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 *ART* Video: How is a good comedian like a good *ART* clinician? Defining and Utilizing Metaphors
10:40 am	**-**	**10:50 am**	**Break**
10:50 am	-	12:00 pm	Metaphorical Moment Doodly Introduce Metaphorical Moment Script ART Video: Metaphorical Moment Picture Worth a Thousand Words (Tightrope)
12:00 pm	**-**	**1:00 pm**	**Lunch**
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	ART Video: Rescuing Earlier Self (Tracking with Your Client) & Follow Up
10:35 am	**-**	**10:45 am**	**Break**
10:45 am	-	11:30 am	ART Video: Fair (Fear) Flip (Adjusting to Your Client) and Discussion
11:30 am	**-**	**12:30 pm**	**Lunch**
1:30 pm	-	2:40 pm	Practicum: Practice Fair (Fear) Flip Script (10 minute break between sessions)
2:40 pm	**-**	**2:50 pm**	**Break**
2:50 pm	-	4:00 pm	Complete Practicum: Fair (Fear) Flip Script
4:00 pm	-	5:00 pm	Meeting the Client's Needs with ART ➢ 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
10:15 am -	**10:25 am**	**Break**
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
11:50 pm -	**12:35 pm**	**Lunch**
12:35 pm -	2:05 pm	Practicum: The Annoyance List Intervention Script
2:05 pm -	**2:15 pm**	**Break**
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. 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**
Social Work Consultant

References

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

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.

Diamond, A. (2013). Executive functions. *Annual Review of Psychology, 64*, 135–168.

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

Huberman, A. (2023, May 2). *Neuroscience of eye movements and emotional regulation* [Podcast episode]. *Huberman Lab*. Retrieved May 2025 from https://hubermanlab.com

Kip, K. E., Rosenzweig, L., Hernandez, D. F., Shuman, A., Diamond, D. M., Girling, S. A., & Sullivan, K. L. (2014). Randomized controlled trial of accelerated resolution therapy for symptoms of combat-related post-traumatic stress disorder. *Military Medicine, 179*(9), 1073–1080. https://doi.org/10.7205/MILMED-D-13-00586

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

Kopp, R. R. (1995). *Metaphor therapy: Using client-generated metaphors in psychotherapy*. Brunner/Mazel.

Lakoff, G., & Johnson, M. (2003). *Metaphors we live by*. University of Chicago Press.

Lane, R. D., Ryan, L., Nadel, L., & Greenberg, L. (2015). Memory reconsolidation, emotional arousal, and the process of change in psychotherapy. *Behavioral and Brain Sciences, 38*, e1. https://doi.org/10.1017/S0140525X14000041

LeDoux, J. E. (2020). *The deep history of ourselves: The four-billion-year story of how we got conscious brains*. Viking.

PBS NOVA. (2016). *Memory Hackers* [Video]. Retrieved May 2025 from https://www.pbs.org/wgbh/nova

Phelps, E. A., Lempert, K. M., & Sokol-Hessner, P. (2014). Emotion and decision making: Multiple modulatory neural circuits. *Annual Review of Neuroscience, 37*, 263–287.

Posner, M. I., & Rothbart, M. K. (2007). Research on attention networks as a model for the integration of psychological science. *Annual Review of Psychology, 58*, 1–23.

Rosenzweig, L. (2015). *ART for trauma and stress-related disorders*. ART International Training and 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

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

van der Kolk, B. A. (2014). *The body keeps the score: Brain, mind, and body in the healing of trauma*. Penguin Books.

Waits, W. (2017). A review of research to date: Accelerated Resolution Therapy. *Current Psychiatry Reports, 19*(3), 17. https://doi.org/10.1007/s11920-017-0761-0