

What Clients say about ART

“I was extremely skeptical of **ART** but figured I had nothing to lose. After one session my feelings have changed dramatically. I am no longer sad, anxious or depressed about the situation that haunted me for months.”

“I am not so co-dependent. I’m relating to others differently – more sure, confident. I have definitely reclaimed a part of myself that was lost. I always felt that I was not enough. I feel so much more complete.”

“I have been able to sleep the night. I noticed when I was alone and it was quiet my mind always went to the moments of my loss. Now I don’t focus on that time. I tend to drift to better memories that bring a smile. I still cry over my loss, but it does not bring nightmares at night.”

“The **ART** treatment was wonderful. I used to have nightmares about what happened to me. Now I have no thoughts, I feel real good and even my relationship with my husband has gotten better. I used to blame myself for what happened, but now I know it was not my fault and my dad was to blame. I am really glad I had this treatment and I would recommend this to family and friends.”

Founder

Laney Rosenzweig, MS, LMFT
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A Licensed Marriage and Family Therapist since 1990 in the mental health field, Laney is employed at the Wheeler Clinic and has a private practice in Connecticut. In addition, she receives referrals from Military One Source to counsel military personnel and their families and trains mental health professionals in the use of **ART**.

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“Keep the Knowledge, Lose the Pain”



**Rapid recovery from trauma
& other mental health problems**

Accelerated Resolution Therapy®
developed to treat adults and children with:

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

www.ARTworksNOW.com

Eye Movement Therapies

In the late 1980's, it was discovered that when a therapist asked a client to move their eyes, while focusing on a problem, the eye movements accelerated the client's recovery. The eye movements have the effect of both reducing anxiety and facilitating new connections in the processing of information. They are thought to increase connections between the left and right sides of the brain, which is conducive to quickly sorting out a problem. Clients are able to reach a resolution of their problems in a fraction of the time it normally takes with traditional therapies. It is believed that the eye movements, when used in therapy, simulate the eye movements during the Rapid Eye Movement (REM) phase of sleep. In this sleep stage, our eyes move from side to side as part of a natural process that enhances the processing of our day's events.

Client Centered

Directives used by the **ART** therapist originate from the information provided by the clients.

Creative

Clients become part of the healing process by using their own innate creative abilities.

Conversational

Eye movements are combined with a two way dialogue between the client and the therapist.

Calming

ART has calming effect on the clients as clients resolves their problems. It is not hypnosis.

Closure Oriented

While maintaining client stability **ART's** goal is to resolve problems as quickly and effectively as possible.

What Makes **ART** Different

Accelerated Resolution Therapy® differs from other eye movement therapies in the directive way it focuses clients while using the eye movements. **ART** uses various interventions, many of which are unique to **ART**. Several of **ART's** interventions result in the **ART** phenomenon known as Voluntary Memory/Image Replacement (VMR/VIR). Negative images can be eliminated while clients can choose the positive images to replace those disturbing memories. The client retains the knowledge of their memory but loses the pain associated with the image(s). These interventions are used to empower clients. The information provided by the clients as they process their problems leads the clinician in directing the session. A conversational approach to therapy is integrated with the eye movement technique. Clients have provided feedback to indicate that they appreciate such assistance in keeping them focused during the session. The interventions do not inhibit natural processing but, on the contrary, serve to accelerate the natural resolution of the problem when used by a trained **ART** therapist. Clients leave the session reporting they feel relaxed and satisfied with less upset about the problem that they wanted to resolve. This is not hypnosis. The client, guided by the **ART** clinician, will be in total control of the session.

THE FIVE "C" ELEMENTS OF **ART**



ACCELERATED RESOLUTION THERAPY®

What to Expect from **ART**

Therapy begins with an initial traditional intake session. The client can talk to the **ART** clinician about the problem and can discuss the outcome that the client is seeking. The **ART** clinician will explain how the eye movement therapy works. The client can then decide to try **ART** at the next session or whether they prefer to continue with traditional therapy such as a Cognitive Behavioral Therapy (CBT) approach.

If clients choose to use Accelerated Resolution Therapy, relief usually occurs within one to two sessions for each incident or problem they focus on during the **ART** session. **ART** can utilize a combination of eye movement sessions and talk therapy sessions if clients wish to discuss the changes and gains made during therapy or discuss different issues.

Clients have consistently reported that their degree of upset, on average, starts out on a high end with a measure of 8 to 10, 10 being the most intense feeling and zero being the least intense feeling. By the end of the session, the degree of upset usually drops significantly, often to zero, indicating relief from their presenting emotional distress.

ART is a drug free therapy that can accomplish emotional healing which otherwise takes months or years of therapy, in just one to three sessions. Accelerated Resolution Therapy enables clients to experience a rapid recovery from trauma and other mental health problems with long lasting results.