

ACCELERATED RESOLUTION THERAPY® (ART) ACKNOWLEDGEMENT AND INFORMED CONSENT AGREEMENT

An ART session normally completes one “scene” representative of the problem. If there are many “scenes” related to a problem, it may take an average of three sessions to complete the treatment for the problem.

Past trauma issues differ from on-going problems. A single episode past trauma may be able to be resolved within one session. On-going problems such as substance abuse/dependence, OCD, eating disorders, generalized anxiety, etc., will take more sessions, and it is best if you are seen twice the first week and twice the second week and stay compliant with any other treatment programs needed to aid you in your recovery. Clients have noticed feeling very good for 3 days after resolving a problem. A past problem trauma tends to stay resolved after that lift while an on-going problem tends to require more sessions. You may be shown how to use eye movements for calming purposes only and, if so, you should follow through as instructed for the best outcome.

Distressing, unresolved memories may surface through the use of ART. Some clients have experienced reactions during the treatment sessions that neither they nor the administering clinician may have anticipated, including a high level of emotion or physical sensations. Rarely, a client will report a headache after a session. Usually, those sensations can be processed during the ART session and most clients leave feeling relaxed. Negative images from distressing memories may seem to fade or disappear, while more pleasant images may take their place during ART.

You should check with an attorney if you need to testify about a legal procedure related to the issue you are working on in ART. When we use ART, many clients report that negative memories have been processed in such a way that they no longer bother them or that they no longer present with distress about those issues.

Subsequent to the treatment session, the processing of incidents/material may continue, and other dreams, memories, flashbacks, feelings, etc. may surface. If this happens, then you may choose to use ART to work with these issues if they do arise. They are usually not the same issues you have resolved during your ART session, although they may be connected in some way. Once uncovered, they can be dealt with using ART in a future session.

I acknowledge that I have been advised to check with a medical physician concerning any medical conditions that might put me at risk due to the possibility of a heightened emotional reaction, for example pregnancy, heart conditions, high blood pressure, rapid back and forth eye movements throughout the session, or any other concerns. I agree to contact my therapist with questions or concerns I may have after reading this document or at any time during the ART training or session.

Client Signature: _____ Date: _____

Client printed name: _____

Witness: _____ Date: _____

DISCLAIMER: This is a sample release form, and no claim is made as to its ability to protect an ART clinician against legal claims in the state in which they practice. Check with an attorney in your state to evaluate the legality of your chosen consent form.