

Introduction to ART

Accelerated Resolution Therapy (**ART**) is a proprietary mental health modality developed by Laney Rosenzweig, MS, LMFT in 2008, over the course of more than a decade of clinical development and ongoing improvements and adaptions. Her revolutionary treatment has proven to be highly efficacious as well as bringing rapid results in a few sessions compared to other traditional treatment methods. **ART** is the synthesis of noninvasive neocortex, limbic, and amygdala engagement techniques into a novel series of prescribed protocols that produce groundbreaking results that have changed the lives of thousands.

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A PICTURE IS WORTH A
THOUSAND COGNITIONS

INTRO TO:

ACCELERATED
RESOLUTION THERAPY
(ART)

Laney Rosenzweig, ART
Developer

An Evidenced-Based
Creative Approach to
Therapy



Sensation Awareness Focused Technique (SAF-T)

For professionals not in the mental health field, we teach SAF-T. With this technique we train first responders how to reduce anxiety immediately when a disaster strikes. It's a one-day course.



INTRODUCTION TO ART

- ART was Developed in 2008.
- Most of the early research was done at USF (University of South Florida).
- Results showed veterans resolved all PTS(D) in 1-5 sessions with an average of 3.5 sessions. A single trauma can often be resolved in one ART session.
- There are currently over 60 ART trainers throughout the Country.
- And over 14,000 clinicians trained in ART.

Trainings Conducted at These Places and More

Walter Reed Medical Center, Tripler Army Hospital

Fort Belvoir

and about ten other military facilities

Columbus Ohio VA

Idaho National Guard

Betty Ford Clinic

Yale University

Connecticut Department of Mental Health (42 trained)

Canadian Department of Defense

Eglin AFB

University of Calgary

Western New England University

Walden Behavioral Health (for eating disorders)

The Connection Counseling Center

FR Health

Crosswinds Counseling and Wellness

Trinity Health

Mission Health

Banyan Behavioral Health

Previdence Behavioral Health

Some Retreats That Use ART

Warrior Wellness Program

Warrior Mission at Ease

Operation Red Wings Foundation

The Refuge

First Responder Wellness

ART IS BEING USED AND STUDIED...

- There have been trainings at Yale University. They are planning to expand the use of ART. They plan to work on partnering with organizations in other countries to spread ART.
- Most recently Yale partnered with Help REACH Africa (HERA) in Kenya.
- Mayo Clinic is conducting their 4th study. This one is a 5-year study of using ART for grief with caregivers. It is funded with an NIH grant. They have already been studying using ART with cancer sufferers.
- The Canadian military is doing a study of ART for trauma.



The Head of Yale University School of Nursing Has Expressed Interest in Continuing to Do More ART Training.

Yale is looking at training therapists to treat not only people with weather-related traumas but also the HIV population.

Working with Both Brain Hemispheres

ART incorporates eye movements— the logical thinking brain communicates with the emotional side.





Theta Brain Waves and ART Therapy

While at the University of South Florida, three of us ART clinicians did ART with five subjects while biofeedback was being administered.

After the ART session each of the five subjects ended the session with theta brain waves, which are found in a slow, meditative, relaxed and creative daydreaming state of mind.

The physician monitoring the biofeedback expressed surprise and excitement as he showed his assistant the results.



Trauma and the Brain

When your brain experiences trauma, the traumatic images bypass the logical part of the brain (the pre-frontal cortex) and go right into the part of the brain responsible for emergency reactions (the limbic system).

So, trauma events are stored in a problematically persistent way that causes flashbacks.

Using logical thinking doesn't really get at dealing with the traumatic images as Accelerated Resolution Therapy (ART) does. It is the images and sensations that are the problem and that cause triggers, not the facts. ART is distinguished by its focus on erasing negative traumatic images from the client's mental view with its "Voluntary Image Replacement."





Clients Can Often Process Trauma in One Session With ART

Once you erase
the negative
images, the
client is
symptom-free.

