

# **SÁF-T**™

SENSATION AWARENESS FOCUSED TECHNIQUE



**“Keep the Knowledge, Lose the Pain”**

Rosenzweig Center for Rapid Recovery

**ACCELERATED  
RESOLUTION**  
Therapy®

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## SENSATION AWARENESS FOCUSED TECHNIQUE



### ALLEVIATE NEGATIVE PHYSICAL SENSATIONS:

No Drugs

No Hypnosis

Minimize Stress

Reduce Pain

Calm Heightened Emotions

General Relaxation

Safe for Adults and Children

#### **Disclaimer:**

*SĀF-T* is not a substitute for medical intervention.  
Always seek a physician or ART therapist if medical intervention is indicated.

*SĀF-T* is a revolutionary way to help people relax their bodies and focus on alleviating negative sensations to produce a calming effect. It is a portion of the Basic *ART* protocol for those whose objective is to move or eliminate negative sensations in the body associated with anxiety, physical discomfort, pain and stress.

#### **HOW DOES *SĀF-T* WORK TO AID IN RELAXATION?**

It is thought by many that the eye movements used in *SĀF-T* and *ART* trigger a relaxation response in the body similar to the Rapid Eye Movement (REM) stage of sleep, where your body is very relaxed. Most people find the eye movements very relaxing and are able to rid themselves of the negative sensations they are feeling.

#### **WHAT CAN THIS TRAINING DO FOR YOU?**

Professionals and para-professionals can use the *SĀF-T* approach to aid individuals in alleviating negative sensations, physical discomfort and relief of some pain symptoms. *SĀF-T* is not therapy although it utilizes eye movements similar to those used during an *ART* (Accelerated Resolution Therapy) session. Training is available for professionals and para-professionals who treat or counsel individuals for stress or other negative physical sensations.

In choosing to train in *SĀF-T*, you have opted to embark on a fascinating and surprising journey in a new way to help individuals feel better and improve their quality of life.

To determine if you are a candidate for training or treatment:

**CALL FOR MORE INFORMATION**

**THE ROSENZWEIG CENTER FOR RAPID RECOVERY (RCRR)**

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