

Accelerated Resolution Therapy (ART)

Accelerated Resolution Therapy (ART) is a unique, **rapid recovery approach** to psychotherapy in which the ART Therapist uses bilateral eye movements and guides the client to replace the mind's negative images that cause the symptoms of Post-Traumatic Stress (and other issues) with positive images of the client's choosing. We say "keep the knowledge, lose the pain" because **you will keep the facts but lose the distressing images, sensations and symptoms**. This is done quickly, with clients feeling relieving and positive effects within the first session. Once the negative images have been replaced by positive ones, the triggers will be gone, nightmares and repeated intrusive thoughts stop, and the intensity of difficult emotions will drastically decrease.

ART is recognized as an **evidenced-based** therapy by the American Psychological Association (APA), Substance Abuse and Mental Health Services Administration (SAMHSA), and the Department of Defense (DOD). ART has been recognized as an effective psychotherapy for PTSD, depression, stress, and personal resilience. ART has also been classified as a promising therapy for symptoms of anxiety, phobia, panic, sleep and wake disorders, disruptive and antisocial behaviors, general functioning and well-being.

ART is firmly grounded in techniques used in well-established evidence-based treatments including exposure through visualization (in-vivo exposure), relaxation/stress inoculation facilitated by eye movements, re-scripting of negative images (Guided Imagery), Gestalt techniques, Psychodynamic Therapy, and others. Some of the growing body of research that shows ART can do this may be found at acceleratedresolutiontherapy.com/evidence-based

ART is unique in that it combines the enormous power of eye movements to allow voluntary changes in the client's mind with these other well-established therapies. Within the ART protocol, the eye movements, along with other ART enhancements, make these therapies work much faster and more effectively. Evidence has shown that eye movements are calming and therapeutic. Eye movements produce theta waves in the brain. Theta waves have been connected to creativity, intuition, daydreaming and are often present during meditative states.

One of the special aspects of ART is that clients **don't need to talk to the therapist about any details of the trauma**. This is because ART is procedural, though creative. The client is really in control of the process, while the ART Therapist is a helpful guide. This makes the therapy easier for both client and therapist. ART is NOT hypnosis and does not require medications or homework.

Although some traumatic experiences such as abuse, combat or loss of a loved one can be very painful to visualize, early in the ART session the client has already rapidly moved beyond the place where they are stuck in these past experiences and is choosing and making positive changes. ART sessions are calming for the client and very often joyful, especially at the end, for both the client and the therapist.

I treat the following issues which have been quickly and effectively treated by ART. ART sessions with me may focus on any of the following (not an all-inclusive list):

- ❖ Abandonment
- ❖ Abuse: emotional, mental, religious/spiritual, sexual, verbal
- ❖ Anxiety: generalized, performance, obsessive-compulsive, panic, phobias
- ❖ Body image
- ❖ Betrayal trauma
- ❖ Bullying experiences
- ❖ Career: job stress, workplace trauma, confidence, performance anxiety
- ❖ Depression
- ❖ Distressing "snapshot" images
- ❖ Embarrassing moments
- ❖ Grief: grief trauma, distressing images, guilt
- ❖ Guilt & Shame
- ❖ Phobias: fears, anxiety
- ❖ Relationship & Family Issues: abandonment, betrayal, codependency, conflicts, trauma
- ❖ Self-Confidence, Self-Esteem, Self Image
- ❖ Stress Management
- ❖ Trauma: childhood trauma, abusive relationships, religious trauma, racial trauma and other traumas of oppression, sexual abuse, workplace trauma, assaults, other violations, one-time incidents, distressing images, Post Traumatic Stress

Each person has different therapeutic needs. One ART session may feel enough to an individual regarding their issue while more complex concerns or additional issues may need one to several additional sessions for more complete recovery. Alternating or following up with "talk therapy" sessions may be helpful to ensure resolution and increase therapy effectiveness to build and strengthen coping tools, process your experience with ART, adjust to the changes you've chosen, and address any remaining concerns. This may be one session, a few sessions, or ongoing sessions depending on

your needs. While I will make recommendations, the length of treatment is ultimately up to each client.