ART'S PREMISE

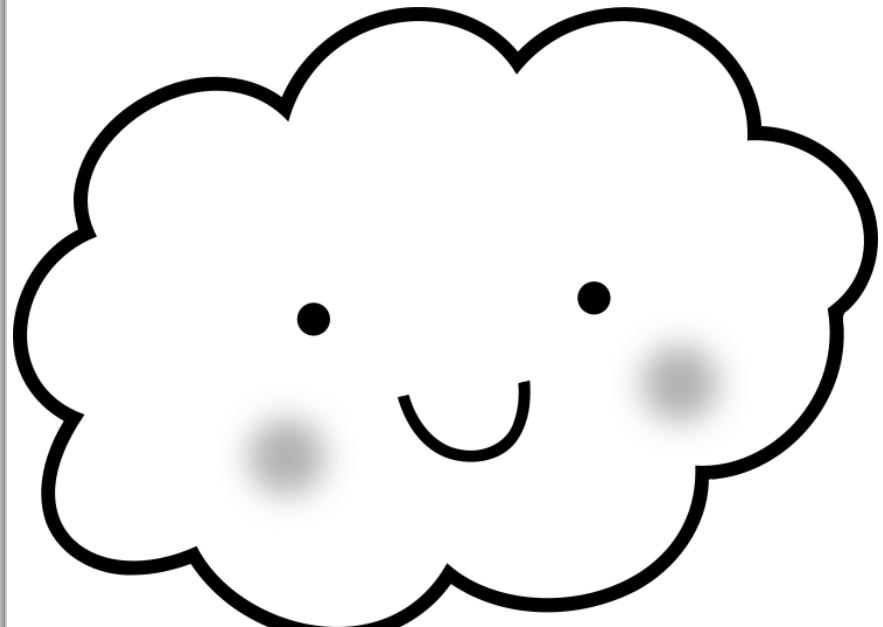
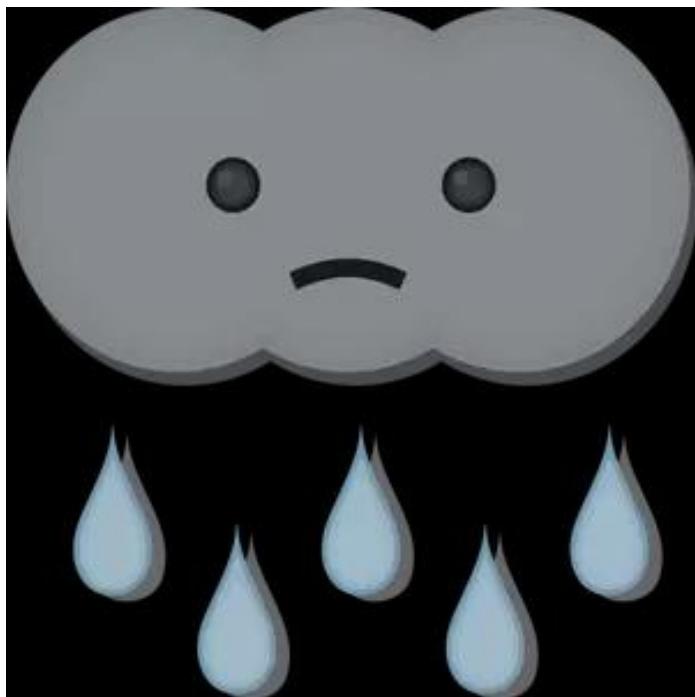
Traumatic images cause PTS(D) triggers.

Facts in themselves don't cause symptoms.

This is evidenced by clients immediately after ART being able to discuss the facts of their trauma with no negative emotions.

(ART therapists call this therapy a “paradigm shift.”)

ART's Eye Movements Can Make Bad Sensations Disappear – the Client Won't Feel Them Again



