Organization: Rosenzweig Center for Rapid Recovery, LLC

Contact person: Robin Pickett

Contact Information: 407-298-6786 / 877-675-1883 / info@artworksnow.com

Title of program: Basic Accelerated Resolution Therapy (ART) Training

Presenters(s): See training schedule. http://acceleratedresolutiontherapy.com/types-of-training-available/

Training Schedule: http://acceleratedresolutiontherapy.com/types-of-training-available/

Location: See training schedule. http://acceleratedresolutiontherapy.com/types-of-training-available/

Program Fees: $1700 USD

Contact Hours: 20 General

Registration Deadline: Registration must be completed prior to start of training. Registration can be made online, by phone, fax or mail.

Registration/Cancellation 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 may 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.

Course Completion Requirements: Each training is required to complete the full 3 days of training and a course evaluation.

Target Audience: Social Workers, Psychologists, Mental Health Professionals

The program is Beginning Level training.

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

Course Description: During the three-day live in-person 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 brief modality therapy that uses eye movement to quickly aid clients in resolving their issues. The power of eye movements, added to a foundation in several evidenced based therapies, combined with ART's creative therapeutic interventions and the use of metaphors, results in the effectiveness of ART to treat a multitude of problems. 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 Accelerated Resolution Therapy®, attendees will be able to:

1. Explain how ART is different from traditional talk therapy.
2. List the required steps of Accelerated Resolution Therapy's Basic Protocol.
3. Identify the clients that are appropriate for the ART therapy.
4. Identify and put a client's problem into the ART format which is called a "scene".
5. Explain 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.
6. Utilize ART's "Voluntary Image Replacement" to guide a client to erase a negative image in their mind.
7. 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 is used with an ongoing problem.
8. List what components are necessary for effective eye movements, which include the correct speed, the correct amount, and the correct hand movements.
9. Demonstrate correct technique for guiding eyes during the Eye Movement section of the protocol.
10. Explain why each of the steps in the ART protocol is used.
11. Identify required verbiage of the ART script.
12. Apply eye movements to move sensations in a client's body.
13. Utilize eye movements to help a client with a strong emotion to stabilize them and move those sensations.
14. Describe what clients may experience after an ART session.
15. Explain how to appropriately end an ART session.

Training Schedule

<u>DAY ONE</u> – FOUNDATION AND MECHANICS OF *ART*

8:30 am -	8:45 am	Sign-In/Greet/Paperwork/Housekeeping
8:45 am -	9:15 am	Group Introductions and Training Schedule
9:15 am -	10:00 am	Video: ART Developer's Intro to ART, Overview of Materials, Objectives and General Information including Different Populations
10:00 am -	**10:10 am**	**Break**
10:10 am -	10:40 am	Conceptualization Form/ART Steps and Purpose & Outline of the Basic Protocol (Doodly)
10:40 am -	11:50 am	Video: The Postal Worker
11:50 am -	**12:35 pm**	**Lunch**
12:35 am -	1:05 pm	Video: Eye Movement Research by Dr. Kevin Kip
1:05 pm -	1:45 pm	Video: Memory Reconsolidation
1:45 pm -	2:00 pm	Demonstration of Eye Movements
2:00 pm -	2:15 pm	Discuss Moving Sensations using Tools and Wordplay Techniques & Wordplay Exercise
2:15 pm -	3:15 pm	Practicum: Eye Movements for Moving Sensations (Tools and Wordplay)
3:15 pm -	**3:25 pm**	**Break**
3:25 pm -	3:50 pm	Review Script Notes, Rationale for Wording, Director Scene Pro Tips (Doodly)
3:50 pm -	4:50 pm	Video: Friend Took a Bullet
4:50 pm -	5:00 pm	Review Key Facts about ART and Q & A

DAY TWO – PRACTICUM AND CLINICAL APPLICATIONS

8:30 am	-	8:45 am	Sign-In
8:45 am	-	9:15 am	Scenes, Scene Match Made Simple (Doodly), Metaphors and Gestalt Addition to Script and Purpose Confidence Interventions and Reconsolidation Window
9:15 am	-	10:00 am	Video: Alison (Shortened)
10:00 am	**-**	**10:10 am**	**Break**
10:10 am	-	10:40 am	Video: Handling Strong Emotions (Burn Victim)
10:40 am	-	11:00 am	Discuss Strong Emotions and Dissociative Disorders
11:00 am	-	11:25 pm	Review Steps and Purpose of ART Steps
11:25 pm	**-**	**12:10 pm**	**Lunch**
12:10 pm	-	4:00 pm	Practicum: Basic ART Script (10 minute break between sessions)
4:00 pm	-	4:40 pm	Video: Car Accident
4:40 pm	-	5:00 pm	Review and Practice Eye Movements for Self-Use Script

