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1. Organization: Rosenzweig Center for Rapid Recovery, LLC
  2. Contact person: Robin Pickett
  3. Title of program: Accelerated Resolution Therapy (ART) Advanced & Enhancement Training
  4. Contact hours: 25
  5. Target Audience: Social Workers, Psychologists, Mental Health Professionals
  6. The program is Intermediate & Advanced Level training.
  7. Instructional methodology

( X ) Lecture ( X ) Case Presentation ( X ) Interactive Exercises ( X ) Audio/Visual ( X ) Discussion Groups

8. Course Description: You will learn how to use metaphors as a standalone intervention which is known as ART's Metaphorical Moment. Now that you have practiced the use of metaphors from the Basic **ART** training you can learn a protocol to use an intervention that can serve as another way to approach a problem by translating that problem into a metaphor. The Metaphorical Moment can be inserted into the Basic **ART** protocol but can also be used as the format for an entire session. You will also learn additional advanced **ART** techniques.

This **ART** training will spend time on problems such as OCD, Substance problems and phobias. It will offer further tips on how to approach these problems. It utilizes *The Typical Day* which you learned in Basic **ART** but it also includes the use of other **ART** interventions such as *The Little Liar*, which is excellent for the problems mentioned above. This training also offers a chance for you to review some of your cases for consultation during the training. In addition, participants will be trained in self use but also trained in how to teach others how to use eye movements for calming purposes.

9. Materials: Videos of actual sessions with The Metaphorical Moment, practicum script, Advanced ART manual. Also, videos of **ART** used with OCD, Substance problems and phobias. **ART** Enhancement Manual. An additional manual on the use of eye movements for calming purposes is also provided. Video of speakers describing how eye movements work will be included. There will be a live demonstration on how best to use eye movements for self-calming purposes and to use it on others for calming purposes.

Objectives:

Upon completion, the participants will:

1. state what a metaphor is and its importance in therapy
2. be able to identify the steps for ART's Metaphorical Moment;
3. identify how to effectively make Metaphorical Suggestions to change the Metaphorical image to a positive image;
4. discuss and identify when to use of **ART**'s Wordplay;
5. be able to identify when to use the Little Liar script
6. discuss the value of using the Little Liar with clients who have addiction problems;
7. discuss the need to replace unhealthy behaviors with positive behaviors;
8. be able to identify when to use the Dyslexia with Trauma script;
9. discuss the importance of using Eye Movements to move negative sensations

## 10. Training Schedule

### **DAY ONE - ADVANCED**

8:45 am -	9:00 am	Sign in/paperwork
9:00 am -	9:15 am	Introductions
		Review Basic Protocol
9:15 am -	10:00 am	Criteria for ART
		Scene Match
		Wordplay
		Metaphor Powerpoint
10:00 am -	10:40 am	ART Video: How is a good comedian like a good ART clinician?
		Utilizing Metaphors
		Adele Song , People on Tightrope Image
10:40 am -	10:50 am	Break
10:50 am -	12:00 pm	Introduce Metaphorical Moment Script
		Metaphorical Moment Videos
12:00 pm -	1:00 pm	Lunch
1:00 pm -	3:00 pm	Practicum: <i>Metaphorical Moment</i> Script
3:00 pm -	3:10 pm	Break
3:10 pm -	4:10 pm	Complete Practicum
4:10 pm -	5:00 pm	Discuss Practicum, Review Fair Flip Script

### **DAY TWO – ADVANCED TRAINING**

8:45 am -	9:00 am	Sign in
9:00 am -	9:20 am	Review Basic Protocol and Scene Match
9:20 am -	10:35 am	ART Video - Rescuing Earlier Self and Follow Up
10:35 am -	10:45 am	Break
10:45 am -	11:30 am	ART Video – Fear Flip (Fair Flip) and Discussion
11:30 am - 12:30	12:30 pm	Practicum: Practice Fear Flip (Fair Flip) Script
pm -	1:30 pm	Lunch
1:30 pm -	2:40 pm	Continue Practicum
2:40 pm -	2:50 pm	Break
2:50 pm -	4:00 pm	Complete Practicum
4:00 pm -	5:00 pm	Putting it All Together: Metaphors, Gestalt, Life’s Themes

**DAY THREE - ENHANCED**

8:45 am 9:00 am

9:00 am 9:45 am

9:45 am 10:15 am

10:15 am 10:25 am

10:25 am 11:40 am

11:40am 12:55 pm

12:55 pm 1:40 pm

1:40 pm 2:55 pm

2:55 pm 3:05 pm

3:05 pm 4:20 pm

4:20 pm 5:00 pm

Sign in/paperwork

Introduction to **ART** Enhancement Training

Review Basic, Wordplay with Videos, and Little Liar

**ART** Video: *The Little Liar* (OCD)

Break

**ART** Video: *The Little Liar* (Addiction)Practicum: *The Little Liar Script*

Lunch

Continue Practicum: *The Little Liar Script*

Break

Complete Practicum: *The Little Liar Script*

Discussion and Q &amp; A

**DAY FOUR - ENHANCED**

8:45 am 9:00 am

9:00 am 10:30 am

10:30 am 10:40 am

10:40 am 11:50 am

11:50 am 12:15 pm

12:15 pm 1:00 pm

1:00 pm 2:30 pm

2:30 pm 2:40 pm 3:00

2:40 pm pm

3:00 pm 4:00 pm

4:00 pm 5:00 pm

Sign in

**ART** Video: Dyslexia and Discussion

Break

**ART** Videos: Stroke, Pain, ALS; Performance Enhancement

Follow up Discussion

The *Annoyance List* Intervention videos

Lunch

Brief Practicum on *The Annoyance List* Intervention

Break

When to Use Each Script

Discussion on Eye Movements for Calming and Physiological Response

**SAF-T** Videos: Laney, Amy, Dr. Cairns, Dr. KipDiscussion: Becoming a Basic **ART** Trainer

Case Consultation/Q&amp;A/Evaluation