



ACCELERATED RESOLUTION THERAPY®

Accelerated Resolution Therapy® (ART) is an evidence-based form of psychotherapy that utilizes back and forth eye movements to help clients address common problems such as depression, anxiety, phobias and Post-Traumatic Stress Disorder (PTSD). It is not the same as Eye Movement Desensitization Reprocessing (EMDR), however 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.

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. **ART** is effective with adults as well as children.

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.

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. Physical sensations will also be processed by 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 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 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.

CHILDREN'S EXPLANATION OF ACCELERATED RESOLUTION THERAPY®



Sometimes you have a problem and you feel sad or scared or have other feelings that do not feel good. I am happy to tell you that there is help for you so you can feel better. When children think about their problems and follow my fingers with their eyes at the same time, they often feel much better by the time they are ready to leave. It is your mind's way of helping you to fix your problem; just like when you sleep. At night, you move your eyes back and forth too but because you are sleeping you don't know you are doing that. That is why there are times when you go to bed with a problem but may feel better in the morning after a good night's sleep.

I call my therapy **ART** and you can call it **ART** too, if you like. The children I have seen have liked the feeling that **ART** gives them. Even when they get sad or scared as they talk to me about their problem, after they move their eyes back and forth by following my fingers, the sad or scared feelings usually go away quickly. Children may also think of answers to their problems because the eye movements help the brain to connect to new answers.

HOW WE WILL USE ART

First, I will ask you to tell me how upset you are about your problem. I use what I call an Artometer to have you show me how upset you are about the problem you have. I will have you slide an indicator on the Artometer scale. I will be sitting closer to you and have you follow my fingers so you will move your eyes back and forth while you think about your problem. Do not worry whether you are doing it right or not. Whatever happens is fine. Don't forget to ask me any questions you have before we start. Most children really like doing **ART** and I hope you will enjoy it too. You can ask me any questions you like before we begin.

ART Founder: Laney Rosenzweig, MS, LMFT