DAY THREE – BEYOND TRAUMA AND CLINICAL APPLICATION

8:30 am	-	8:45 am	Sign-In
8:45 am	-	9:00 am	Follow Up Questions & Day 2 Practicum Comments
9:00 am	-	9:20 am	Review Steps and Purpose of ART Steps
9:20 am	-	9:45 am	Discuss Typical Day Little Liar Protocol
9:45 am	-	10:15 am	Review Typical Day Little Liar Script
10:15 am	**-**	**10:25 am**	**Break**
10:25 am	-	11:25 pm	Video: Typical Day (Eating Disorder with OCD Thinking)
11:25 pm	**-**	**12:10 pm**	**Lunch**
12:10 am	-	3:30 pm	Practicum Directions & Practicum: Typical Day Little Liar Script (10 minute break between sessions
3:30 pm	-	4:10 pm	Video: Veteran Who Served in Afghanistan
4:10 pm	-	4:25 pm	Shortening an ART Session (when necessary)
4:25 pm	-	5:00 pm	Q & A / Closing / Final Remarks

Grievance Policy

The Rosenzweig Center for Rapid Recovery (RCRR) seeks to ensure equitable treatment of every person and to make every attempt to resolve grievances in a fair manner. RCRR follows grievance procedures that align with the standards of national professional continuing education accrediting bodies that approve our programs.

All complaint matters received from participants, other organizations, or government agencies are documented and handled in accordance with applicable continuing education requirements. When required by an accrediting or approving body, RCRR will submit formal grievances and all related written communications and materials within sixty (60) days of RCRR's awareness. The Director of Operations oversees compliance and maintains records for at least five (5) years.

Grievances must be submitted in writing and emailed to info@acceleratedresolutiontherapy.com. If you have questions or concerns, contact RCRR at 877-675-7153.

Accommodations for the Differently Abled

Training facilities are handicap accessible. Individuals needing special accommodation, please contact Robin Pickett, 877-675-7153.

Conflict of Interest:

There are no known conflicts of interests for this workshop.

Bibliography – Basic Accelerated Resolution Therapy (ART) Training

Compiled by Julie R. Stender, MSW, LICSW
Social Work Consultant

Peer-Reviewed Research

- Storey, D. P., Marriott, E. C. S., & Rash, J. A. (2024). Accelerated Resolution Therapy (ART) for the treatment of posttraumatic stress disorder in adults: A systematic review. PLOS Mental Health, 1(4), e0000123. https://doi.org/10.1371/journal.pmen.0000123
- Buck, H. G., Cairns, P., Emechebe, N., Hernandez, D. F., Mason, T. M., Bell, J., et al. (2020). Accelerated Resolution Therapy: Randomized Controlled Trial of a Complicated Grief Intervention. American Journal of Hospice & Palliative Medicine, 37(10), 791–799. https://doi.org/10.1177/1049909119900641
- Kip, K. E., Sullivan, K. L., Lengacher, C. A., Rosenzweig, L., Hernandez, D. F., Kadel, R., Shuman, A., Girling, S. A., Hardwick, M. J., & Diamond, D. M. (2013). Brief treatment of co-occurring post-traumatic stress and depressive symptoms by use of Accelerated Resolution Therapy. Frontiers in Psychiatry, 4, 11. https://doi.org/10.3389/fpsyt.2013.00011
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- Davidson, P. R., & Parker, K. C. H. (2001). Eye movement desensitization and reprocessing (EMDR): A meta-analysis. Journal of Consulting and Clinical Psychology, 69(2), 305–316.

Ethics / Context / Reviews

- Waits, W. (2017). A review and research to date: Accelerated Resolution Therapy. Current Psychiatry Reports, 19(3), 17. https://doi.org/10.1007/s11920-017-0761-0
- Howe, E. G. (2018). Ethical reflections on offering patients Accelerated Resolution Therapy. Journal of Ethics in Mental Health, 10, 1–15. https://www.jemh.ca/issues/v10/documents/JEMH%20article%20-%20Ethical%20Reflections%20on%20Offering%20Patients%20ART.pdf

Books & Professional References

- Rosenzweig, L. (2015). ART for trauma and stress-related disorders. ART International Training and Research.
- van der Kolk, B. A. (2014). The body keeps the score: Brain, mind, and body in the healing of trauma. Penguin Books.
- LeDoux, J. E. (2020). The deep history of ourselves: The four-billion-year story of how we got conscious brains. Viking.

Multimedia / Online Resources

- Huberman, A. (2023, May 2). Neuroscience of eye movements and emotional regulation [Podcast episode]. Huberman Lab. Retrieved May 2025 from https://hubermanlab.com
- U.S. Department of Veterans Affairs National Center for PTSD. (2023). Clinician's guide to trauma-focused treatments. Retrieved May 2025 from https://www.ptsd.va.gov
- PBS Nova. (2016). Memory Hackers [Video]. Retrieved May 2025 from https://www.pbs.org/wgbh/nova

Note: Participants have access to this bibliography in the course manual and may use it to review source material or locate further readings. At least 50 percent or five of the references cited (whichever is less) reflect research published within the past five years. The majority of entries are peer-reviewed journal articles.