



TRAUMA THERAPIES

ACCELERATED RESOLUTION THERAPY

OVERVIEW

Accelerated Resolution Therapy (ART) was developed in 2008 by Laney Rosenzweig, a licensed marriage and family therapist. It combines elements of cognitive behavioral therapy, eye movement techniques, and guided imagery.

ART is a short-term therapy that uses rapid eye movements and visualization techniques. It helps clients replace distressing images and memories with more positive or neutral ones, reducing the emotional intensity of trauma.

For example, a client who repeatedly replays the image of a violent assault may be guided to replace it with a visualization of themselves walking away safely and feeling strong. Over time, the traumatic image no longer causes severe distress.



HOW IT WORKS

ART works through a process called **Voluntary Image Replacement**. Clients recall a traumatic memory while following the therapist's hand movements with their eyes.

The therapist then guides them to voluntarily replace the painful images with healthier, calming alternatives. This reframing reduces distress and changes how the brain stores the memory.

INTERESTING FACTS

- ART is considered a 'next-generation' trauma therapy because of its speed and effectiveness.
- Research shows ART significantly reduces symptoms of PTSD, depression, and anxiety.
- ART is recognized by the Substance Abuse and Mental Health Services Administration (SAMHSA) as an evidence-based therapy.

USEFUL TOOLS

RAPID EYE MOVEMENTS

Engage both hemispheres of the brain, aiding in reprocessing.

IMAGE PLACEMENT

Clients choose alternative visualizations to replace distressing ones.

GROUNDING & RELAXATION TECHNIQUES

Help clients remain safe and present during sessions.

CONCLUSION

Studies show Accelerated Resolution Therapy can resolve trauma symptoms in as few as 1 to 5 sessions. It is being used with veterans, first responders, and survivors of abuse and is showing remarkable results for PTSD, phobias, and anxiety.

ART offers hope for rapid healing from trauma. By reframing painful memories, clients can break free from the past and move toward peace.