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1. Organization: Rosenzweig Center for Rapid Recovery, LLC
 2. Contact person: Robin Pickett
 3. Title of program: Basic Accelerated Resolution Therapy (ART) Training
 4. Presenters(s): See training schedule. <http://acceleratedresolutiontherapy.com/types-of-training-available/>
 5. Dates of presentation: See training schedule. <http://acceleratedresolutiontherapy.com/types-of-training-available/>
 6. Program Fees: \$1500.
 7. Continuing Education (CE) credits: 21.5
 8. Registration Policy: If requested, a full or partial refund of any payment will be considered only if stated, in writing, at least 72 hours prior to the start date of the seminar.
RCRR reserves the right to access a cancellation fee of \$100. Registrants requesting a transfer of funds to a future training date will be assessed a \$50 transfer fee and be eligible to attend for a period of 6 months from date of original payment. If for any reason, RCRR cancels or reschedules a seminar after receipt of your payment, you may transfer your funds to a future seminar or request a refund and such request will not be unreasonably denied.
 9. Location: See training schedule. <http://acceleratedresolutiontherapy.com/types-of-training-available/>
 10. Target Audience: Social Workers, Psychologists, Mental Health Professionals
 11. The program is Beginning Level training.
 12. Instructional methodology
(X) Lecture (X) Case Presentation (X) Interactive Exercises (X) Audio/Visual (X) Discussion Groups
 13. Course Description: The training program is a combination of video clips showing the application of the therapy model as well as hands on practice and interactive lecture and does not rely on a Powerpoint presentation. The power of eye movements combines with a multitude of therapies and therapeutic interventions results in the magic and creativity of Accelerated Resolution Therapy (**ART**). **ART** is an eye movement therapy that can quickly aid clients in resolving their issues. The eye movements are calming and make new connections with existing information in the brain and they can aid a client in making behavioral changes. During the two-day Basic ART training participants will learn how to use **ART** with client to reduce the symptoms of anxiety, sexual abuse, grief, obsessive compulsive thinking and PTSD.

Objectives

After completing the three-day Basic ART training, attendees will be able to:

1. define Accelerated Resolution Therapy (**ART**) and its applicability to mental health problems.
2. understand the benefits of **ART** eye movement therapy.
3. understand the theory of **ART** and how it works to relieve client symptoms of anxiety
4. understand which mental health problems can be addressed by **ART**
5. practice and learn how to apply **ART** with clients
6. understand how to incorporate **ART** interventional into their clinical practice
7. fine tune (or enhance) clinical skills to improve clients' quality of life and significantly reduce anxiety, depression and symptoms of PTSD, anger, grief, sexual abuse and obsessive compulsive thinking.
8. introduce interventions to replace negative images with positive memories.
9. accomplish effective outcomes using a brief model.
10. augment current clinical tools.

14. Training Schedule

DAY ONE – FOUNDATION AND MECHANICS OF ART		
8:30 am -	9:00 am	Sign in/paperwork
9:00 am -	9:30 am	Group Introductions
9:30 am -	10:00 am	Intro to ART (ART Developer's Video)
10:00 am -	10:30 am	Review Conceptualization Sheet
10:30 am -	10:40 am	Break
10:40 am -	11:50 am	Show Videos of an ART Session (The Postal Worker)
11:50 am -	12:15 pm	Dr. Kevin Kip's Video – Researching ART
12:15 pm -	12:45 pm	The Memory Hackers
12:45 pm -	1:30 pm	Lunch
1:30 pm -	1:45 pm	Demonstration of Eye Movements
1:45 pm -	3:15 pm	Practicum: Practice Eye Movements in Groups
3:15 pm -	3:30 pm	Emotions Video with Artometer Discussion
3:30 pm -	3:40 pm	Break
3:40 pm -	4:00 pm	Review of Script Notes and Rationale for Wording
4:00 pm -	4:40 pm	Video of Veteran Who Served in Afghanistan
4:40 pm -	5:00 pm	Discussion Scenes, Scene Match, Metaphors and Gestalt (To be continued on Day 2, if needed)

DAY TWO – PRACTICUM AND CLINICAL APPLICATIONS

8:30 am -	9:00 am	Sign in
9:00 am -	10:00 am	Show ART Video Session – An ART Clinician’s Video (Alison)
10:00 am -	10:20 am	Addition to Script and Purpose Confidence Interventions Reconsolidation Window
10:20 am -	10:30 am	Break
10:30 am -	11:00 am	Handling Strong Emotions Video (Burn Victim)
11:00 am -	12:15 pm	Practicum
12:15 pm -	1:00 pm	Lunch
1:00 pm -	3:30 pm	Complete Practicum
3:30 pm -	4:15 pm	Excerpts Police Video (Skepticism, Disbelief and Amazement)
4:15 pm -	4:30 pm	Eye Movements for Self-Use Script
4:30 pm -	5:00 pm	Q & A

DAY THREE – BEYOND TRAUMA, CLINICAL, APPLICATION

8:30 am -	9:00 am	Sign in
9:00 am -	10:00 am	Follow Up Questions and Comments from Day 2 Practicum
10:00 am -	10:30 am	Discussion about Typical Day ART Protocol and Practicum Directions
10:30 am -	11:00 am	Show ART Video of <i>Typical Day</i> – Generalized Anxiety
11:00 am -	11:10 am	Break
11:10 am -	12:15 pm	Begin Practicum
12:15 pm -	1:00 pm	Lunch
1:00 pm -	3:15 pm	Complete Practicum
3:15 pm -	4:00 pm	Show Video – Client’s Scaffold Falls (if time allows)
4:00 pm -	4:15 pm	Shortening an ART Session when necessary
4:15 pm -	5:00 pm	Q & A / Closing of Training / Final Remarks

Grievance Policy

Commonwealth Educational Seminars (CES) seeks to ensure equitable treatment of every person and to make every attempt to resolve grievances in a fair manner. Please submit a written grievance to CES, 1020 Osterville West Barnstable Rd, Marstons Mills, MA 02648. Grievances will initially be directed to the training instructor. Grievances would receive, to the best of our ability, corrective action in order to prevent further problems. If you have questions or concerns, contact Commonwealth Educational Seminars at (800) 376-3345.

Accommodations for the Differently Abled

Commonwealth Educational Seminars' training facilities are handicap accessible. Individuals needing special accommodations, please contact Robin Pickett, 407-298-6786.