

Accelerated Resolution Therapy[®] (ART)

A brief introduction to rapid
relief from trauma, distress –
and much more!



What is Accelerated Resolution Therapy® (ART)?

- Developed by Laney Rosenzweig, MS, LMFT, in 2008
- A brief, structured form of psychotherapy that helps people process distressing memories and symptoms by changing how those memories are stored in the brain
- Removes triggers by erasing negative images from view and removes negative sensations, while the client retains all the facts
- Combines guided imagery, eye movements, and memory reconsolidation to help clients move from being stuck to finding relief—typically within a few sessions but often in as little as one

KEEP THE KNOWLEDGE, LOSE THE PAIN
Accelerated Resolution Therapy



What are the benefits for ART clients?

Benefits for clients

- Most clients experience significant improvement in **1–5 sessions** — many within one session
- Relief is often **immediate and durable**, even for long-standing trauma
- Clients still remember what happened factually — but **without the distress**; The brain “updates” painful memories to feel safe and positive or neutral.
- No detailed retelling of trauma is required; it is client’s discretion how much they want to share
- ART is safe; Clients remain in control throughout the session and it is designed to **minimize emotional flooding** and keep clients regulated.
- Addresses a wide range of emotional and physical symptoms; Effective for trauma, grief, anxiety, depression, pain, and much more.



Why do our therapists love it?



Why our therapists love it

- Transformative results in fewer sessions so you can see meaningful change right before your eyes
- Clinicians report **significantly lower or even no compassion fatigue** after using ART; no need to hear traumatic details or relive painful stories vicariously
- Watching distress resolve so rapidly and thoroughly is deeply rewarding; many clinicians describe ART sessions as **“the best hours of my week”**
- Evidence based and grounded in the **neuroscience of memory reconsolidation**
- ART is fun! It combines clinical skill with creative visualization — **engages both therapist and client**
- ART therapists describe a strong sense of community, collaboration, and support

How Does ART Work?

During an ART session:

- Client identifies a problem or memory
- Therapist guides client through memory recall with eye movements
- Processing emotional and physical sensations
- Replace negative imagery with positive or neutral imagery
- All steps are supported by the use of bilateral stimulation by way of ART eye movements



Recall a distressing memory or image



Follow therapist directions and engage in eye movements



Replace negative images with new positive or neutral images

The Neuroscience Behind ART

- **Memory consolidation:** when a new memory forms, it's temporarily stored in short-term memory; while it's there, it's malleable and can be altered. It then stabilizes through neural processes into long-term storage.
- **Memory reconsolidation:** over the past 20 years, scientists have discovered that when a memory is recalled, it becomes temporarily unstable again and can be 'edited' or 'updated' before being stored again into long-term memory.
- **How ART leverages this phenomenon:** ART activates memories in that malleable state through eye movements and guided imagery – acting as a form of *scripted memory reconsolidation*



As a result – ART clients are able to modify the memory by removing and replacing negative images. This process doesn't change what originally happened, but it does change your relationship to what happened

What Does ‘Editing’ or ‘Updating’ Memories Mean?

- You create a story for the emotional brain that’s how you wish things happened and are able to retro-actively meet unmet emotional needs
 - E.g. edit a movie to change its’ genre; play bad scenes like dramas or comedies
- The clients brain is completely in control – they can use unlimited creativity and metaphorical dream language to replace negative images with positive ones



How We Believe Eye Movements Work

- We believe eye movements work similarly to what happens during REM sleep, when your eyes naturally dart back and forth and your brain processes the day's events
 - Helps to integrate emotional and cognitive information
 - Reduces the vividness and emotional intensity of traumatic memories, resulting in desensitization
 - Supports memory reconsolidation



What Does the Research Say So Far?

1

Rapid outcomes

Studies have shown that people often feel noticeable relief within **1–5 sessions with as few as just 1 session**—much faster than traditional talk therapy. Results are **strong and lasting** across veterans, first responders, and civilians.

2

Effectiveness in PTSD

ART delivers **powerful, lasting reductions in PTSD symptoms**, helping clients feel calmer, safer, and more in control—even when other therapies haven't worked.

3

Broad symptom impact

Beyond trauma, ART eases **anxiety, depression, and grief**, improving sleep, focus, and overall well-being. Clients often describe feeling “lighter” and more at peace.

4

Sustained / durable effect

Improvements last well beyond treatment. Follow-up studies show enduring relief and a renewed sense of calm months after completing ART.

How Does ART Compare to Other Trauma Therapies?

Feature	ART	EMDR	CBT
Primary Technique	Eye movements + Voluntary Image Replacement	Eye movements + Desensitization	Cognitive restructuring + behavioral techniques
Number of Sessions to Resolution	1–5 sessions for major issues	6–12 sessions typical, but could be months or years	Months to years
Talk About Trauma Details?	Not required	Some description needed	Often detailed discussion
Memory Change	Actively replaces images	Processes memories, no image replacement	Reframes thoughts, no memory image focus
Focus on Body Sensations	Strong focus	Moderate focus	Sometimes, but less primary
Structure	Highly structured, scripted protocol	Somewhat structured but more flexible (free association)	Varies widely based on therapist
Client Control	Client actively directs new imagery	Client observes and processes	Client analyzes thoughts with therapist
Main Goal	Eliminate distress and symptoms quickly and “positization”	Desensitize trauma	Develop coping skills and insight

Where ART is Making a Difference

RCRR has collaborated with ART in many organizations, including:

Some organizations we have collaborated with

- Walter Reed Medical Center
- Tripler Army Hospital
- Fort Belvoir - and about ten other military facilities
- Chillicothe VA Medical Center
- Idaho National Guard
- Betty Ford Clinic
- Yale University
- Connecticut Department of Mental Health (42 trained)
- Canadian Department of Defense
- Eglin Air Force Base
- University of Calgary
- Western New England University
- Walden Behavioral Health (for eating disorders)
- The Connection Counseling Center
- FR Health
- Crosswinds Counseling and Wellness
- Trinity Health
- Mission Health
- Centered Practice
- Faith and Hope Counseling
- New Vista
- First Orlando Counseling Center
- Healthy Thoughts for Growth Counseling, LLC
- New River Wellness Collective
- Banyan Behavioral Health
- Providence Behavioral Health

Mental health retreats using ART

- Warrior Wellness Program
- Warrior Mission at Ease
- Operation Red Wings Foundation
- The Refuge
- First Responder Wellness