

ACCELERATED RESOLUTION THERAPY® EXPLANATION

Accelerated Resolution Therapy® (ART) is a drug-free, non-hypnosis therapy that transcends modern therapeutic methods by treating adults and children with depression, anxiety, phobias, panic attacks, post-traumatic stress disorder (PTSD), substance abuse, sexual abuse, obsessive compulsive disorder, addictions and many other mental and physical conditions resulting in remarkable benefits in a very short time.

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.

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, or other emotions, 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.

Trauma is often resolved in one session so that the triggers for your issue are gone. On-going problems, such as substance abuse, OCD or anxiety disorders have cravings and urges and may take more sessions but can still resolve more quickly than other treatment modalities.

ABOUT THE TECHNIQUE ITSELF

You will be in total control of the session. 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 Artometer 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 hand with your eyes while you think about your problem. I will ask you to describe the sensations you feel after you envision your problem with eye movements. Your brain will help you through the protocol. You will be an observer of just as your therapist who is your guide. Physical sensations, along with images, will also be processed with these calming eye movements. Disturbing sensations can be reduced or eliminated, and positive feelings can be enhanced. Clients have often been able to replace a negative image with positive images, which eliminates triggers, and 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 relax you and they do the work to make positive changes. You may be better able to answer questions while using 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. Clients find that ART, although looking at troublesome events or problems in their lives, leave the session feeling like a weight has been lifted off their shoulders.