



Nourish
YOUR MIND

ACCELERATED RESOLUTION THERAPY

We are thrilled to be able to offer YOU this new *Evidence-Based Treatment*

WHAT IS ACCELERATED RESOLUTION THERAPY?

Accelerated Resolution Therapy (ART) is an evidenced-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). The treatment program incorporates memory visualization techniques that are enhanced by the use of horizontal eye movements, as well as memory reconsolidation, a way in which new information is incorporated into existing memories. 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.

WHAT HAPPENS DURING AN ART SESSION?

You will be in total control of the therapy. This is not hypnosis and you will be speaking to your clinician just as you would during a session that does not involve eye movements. Your clinician will ask you to use ART's Degree of Intensity Scale to indicate the intensity of emotions related to your problem by sliding an indicator on the scale. Your clinician will sit slightly to your left or right and have you follow a mark with your eyes while you think about your problem. They will ask you to describe to them 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 their negative image with positive images. Subsequently, when clients think about their problem, it is the positive images they will recall.

Your clinician will be asking you to notice any body sensations as you 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. Your clinician may ask you a direct questions 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. Your clinician may also use some creative visualization to aid in the resolution of your problem. As you begin ART, you may notice you are becoming calmer - and

that happens even with our 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.

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 hold on them, relief. At the completion of ART treatment, the evidence to date shows that the changes you make will be long-lasting.

WHO IS ACCELERATED RESOLUTION THERAPY FOR?

ART is proven effective in treating Post-Traumatic Stress (PTSD), Depression, Grief, Phobias, Anxiety and Addiction. ART can be used as a form of psychotherapy for children, adolescents and adults.

HOW LONG DOES ACCELERATED RESOLUTION THERAPY TAKE?

Before your first ART session, you will meet for a complimentary 15 minute consultation with your assigned ART Therapist. During this consultation, your therapist will review the ART process with you. You will have the opportunity to share any details or concerns and ask any questions. This also gives clients the opportunity to connect with the therapist, in order to help feel more relaxed during your actual ART session.

After your consultation, you will schedule your ART session. ART sessions generally range from 45-60 minutes depending on the client's need and presentation.

While clients can have a significant resolution of symptoms after one session, some clients require or choose to have additional ART sessions to help process other memories, sensations or issues.

DO ART SESSIONS REPLACE MY CURRENT THERAPIST?

You are encouraged to continue your work with your individual therapist in order to process and enhance the benefits of your ART sessions. If you find that your symptoms have resolved enough to achieve your therapeutic goals, you can discuss decreasing the frequency of your psychotherapy sessions and decide together with your therapist the best course of treatment to maintain gains.

HOW MUCH DOES ACCELERATED RESOLUTION THERAPY COST?

Your initial 15 minute ART Consultation is complimentary. The cost for full ART sessions will be the same rate as your regular individual psychotherapy sessions at our office.

READY TO GET STARTED?

Schedule your consultation by speaking with your individual therapist, texting us at (845) 547-0479 or email [Hello@NourishYourMind.com](mailto>Hello@NourishYourMind.com). We look forward to getting you connected with one of our Certified ART Therapists.