

## ***ART*** ACCELERATED RESOLUTION THERAPY®

*Accelerated Resolution Therapy*® (*ART*) utilizes a natural process which has similarities to the Rapid Eye Movement (REM) stage of sleep. In our REM stage of sleep our eyes move back and forth quickly and some believe our brains utilize this time to process information and store it away which may make us feel better about things when we wake. 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.

*ART* is a very focused eye movement therapy and as such, has produced quick, effective and safe results in treating anxiety, depression, phobias, relationship issues and grief, to name a few. This type of therapy also works quickly and effectively with children.

Although 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 permanent.

*ART* is one of five (5) therapies being studied, with a Department of Defense grant, at the University of South Florida to measure *ART*'s effectiveness in helping military personnel or veterans diagnosed with PTSD or other problems.

**Over please**

## ABOUT THE TECHNIQUE ITSELF

You will be in total control of the therapy. This is not hypnosis and you will be speaking to me just as you would during a session that does not involve eye movements. I will ask you to use *ART*'s Degree of Intensity scale to indicate the intensity of the emotions related to your problem by sliding an indicator on the scale. I will sit slightly to your left or right and have you follow my fingers with your eyes while you think about your problem. I will ask you to describe to me what you experience during the brief time of moving your eyes. Whatever you do experience – thoughts, sensations, emotions or even nothing at all – the eye movements are working to help you resolve your problem. Physical sensations will also be processed using the eye movements so that disturbing sensations can disappear and positive feelings can be enhanced. In fact, 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 will recall.

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 ask you a direct question 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 increase your ability to access the problem solving areas of your brain. 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 my 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.

***ART* Founder: Laney Rosenzweig, MS, LMFT**