3days) - \$1600

Learn the Basic **ART** protocol during this three day training. Day 2 includes a practicum utilizes the protocol from a prepared script. In addition to the Basic Protocol, learn about **ART's** interventions including **ART's Voluntary Image Replacement, Scene Match, The Typical Day** protocol, the use of Gestalt. Learning the Basics allows you to incorporate **ART** successfully into your practice with positive outcomes immediately.

Training Materials: Videos of actual **ART** sessions, practicum script, Basic **ART** manual, folder materials: Laminated explanation sheets for Adults and Children, ARTometer for gauging SUDS (units of distress) and other helpful materials.

ADVANCED TRAINING (3 days) - \$1600

Prerequisite Requirement: 30 sessions using Basic **ART**

Learn how to use metaphors as a stand-alone intervention known as **ART's Metaphorical Moment**, a protocol that can serve as another way to approach a problem, by translating that problem into a metaphor. Learn additional advanced **ART** techniques for issues beyond trauma.

Training Materials: Videos of actual sessions with *The Metaphorical Moment*, practicum script, Advanced **ART** manual.



Scan to register to attend an exclusive, 90-minute FREE live online presentation by ART developer Laney Rosenzweig, LMFT

Laney Rosenzweig, MS, LMFT,
Founder/Developer

Licensed in Connecticut and Florida



“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>



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”

Contact Us

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Visit us on the web:

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