

Accelerated Resolution Therapy®

3 Day Training in Basic ART

21.5 CE hours of credit for New York State Licensed
Social Workers, Mental Health Counselors, Psychologists, and Nurses.

ART – “Keep the knowledge, lose the pain”

Expand your clinical knowledge and skills with this effective, evidence-based therapy.

ART combines elements of:

- ✓ Exposure Therapy
- ✓ Gestalt Therapy
- ✓ Cognitive Behavioral Therapy
- ✓ Eye Movement Desensitization and Reprocessing (EMDR)
- ✓ Imagery Re-scripting
- ✓ Guided Imagery
- ✓ Brief Psychodynamic Therapy

ART is more than the sum of its parts.

What makes ART unique?

- Clients do not have to share details if they do not want to.
- Problems often resolve in 2 – 5 sessions.
- Clinicians have a structured procedural framework.
- Less vicarious trauma for clinicians.
- Specific clear interventions for specific problems.
- Interactive and empowering for the client.
- Creative process for clients and clinicians.
- Visual metaphors for problem solving.
- Voluntary Memory Replacement/Voluntary Image Replacement
- Memory Positization

What is ART used to treat?

- Depression
- Posttraumatic Stress Disorder
- Trauma from sexual abuse
- Anxiety
- Phobias
- Addiction
- Obsessive Compulsive Disorder
- Grief
- Physical Challenges
- Interpersonal Problems
- Panic Attacks

Upcoming NY Training Dates & Locations

Schedule for all trainings: Fri 8:30 – 5 pm, Sat & Sun 9 – 5

September 20 - 22
Newburgh

Mandel Counseling
372 Fullerton Ave.
Newburgh, NY 12550

October 18 - 20
Tarrytown

Springhill Suites by Marriott
480 White Plains Road
Tarrytown, NY 10591

November 1 - 3
Newburgh

Mandel Counseling
372 Fullerton Ave.
Newburgh, NY 12550

To register or for more information call **The Rosenzweig Center for Rapid Recovery** at
(407) 298-6786 or (877) 675-7153 or go to www.AcceleratedResolutionTherapy.com



For information about continuing education credit, please see <https://acceleratedresolutiontherapy.com/types-of-training-available/>.