

ACCELERATED RESOLUTION THERAPY

KEEP
THE KNOWLEDGE
LOSE
THE PAIN



REPLACE



REWRITE



RESOLVE

A.R.T. allows clients to erase disturbing, painful, or unhelpful images and rewrite their stories through memory reconsolidation, thereby changing their physiological responses to painful memories.

HOW IS ART DIFFERENT?

- Targets images and sensations
- Voluntary image replacement
- Takes healing beyond desensitization to 'positization'
- Process (not content) oriented
- Great opportunity for positive resourcing to help you support them in their continuing work

WHY CLIENTS LOVE ART:

- NO narrative (they don't have to share details)
- NO homework (it all happens in session)
- ACCELERATED & measurable results*
- CAN address "emotional blocks" like survivors guilt
- CLIENT is in control
- EASY and imaginal
- BIG shifts on a physiological level

*suggested 1-5 sessions

AVAILABLE AS ADJUNCT/ADDITIONAL COLLABORATIVE SUPPORT TO HELP YOUR CLIENTS GET UNSTUCK ON ONE OR MORE ISSUES SO YOU CAN CONTINUE TO SUPPORT THEM IN THEIR HEALING JOURNEY.

CALL TO LEARN HOW WE CAN COLLABORATE TO ***HELP YOU HELP YOUR CLIENTS!***

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