

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 or www.IS-ART.org.



International Society of Accelerated Resolution Therapy

IS-ART is the credentialing agency for ART.

ART allows a client to erase old images and rewrite their story through reconsolidation, changing the physiological response to the memory.

HOW IS ART DIFFERENT

- Targets images and sensations
- Voluntary image replacement
- Takes healing beyond desensitization to 'positization'
- Process oriented, not content

WHY CLIENTS LOVE ART

- NO narrative (client does not have to share details)
- NO homework (the goal of the session is 'resolution')
- NO ongoing appointments
- **ACCELERATED** resolution, often in a single session
- CAN address 'emotional blocks' like survivor's guilt
- CLIENT centered (client is in control of session)



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
Eating Disorders
Performance Anxiety
Victimization/Poor Self Image
Victimization/Sexual Abuse
Relationship Issues/Infidelity
Codependency
Grief
Job Related Stress
Pain Management
Memory Enhancement
Dyslexia

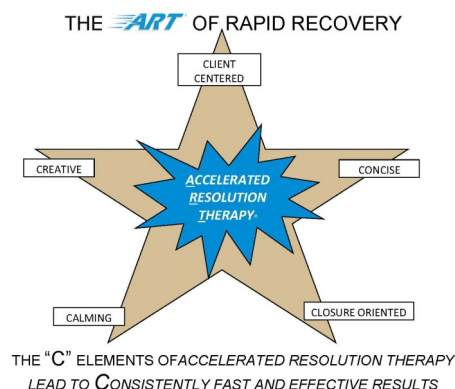
**KEEP THE
KNOWLEDGE,
LOSE THE PAIN**



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.



WHAT CLIENTS SAY

"I made more progress in one hour than I had made in 3 years of therapy."

"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."

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

- Laney

Live on You Tube

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



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.



"Keep the Knowledge, Lose the Pain"