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**Organization:** Rosenzweig Center for Rapid Recovery, LLC

**Contact person:** Robin Pickett

**Title of program:** Advanced Accelerated Resolution Therapy (ART) Training

**Contact hours:** 20

**Target Audience:** Social Workers, Psychologists, Mental Health Professionals

The program is Intermediate & Advanced Level training

**Instructional methodology:**

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

**Course Description:** This advanced, live in-person training is designed for mental health clinicians who have completed Basic Accelerated Resolution Therapy® (ART) training and want to strengthen their confidence and skill in using ART with more complex clinical concerns. The course builds directly on the foundational ART protocol and focuses on applying ART more flexibly in real-world clinical situations.

Participants will learn how to use advanced ART scripts and interventions to address patterns such as anticipatory fear, recurring stressors, performance-related concerns, attention and focus challenges, and layered clinical targets. Emphasis is placed on therapist judgment, timing, and responsiveness, including how to adjust ART interventions based on client presentation and session flow while remaining aligned with ART principles.

The training includes didactic instruction, demonstration, and experiential practice opportunities. Through hands-on learning, participants develop greater comfort in selecting targets, applying advanced ART interventions, monitoring client responses, and maintaining safety and comfort during sessions. Stabilization strategies, ethical considerations, and appropriate clinical use are integrated throughout the course.

This training is intended as an advanced, skill-building experience for clinicians seeking to deepen their ART practice through in-person instruction and experiential learning.

**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.

## **Learning Objectives:**

Upon completion, the participants will be able to:

1. Explain how advanced ART interventions build upon and extend the foundational ART protocol.
2. Describe the clinical purpose and appropriate use of advanced ART scripts within treatment planning.
3. Identify client presentations and treatment goals that are appropriate for advanced ART interventions.
4. Apply advanced ART interventions within clinical practice.
5. Use the Metaphorical Moment intervention to support client processing through therapeutic language, metaphor, and timing.
6. Apply the Fair (Fear) Flip intervention to address anticipatory fear, avoidance patterns, and future-oriented distress.
7. Use Performance Enhancement ART interventions, including Performance Enhancement for Reading, to support attention, engagement, confidence, and functional performance for non-medical concerns.
8. Apply the ADHD-focused ART script as an adjunctive intervention to support attention, regulation, and task engagement.
9. Select appropriate ART targets when working with complex, layered, or recurring clinical concerns.
10. Describe how ART interventions are modified during sessions based on client responses, sensations, and emotional cues.
11. Identify indicators of client safety, comfort, and readiness during advanced ART interventions based on client feedback and physiological responses.
12. Describe how to determine appropriate pacing, sequencing, and intervention selection within ART sessions.
13. Apply stabilization and grounding strategies when clients experience heightened emotional or physiological activation during ART sessions.
14. Practice ethical use of advanced ART interventions within the clinician's professional scope of practice.
15. Integrate advanced ART skills into my ongoing clinical work in a manner that supports client safety, effectiveness, and professional responsibility.

## Training Schedule

### DAY ONE - ADVANCED

8:45 am -	9:00 am	Sign in & Introductions
9:00 am -	10:15 am	Review Basic Protocol, Scene Match and Wordplay Metaphorical Moment Powerpoint
10:15 am -	10:40 am	Wordplay <i>ART</i> Video: How is a good comedian like a good <i>ART</i> clinician? Defining and Utilizing Metaphors
<b>10:40 am -</b>	<b>10:50 am</b>	<b>Break</b>
10:50 am -	12:00 pm	Metaphorical Moment Doodly Introduce Metaphorical Moment Script <i>ART</i> Video: Metaphorical Moment Picture Worth a Thousand Words (Tightrope)
<b>12:00 pm -</b>	<b>1:00 pm</b>	<b>Lunch</b>
1:00 pm -	4:10 pm	Practicum: Metaphorical Moment Script, Logic and Solutions (Breakout Sessions) (10 minute break between sessions)
4:10 pm -	5:00 pm	Discussion of Practicum; Introduce Fair (Fear) Flip and Review 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	<i>ART</i> Video: Rescuing Earlier Self (Tracking with Your Client) & Follow Up
<b>10:35 am -</b>	<b>10:45 am</b>	<b>Break</b>
10:45 am -	11:30 am	<i>ART</i> Video: Fair (Fear) Flip (Adjusting to Your Client) and Discussion
<b>11:30 am -</b>	<b>12:30 pm</b>	<b>Lunch</b>
1:30 pm -	2:40 pm	Practicum: Practice Fair (Fear) Flip Script (10 minute break between sessions)
<b>2:40 pm -</b>	<b>2:50 pm</b>	<b>Break</b>
2:50 pm -	4:00 pm	Complete Practicum: Fair (Fear) Flip Script Meeting the Client's Needs with <i>ART</i>
4:00 pm -	5:00 pm	➤ Putting it All Together: Metaphors, Gestalt, Life's Themes ➤ Inferences, Paraphrasing & Repetition

### **DAY THREE - ADVANCED**

8:45 am -	9:00 am	Sign in
9:00 am -	9:30 am	Review Basic, Wordplay with Videos
9:30 am -	10:15 am	ART Video: Client Who Struggles with Reading
<b>10:15 am -</b>	<b>10:25 am</b>	<b>Break</b>
10:25 am -	11:25 pm	ART Videos: Physical Issues Discussion: Importance of Changing Images and Bodily Sensations
11:25 am -	11:50 pm	ART Video: The Annoyance List Intervention
<b>11:50 pm -</b>	<b>12:35 pm</b>	<b>Lunch</b>
12:35 pm -	2:05 pm	Practicum: The Annoyance List Intervention Script
<b>2:05 pm -</b>	<b>2:15 pm</b>	<b>Break</b>
2:15 pm -	3:15 pm	ART Video: ART Applied to ADHD
3:15 pm -	3:30 pm	ADHD Script Discussion
3:30 pm -	3:40 pm	When to Use Each Script
3:40 pm -	4:00 pm	ART's Freestyle
4:00 pm	4:45 pm	Introduction to SAF-T Discussion on Eye Movements for Calming and Physiological Response SAF-T Videos: Laney, Amy, Dr. Cairns, Dr. Kip
4:45 pm	5:00 pm	Discussion: Becoming a Basic ART Trainer Case Consultation/Q&A/Evaluation

### **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](mailto: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.

## Advanced Accelerated Resolution Therapy® (ART) Training – Bibliography

Compiled by **Julie R. Stender, MSW, LICSW**  
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### References

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