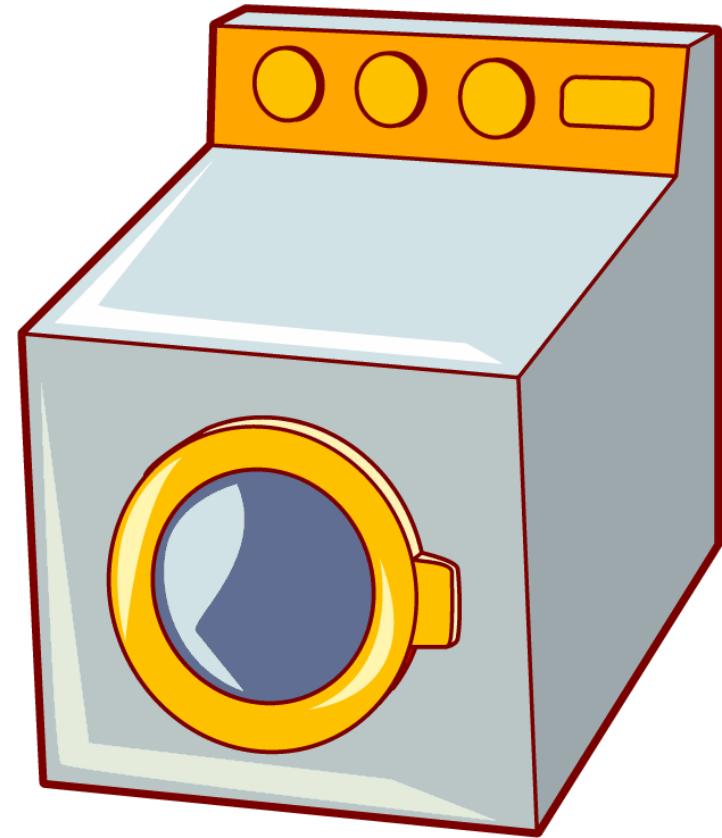


ART Works for Military and First Responders and Sleep Problems

Images from
combat and first
responder
situations often
cause sleep
problems.
Erasing the images
is the answer.

Any Triggered Sensation Can Be Removed

The client, while living in his mother's house was unaware of the dryer catching on fire. Though he had no knowledge of the fire he felt guilty for not responding to it. For a year and a half after that he would be awakened by a imaginary smell of smoke. ART is able to resolve the feeling of guilt and...



We Have All Been Thinking about the Recent LA Fires

Eliminating the smells associated with fire in a client's mind can be very important. We can train first responders to process that for victims of fire very quickly using SAF-T.



ART and a Dog Phobia

One of the training videos shows during the Basic training is a postal worker mauled by a dog. The client had developed agoraphobia: She was afraid to leave home for fear of encountering dogs. This client had undergone three operations. I had to walk her into my home office from her car for her session, even though she knew that I don't have a dog.

After having systematic desensitization therapy for almost 2 years and still being symptomatic, she was able to process the trauma in one session.



Five Years of Guilt After Car Accident

The following slide shows a note sent by the client after his ART session.

Laney,

Wow! LIFE CHANGING. I truly cannot articulate how grateful I am for you and our time together. My life is forever changed. I am present to the shifts and changes that have happened from our sessions and it has forever changed the trajectory of my life and what is possible. Please continue to share your purpose with the world - ART is a life and ~~game~~ changer. I am blessed to have had this opportunity with you. With Gratitude -





Phobias Are Based on Images from the Past

A client who (from age five), when she tried to climb stairs with spaces between the steps, felt she would fall through the spaces. ART changed her sensations and images to alter her perception of stairs that would normally trigger her.

WHAT MAKES ART DIFFERENT FROM OTHER THERAPIES?

Compassion Fatigue Reduced:
ART therapists don't have to
hear facts. We are good
guides.

ART can be very fast – change
the images and sensations
and then the cognitions
change naturally.

Clients often complete one
past problem in an hour; on-
going issues often 1-5
sessions.



No Trauma Details Voiced

Since we are a creative but procedural therapy, no need to discuss detail and ART still works. This also protects the therapist from “Compassion Fatigue.”

Past Trauma vs On-going Issues

Past trauma is often done in one ART session.

On-going trauma has secondary gains, urges and cravings and may take one to more than five sessions. Examples of on-going problems are: Substance issues, eating disorders, OCD, ADHD.

ART WITH CHILDREN

Teens can follow the entire ART protocol.

The ART therapist will tailor the treatment for a preteen, depending on the child's ability.

Children tend to do ART very quickly and enjoy ART. They don't have to talk, which they like.

Younger children can do well with just processing of negative sensations.



A Math Dyslexia Problem with ART

I worked with for a Math problem where should would reverse numbers. She was able to remember a license plate and they caught the woman responsible for a hit and run accident.



ART Can Work on Childhood Trauma by Accessing Earlier Selves

Clients are able, in 5 or 10 minutes, to get a new perspective on childhood trauma.



Childhood Abuse Trauma Can Be Completed in One ART Session

The client's brain will generalize childhood problems when the client envisions "snippets" of their childhood trauma. Then ART can give them a new perspective.

More Outcome Predictability

ART has a systematic approach with its creative scripts and interventions. They provide a cadence and rhythm to the ART therapy.

Clinicians feel more secure each step of the way using the ART method which often results in more predictable outcomes.





A Not for Profit for ART

- ART therapists have the opportunity to give a free ART session to first responders, veterans or active military through The Rosenzweig Mission.
- The clinician will be compensated \$150 for their session time.

www.therosenzweigmission.org

My autobiographical story explaining how ART was created and how it has helped clients, with all different types of problems, lead more meaningful lives!

Available online at:

- Archway Publishing
- Barnes & Noble
- Amazon

Search by title & Laney Rosenzweig

Too Good to Be True?

