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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. <https://acceleratedresolutiontherapy.com/our-trainers/>
 5. Dates of presentation: See training schedule. <http://acceleratedresolutiontherapy.com/types-of-training-available/>
 6. Program Fees: \$1500.
 7. Continuing Education (CE) credits: 21
 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 Accelerated Resolution Therapy (ART) training program uses a combination of video clips, showing the application of the therapy model, as well as hands-on practice and interactive lectures. The power of eye movements, added to a foundation in several evidenced based therapies, combined with ART's creative therapeutic interventions, results in the effectiveness of ART to treat a multitude of problems. During the three-day Basic ART training, participants will learn how to use ART with clients to reduce the symptoms of anxiety, sexual abuse, grief, obsessive compulsive thinking, PTSD and more. ART is an eye movement brief modality therapy that quickly aids clients in resolving their issues. The eye movements are calming and make new connections with existing information in the brain. This process accelerates resolution of problems as it facilitates the client in making cognitive and behavioral changes.

Objectives

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

- discuss how ART is different from traditional talk therapy
- list the required steps of Accelerated Resolution Therapy's Basic Protocol
- select the clients that are appropriate for the ART therapy.
- identify and put a client's problem into the ART format which is called a "scene"
- discuss the difference between the first time through the client's scene, the second time and what happens the third time the client envisions their problem scene.
- utilize ART's "Voluntary Image Replacement" to guide a client to erase a negative image in their mind.
- assess which script is appropriate for different problems, whether it is the "Basic" script which is for a past trauma or the "Typical Day" script which they use with an on-going problem.

- list what components are necessary for effective eye movements, which include the correct speed, the correct amount, and the correct hand movements.
- Demonstrate correct technique for guiding eyes during Eye Movement section of protocol
- explain why each of the steps in the ART protocol is used.
- identify required verbiage of the ART script
- apply eye movements to move sensations in a client's body
- utilize eye movements to help a client with a strong emotion to stabilize them and move those sensations.
- predict what clients may experience after an ART session
- Explain how to appropriately end an ART session

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

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|-------------------|-----------------|-----------------------------------------------------------------------------------|
| 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

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|-------------------|-----------------|---------------------------------------------------------------------------|
| 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> – Substance Abuse |
| 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

RCRR 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 RCRR, 12472 Lake Underhill Road #398, Orlando, FL 32828 or Robin@AcceleratedResolutionTherapy.com. 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 RCRR at 877-675-7153.

Accommodations for the Differently Abled

This workshop is held in facilities which are in compliance with the Americans Disabilities Act. Please contact Robin@AcceleratedResolutionTherapy.com if special accommodation is required.)

CE Credit



CE-Classes.com is the provider of (CEs).

“Certificates are awarded online after completion of the workshop. Participants print their own certificate after registering at CE-Classes.com, entering a keycode, and completing an evaluation form.”

“Licensed Professionals should contact their regulatory board to determine course approval.”

CE-Classes.com is approved by:

- American Psychological Association (APA) has approved CE-Classes.com to sponsor continuing education for psychologists. CE-Classes.com maintains responsibility for this program and its content.
- This course is NOT available for NBCC credit
- This training does not offer ASWB ACE credit to social workers.
- California Board of Behavioral Sciences. The California Board of Behavioral Sciences, BBS, recognizes relevant course work/training that has been approved by nationally recognized certifying bodies, such as APA, to satisfy renewal requirements.
- California Consortium of Addiction Programs and Professionals (CCAPP) Provider Number OS-12-147-0223 Expires 02-2023
- California Board of Registered Nursing. CEP 15647 Expires 11/30/2022.
- Florida Certification Board
- Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling Provider #852 BAP-Expires 3/31/2023
- Florida Board of Nursing (CE Provider #: 50-4896) Expires 10/31/2022 Do not send certificates to the Florida Board of Nursing. You must keep this certificate for 4 years.
- Texas Board of Social Work Examiners – CE-Classes.com meets the requirements for acceptable continuing education
- Texas Board of Professional Counselors – CE-Classes.com meets the requirements for acceptable continuing education
- Massachusetts Authorization Number: (TBD)
- New York Social Work Board – CE-Classes.com is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0120.
- Ohio Counselor, Social Worker and Marriage and Family Therapist Board – Provider # RCST031201