

Accelerated Resolution Therapy (ART)

exposure-based cognitive psychotherapy that fosters rapid recovery by reprogramming how the brain stores traumatic memories and imagery

provides effective relief from the strong physical and emotional reactions

Treatment can be complete with a few as 1-5 sessions for clients suffering from trauma and other mental health problems.

Anxiety, Depression, Phobias, Panic Attacks, OCD, PTSD, Addiction/Substance Abuse, Victimization, Sexual Abuse, Grief and many other mental and physical conditions

using relaxing eye movements and a technique called Voluntary Memory/Image Replacement to change the way in which the negative images are stored in the

The client is always in control of the entire ART session, with the therapist guiding

History of Accelerated Resolution Therapy

Being relatively new, accelerated resolution therapy was federally recognized as an evidence-based treatment model by the National Registry of Evidence-Based Programs and Practices (NREPP) in 2015.

The NREPP found ART to be an effective psychotherapy model in the treatment of:
PTSD
Depression
Stress
Personal resilience

NREPP classified ART to be a promising therapy technique for the symptoms of:
Phobia
Panic
Anxiety
Sleep and wake disorders