

LET IT GO!

Imagine what it feels like to carry a heavy burden – years of carrying the effects of trauma gone in a single ART session. Unbelievable? This is what happens with your ART trained therapist and reprogramming distressing images and memories which have been stored in your brain and now, no longer trigger strong physical and emotional reactions.

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. Peer review publications and additional ongoing studies for both civilians and military personnel can be found on the internet.

ART is not a substitute for medical intervention. Always seek a physician if medical intervention is indicated.

To locate an approved **ART** trained therapist in your area, visit at www.ArtWorksNow.com or www.IS-ART.org.



International Society of Accelerated Resolution Therapy
IS-ART is the credentialing agency for ART.

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

BASIC TRAINING (3days)

Learn the Basic **ART** protocol during this three day training. Day 2 includes a practicum to perform the use of 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 and how metaphors can be interjected into the Basic Protocol. 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 (2 days)

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

Learn how to use metaphors as a stand-alone intervention known as **ART's** *Metaphorical Moment*. Once you have practiced the use of metaphors from the Basic **ART** training, there is 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. Learn additional advanced **ART** techniques.

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

ENHANCEMENT TRAINING (2 days)

Prerequisite: No specific time period-must have completed Basic and Advanced **ART** training sessions.

This **ART** training session will focus on problems including OCD, substance problems and phobias. Further tips will be offered on how to approach these problems. It utilizes *The Typical Day* covered in Basic **ART** but it also includes the use of other **ART** interventions such as *The Little Liar*, excellent for the problems mentioned above. Time is allotted during the training session to review some of your personal cases for consultation.

Training Materials: Videos of actual sessions of **ART** used with OCD, substance problems and phobias. **ART**



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

**Rapid Recovery from Trauma
& other mental health problems include**

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

**KEEP THE
KNOWLEDGE,
LOSE THE PAIN**



Laney Rosenzweig, MS, LMFT,
Founder/Developer

Licensed in Connecticut and Florida

A Licensed Marriage and Family Therapist for over 3 decades. In addition to her private practice, Laney trains licensed mental health professionals in the use of **ART** and paraprofessionals in SAF-T.

“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.

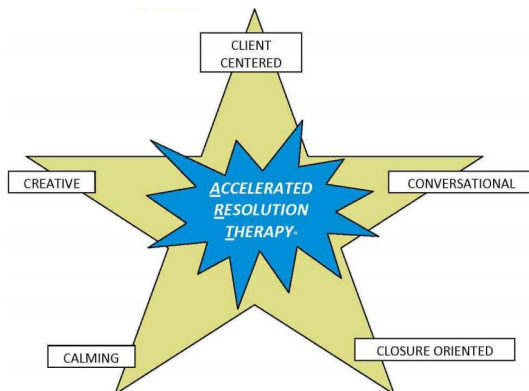


“Keep the Knowledge, Lose the Pain”

ART works for an amazingly wide range of problems. Our brains are capable of positively modifying unwanted material.

Distancing from emotional responses to problems facilitates the opportunity to look at situations objectively.

Positive memories are reinforced and new information can be assimilated to rapidly restore one's functioning and health.



Ready to train in ART?

Contact Us

RCRR

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Visit us on the web:

www.ARTworksNow.com