

## LET IT GO!

Imagine what it feels like to carry a heavy burden – years of carrying the effects of trauma gone in a single ART session. Unbelievable? This is what happens with your ART trained therapist and reprogramming distressing images and memories which have been stored in your brain and now, no longer trigger strong physical and emotional reactions.

Using unique visualization techniques and how the body is affected by distressing images or memories, ART enhances rapid eye movements similar to eye movements during dreaming. Peer review publications and additional ongoing studies for both civilians and military personnel can be found on the internet.

ART is not a substitute for medical intervention. Always seek a physician if medical intervention is indicated.

To locate an approved ART trained therapist in your area, visit at [www.ArtWorksNow.com](http://www.ArtWorksNow.com) or [www.IS-ART.org](http://www.IS-ART.org).



International Society of Accelerated Resolution Therapy

IS-ART is the credentialing agency for ART.

For information about ce credit, please see <https://acceleratedresolutiontherapy.com/types-of-training-available/>.

### BASIC TRAINING (3days)

Learn the Basic ART protocol during this three day training. Day 2 includes a practicum to perform the use of the protocol from a prepared script. In addition to the Basic Protocol, learn about ART's interventions including ART's *Voluntary Image Replacement*, *Scene Match*, *The Typical Day* protocol, the use of Gestalt and how metaphors can be interjected into the Basic Protocol. Learning the Basics allows you to incorporate ART successfully into your practice with positive outcomes immediately.

**Training Materials:** Videos of actual ART sessions, practicum script, Basic ART manual, folder materials: Laminated explanation sheets for Adults and Children, ARTometer for gauging SUDS (units of distress) and other helpful materials.

### ADVANCED TRAINING (2 days)

**Prerequisite Requirement:** 30 sessions using Basic ART

Learn how to use metaphors as a stand-alone intervention known as ART's *Metaphorical Moment*. Once you have practiced the use of metaphors from the Basic ART training, there is a protocol to use an intervention that can serve as another way to approach a problem, by translating that problem into a metaphor. The *Metaphorical Moment* can be inserted into the Basic ART protocol but can also be used as the format for an entire session. Learn additional advanced ART techniques.

**Training Materials:** Videos of actual sessions with *The Metaphorical Moment*, practicum script, Advanced ART manual.

### ENHANCEMENT TRAINING (2 days)

**Prerequisite:** No specific time period-must have completed Basic and Advanced ART training sessions.

This ART training session will focus on problems including OCD, substance problems and phobias. Further tips will be offered on how to approach these problems. It utilizes *The Typical Day* covered in Basic ART but it also includes the use of other ART interventions such as *The Little Liar*, excellent for the problems mentioned above. Time is allotted during the training session to review some of your personal cases for consultation.

**Training Materials:** Videos of actual sessions of ART used with OCD, substance problems and phobias. ART



ART is recognized as a peer reviewed evidenced-based treatment for psychological trauma, developed to treat adults and children.

**Rapid Recovery from Trauma  
& other mental health problems include**

Anxiety  
Depression  
Family Issues  
Phobias  
Obsessive Compulsive Disorder (OCD)  
Post Traumatic Stress Disorder (PTSD)  
Addictions  
Performance Anxiety  
Victimization/Poor Self Image  
Victimization/Sexual Abuse  
Relationship Issues/Infidelity  
Codependency  
Grief  
Job Related Stress  
Pain Management  
Memory Enhancement  
Dyslexia

**KEEP THE  
KNOWLEDGE,  
LOSE THE PAIN**



Laney Rosenzweig, MS, LMFT,  
Founder/Developer

*Licensed in Connecticut and Florida*

A Licensed Marriage and Family Therapist for over 3 decades. In addition to her private practice, Laney trains licensed mental health professionals in the use of **ART** and paraprofessionals in SAF-T.

**ART** works for an amazingly wide range of problems. Our brains are capable of positively modifying unwanted material.

Distancing from emotional responses to problems facilitates the opportunity to look at situations objectively.

Positive memories are reinforced and new information can be assimilated to rapidly restore one's functioning and health.

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“The most difficult aspect of discussing **ART** is the fact that it sounds too good to be true.”

- Laney

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## Who. What. Wow.

Accelerated Resolution Therapy (**ART**) is a form of psychotherapy with roots in existing evidence-based therapies but shown to achieve benefits much more rapidly (generally within 1-5 sessions).

Clients suffering with depression, anxiety, post-traumatic stress, substance abuse, and many other mental and physical conditions, experience remarkable benefits starting in the first session. **ART** is not hypnosis, does not require medications or homework.



### Live on You Tube

The **ART** of Rapid Recovery | Laney Rosenzweig | TEDxSpringfield - <https://youtu.be/vP7dx03arxl>

“Keep the Knowledge, Lose the Pain”



Ready to train in ART?

## Contact Us

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Visit us on the web:

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