

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.

WHAT CLIENTS SAY

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

“It saved my life”.

“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-y.o. girl)

“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.”

“It was clearing, exciting, hopeful.”

“Very interesting and unexpectedly helpful.” “It was positive energy healing.”

Rosenzweig Center for Rapid Recovery

**ACCELERATED
RESOLUTION**
Therapy®

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

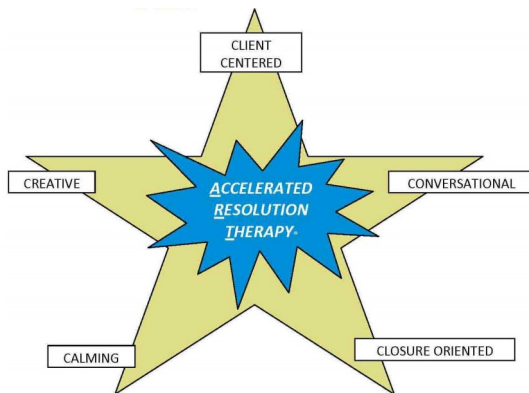
**KEEP THE
KNOWLEDGE,
LOSE THE PAIN**



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.



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”

Contact Us

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Visit us on the web:

www.ARTworksNow.com