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1. Organization: Rosenzweig Center for Rapid Recovery, LLC
 2. Contact person: Robin Pickett
 3. Title of program: Accelerated Resolution Therapy (ART) Advanced Training
 4. Contact hours: 20
 5. Target Audience: Social Workers, Psychologists, Mental Health Professionals
 6. The program is Intermediate & Advanced Level training
 7. Instructional methodology

(X) Lecture (X) Case Presentation (X) Interactive Exercises (X) Audio/Visual (X) Discussion Groups

8. Course Description: You will learn how to use metaphors as a standalone intervention which is known as ART's Metaphorical Moment. Now that you have practiced the use of metaphors from the Basic ART training you can learn a protocol 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. You will also learn additional advanced ART techniques.

This ART training will also spend time on problems such as the fear of change that clients may have, pain management, anxiety associated with dyslexia, and anxiety associated with stroke. It will offer further tips on how to approach these problems. This training also offers a chance for you to review some of your cases for consultation during the training.

Materials: Videos of actual sessions with The Metaphorical Moment, practicum script, Advanced ART manual. Also, videos of ART used with OCD, Substance problems and phobias.

An additional manual on the use of eye movements for calming purposes is also provided. Video of speakers describing how eye movements work will be included. There will be a live demonstration on how best to use eye movements for self-calming purposes and to use it on others for calming purposes.

Objectives:

Upon completion, the participants will:

1. state what a metaphor is and its importance in therapy
2. be able to identify the steps for ART's Metaphorical Moment;
3. identify how to effectively make Metaphorical Suggestions to change the Metaphorical image to a positive image;
4. discuss and identify when to use of **ART's** Wordplay;
5. be able to identify when to use the Little Liar script
6. discuss the value of using the Little Liar with clients who have addiction problems;
7. discuss the need to replace unhealthy behaviors with positive behaviors;
8. be able to identify when to use the Dyslexia with Trauma script;
9. discuss the importance of using Eye Movements to move negative sensations

9. Training Schedule

DAY ONE - ADVANCED

8:45 am -	9:00 am	Sign in/paperwork
9:00 am -	9:15 am	Introductions
		Review Basic Protocol
9:15 am -	10:00 am	Criteria for ART Scene Match Wordplay
		Metaphor Powerpoint
10:00 am -	10:40 am	ART Video: How is a good comedian like a good ART clinician? Utilizing Metaphors Adele Song , People on Tightrope Image
10:40 am -	10:50 am	Break
10:50 am -	12:00 pm	Introduce Metaphorical Moment Script Metaphorical Moment Videos
12:00 pm -	1:00 pm	Lunch
1:00 pm -	3:00 pm	Practicum: <i>Metaphorical Moment</i> Script
3:00 pm -	3:10 pm	Break
3:10 pm -	4:10 pm	Complete Practicum
4:10 pm -	5:00 pm	Discuss Practicum, Review Fair Flip Script

DAY TWO – ADVANCED TRAINING

8:45 am -	9:00 am	Sign in
9:00 am -	9:20 am	Review Basic Protocol and Scene Match
9:20 am -	10:35 am	ART Video - Rescuing Earlier Self and Follow Up
10:35 am -	10:45 am	Break
10:45 am -	11:30 am	ART Video – Fear Flip (Fair Flip) and Discussion
11:30 am -	12:30 pm	Practicum: Practice Fear Flip (Fair Flip) Script
12:30 pm -	1:30 pm	Lunch
1:30 pm -	2:40 pm	Continue Practicum
2:40 pm -	2:50 pm	Break
2:50 pm -	4:00 pm	Complete Practicum
4:00 pm -	5:00 pm	Putting it All Together: Metaphors, Gestalt, Life’s Themes

DAY THREE - ADVANCED

8:45 am	9:00 am	Sign in
9:00 am	10:30 am	ART Video: Dyslexia and Discussion
10:30 am	10:40 am	Break
10:40 am	11:50 am	ART Videos: Stroke, Pain, ALS; Performance Enhancement Follow up Discussion
11:50 am	12:15 pm	The <i>Annoyance List</i> Intervention videos
12:15 pm	1:00 pm	Lunch
1:00 pm	2:30 pm	Brief Practicum on <i>The Annoyance List</i> Intervention
2:30 pm	2:40 pm	Break
2:40 pm	3:00 pm	When to Use Each Script
3:00 pm	4:00 pm	Discussion on Eye Movements for Calming and Physiological Response SAF-T Videos: Laney, Amy, Dr. Cairns, Dr. Kip
4:00 pm	5:00 pm	Discussion: Becoming a Basic ART Trainer Case Consultation/Q&A/Evaluation