For private pay clients, I recommend initial ART sessions to be scheduled for 75-90min when possible (prorated). A longer initial session will help orient you to the process and make it most likely that we will be able to complete all the necessary steps of a full ART script. **Subsequent ART sessions may be 60min or 75min for private pay clients. ART tools may also be used during shorter sessions (e.g. 45-50min) including EAP-covered sessions** (for EAP clients), and/or the process can be split over two or more sessions.

What happens in an ART session?

ART uses back and forth eye movements to help clients address common problems such as anxiety, trauma, depression, grief, relationship issues and more. It is not the same as Eye Movement Desensitization Reprocessing (EMDR) although they both use eye movements. In experiencing ART, you may find that you connect pieces of information that are already stored in your memory to help you resolve your issues. The brain, while focused on a problem and concurrently using eye movements, makes new connections with a person's strengths and problem solving abilities.

When initially thinking about your problem during therapy, you may feel some of your usual unease about it. Clients quickly pass beyond their anxiety or sadness to first experience calm and then, as their problem loses its hold on them, relief. At the completion of ART treatment, the evidence to date shows that the changes you make will be long-lasting.

You will be in total control of the therapy. You will be speaking to me just as you would during a session that does not involve eye movements. I will ask you to share (just a general sentence or two!) about the problem we are focusing on that day. We will use ART's Degree of Intensity/Subjective Units of Distress scale to indicate the intensity of the emotions related to your problem. To guide your eye movements whether virtually or in person, I typically use a computer program to move an object on a screen back and forth. If this is not comfortable, there are other options we can discuss.

I will be using a script and will guide us through the process. You do not have to remember any of these steps! First we will use eye movements to focus just on your initial sensations and find the right positioning. Clients tend to experience some bodily relief in this first step and is a sign ART will continue to work for you.

During some of the eye movement sets, you will be imagining your problem with images, like a scene in a movie. I will ask you to describe to me what you experienced during the brief time of moving your eyes. Physical sensations will also be processed by using the eye movements, so that disturbing sensations can disappear and positive feelings can be enhanced. Using ART interventions, clients have often been able to replace a negative image with positive images. Subsequently when clients think about

their problem, it is the positive images they tend to recall, while still aware of the facts of what occurred.

I will be asking you to notice any body sensations as we go along. **Do not worry about whether you are doing ART correctly** as the eye movements tend to relax you and they do the work. I may give you a direct question or prompt that you can focus on while using the eye movements. You may be better able to answer questions while using ART's eye movements because they will increase your ability to solve problems. We may also use some creative visualization to aid in the resolution of your problem. As we begin ART, you may notice you are becoming calmer - and that happens even with the most anxious clients. ART, although it is looking at troublesome events or problems in your life, often has a calming effect and the norm is for clients to leave the session feeling like a weight has been lifted off their shoulders.

The outcome of therapy depends largely on your openness and willingness to engage in the process. When we use ART as our approach, even though you may experience some uncomfortable emotions, they often release and resolve quickly. My primary goal for every ART session is for you to leave feeling better than you did when we began. I can't guarantee this outcome since each person's experience may be different, but I am committed to supporting your growth process to the best of my ability. In my experience and training, the majority of clients report feeling: "lighter, freer, calmer, more joyful..." and other positive emotions after ART, and are able to resolve challenges more quickly through ART than other modalities.

Reasons to wait to do ART may include the following:

- **If you may need to recall an event for a legal proceeding**, you are advised to consult with an attorney as there is a high likelihood of a flattened/neutralized affect related to the event. We may still use ART for general grounding and sensation relief as well as unrelated events and distressors.
- **If you have any medical conditions that may not be appropriate for ART**, you are advised to check with your medical provider before beginning ART treatment. Check with your physician for any medical conditions that limit the ability to move eyes quickly back and forth for at least an hour.

I am committed to providing you with respectful, compassionate, trauma-informed support. I believe in a collaborative process, seeking and valuing your input, and empowering you to be an equal partner in the healing and decision making process. I am also committed to creating a safe, supportive environment where you can heal at your own pace in the way that feels right to you. I ask that you communicate honestly with me about anything you need to feel safe and comfortable. Please let me know what questions or concerns you have prior to engaging in ART and/or as we work together.