



“Keep the Knowledge,
Lose the Pain.”

Accelerated Resolution Therapy (ART) is recognized as a peer-reviewed evidence-based treatment for psychological trauma, developed to treat adults and children. Our brains are capable of positively modifying unwanted material. The ART technique helps to create a healthy distance from emotional responses to problems which facilitates the opportunity to look at situations objectively. This removes the grip that negative experiences and memories have on one’s daily functioning. Positive memories are reinforced and new information can be assimilated to rapidly restore one’s functioning and health. In summary, with ART you “keep the knowledge and lose the pain”.

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**). Individuals suffering with depression, anxiety, post-traumatic stress, substance abuse, and many other mental and physical conditions, experience remarkable benefits starting in the **first session**.

Comparison to Other Modalities.

The two most common modalities for treating trauma are Cognitive Processing Therapy (CPT) and Prolonged Exposure (PE). **CPT** involves a **12-session** protocol whereas **PE** involves a **10-session** protocol. Unfortunately, approximately **30-60%** of individuals **drop out** of these therapies prior to completion due to poor tolerability. ART is much more rapid and efficient, with targeted treatment in the first session. Also ART does not require you to write out or verbally process the details of the trauma.

How Does it Work?

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. With the help of your ART-trained therapist you will be able to reprogram distressing images and memories which have been stored in your brain and now, no longer trigger strong physical and emotional reactions. Peer-reviewed publications and additional ongoing studies for both civilians and military personnel can be found online.

What can ART be Used For?

ART works for a wide range of problems. ART has been demonstrated to benefit the following:

- Post-traumatic stress disorder
- Anxiety
- Depression
- Family issues
- Phobias
- Dyslexia
- Addiction
- Performance anxiety
- Victimization
- Poor self-image
- Sexual abuse
- Relationship issues and infidelity
- Codependency
- Grief
- Job-related stress
- Pain management
- Memory enhancement
- Obsessive-compulsive disorder

Pre-Requisites for ART.

The following are strongly recommended for a successful ART session:

1. **Ability to Visualize:** Those with aphantasia (inability to visualize scenes in the mind) experience difficulty with imagery techniques.
2. **Ability to move eyes:** ART incorporates rapid left and right eye movements.
3. **Desktop monitor (telehealth):** For telehealth sessions, a phone or tablet is too small to facilitate eye movements.
4. **No prazosin the night before ART:** Interferes with the ability to process using rapid eye movements... In fact, the most rapid change with ART is a reduction in hypervigilance, startle, and nightmares so this may no longer be needed.
5. **No benzodiazepines 4-12 hours prior to ART:** Benzodiazepines such as Ativan, Xanax, Klonopin, Valium, etc. taken prior to the ART session interferes with the ability to work through emotional connections. This may dampen the effectiveness of ART.

What ART Does Not Require.

ART does NOT require:

1. Medications or homework. So you won't be badgered about completing your homework between sessions (if you choose to do more than one session).
2. Leaving your currently established therapist. You could theoretically undergo 1-3 or more ART sessions and remain with your current therapist for ongoing work in other areas as needed.

What Others Say About ART

"The day after our session, I cancelled my (ongoing) trauma therapy sessions because I felt I didn't need to go."

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

"I've been praying for a miracle. I think I found it."

"I feel like I got my brave back." (10-year-old girl)

"It was clearing, exciting, hopeful."

"It's like magic! I no longer think about that day, even though I used to think about it every day for 6 years!"

"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."

References & Peer-Reviewed Publications

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More Information

The ART of Rapid Recovery, Laney Rosenzweig,
TEDxSpringfield:
<https://www.youtube.com/watch?v=vP7dx03arxl>

The Power of Eye Movements, Yolanda Harper,
TEDxUTampa:
<https://www.youtube.com/watch?v=oXhOts-ljxl>



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