ACCELERATED RESOLUTION THERAPY
aka **ART**



*A Systematic Therapy Approach
That Changes Lives*

Laney Rosenzweig, MS, LMFT

Edited by Amy Shuman, MSW, LICSW, DCSW

To Receive More Information:

Research info

A paper on the differences between ART and EMDR

Other ART material

Email David at

David@acceleratedresolutiontherapy.com

This Presentation
Can Be
Presented on
Request by the
Founder of ART



Presented to any group
and arranged through
David Gordon at:

[David@accelerated
resolutiontherapy.com](mailto:David@acceleratedresolutiontherapy.com)

Have a group you want
to have ART trained?

We may send an ART
Trainer to you to train
your group. Let us
know.

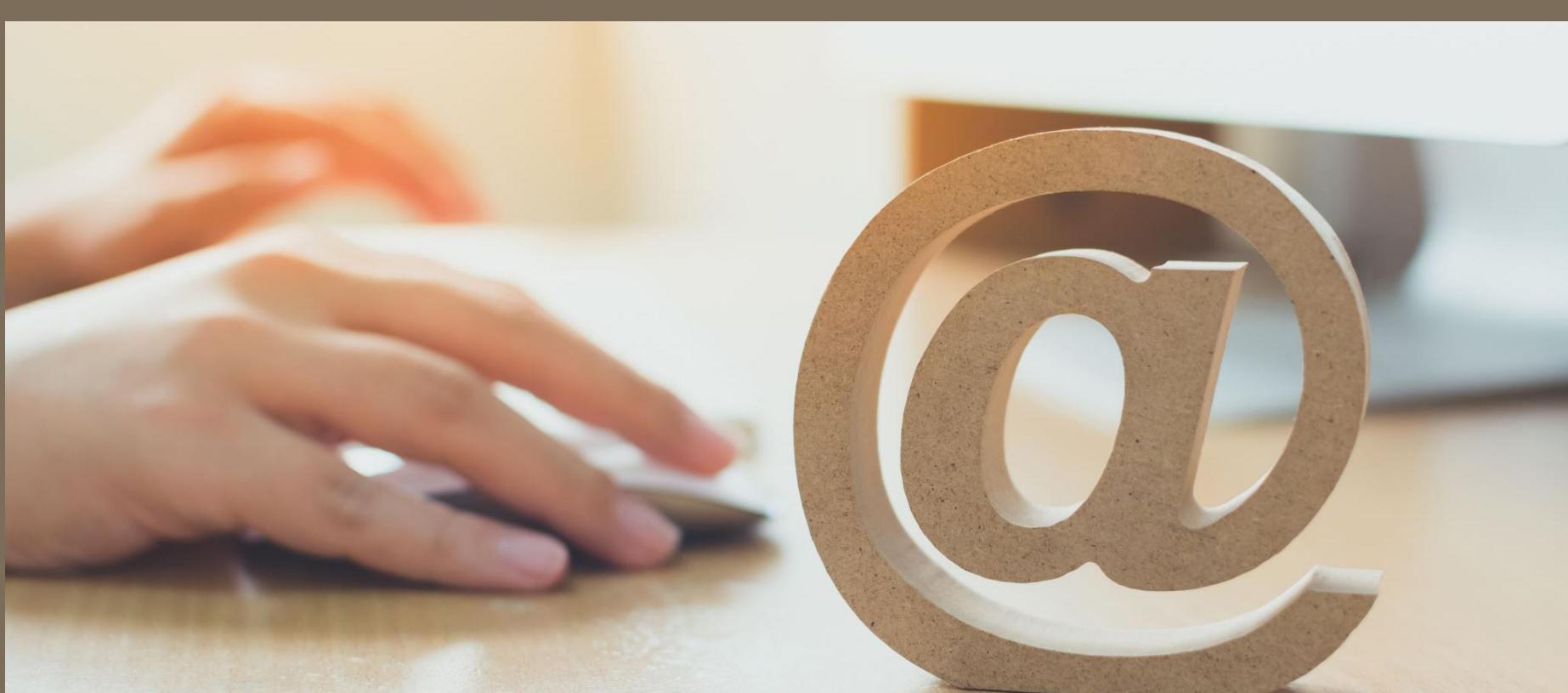
More Info

www.ARTworksNOW.com

or

[www.Accelerated
ResolutionTherapy.com](http://www.AcceleratedResolutionTherapy.com)

Laney's email:
yenal3523@yahoo.com



Licensed mental health clinicians, or those in a master's level program, can sign up for training on our website or for further administrative questions you can contact:

Robin@acceleratedresolutiontherapy.com

Q & A

What are you
curious about?

What can ART
do for
therapists and
clients?

