

The Rosenzweig Center for Rapid Recovery

***ACCELERATED
RESOLUTION***

Therapy ®

**Rapid Recovery from trauma
and other mental health
problems**

Founder: Laney Rosenzweig, LMFT

MY BACKGROUND:

Wheeler Clinic – since 1990

Crisis Unit

Adult Outpatient

Substance Unit

Drug Education

Employee Assistance Program:

CRITICAL INCIDENT STRESS DEBRIEFINGS

My work involves:

- Bank robbery debriefings
- Grief counseling on site at client companies
- Traumatic accidents at job sites
- Trauma from lay-offs on the job

MY BACKGROUND {Continued}:

Private Practice – Since 1990

- Clients frequently referred to me because they do not want medication for their anxiety or depression; offering eye movement therapy is an alternative.
- Receive referrals from Military One Support to see military personnel for therapy.

WHAT IS ART?

Accelerated Resolution Therapy offers a new and dynamic approach to the treatment of mental health problems. ART integrates eye movements with elements of existing therapeutic modalities such as Gestalt, Psychodynamic, Cognitive Behavioral and guided imagery. When all of these treatment approaches are combined with eye movements in therapy; they create Accelerated Resolution Therapy.

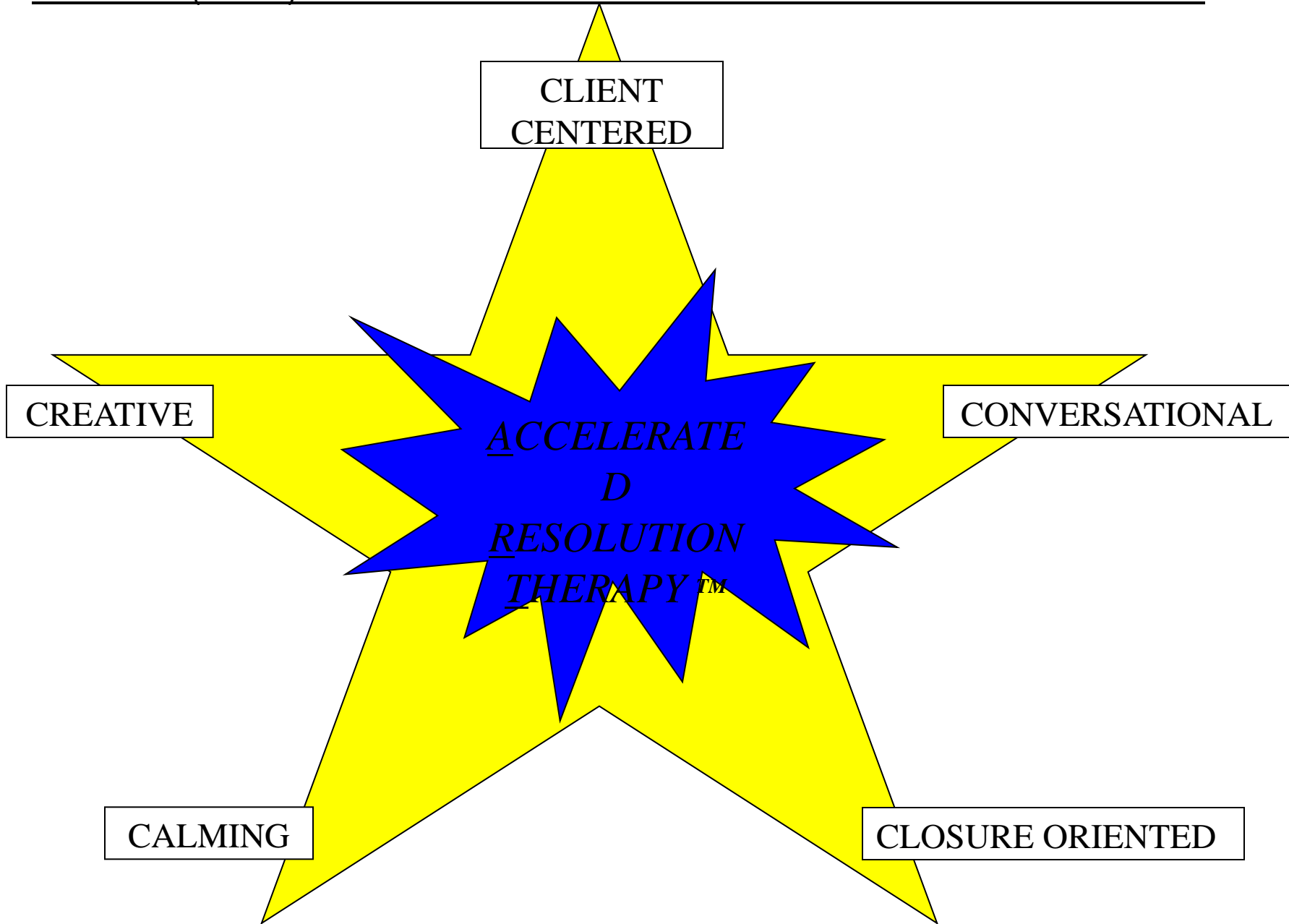
Art is more than the sum of its parts

INTRODUCTION TO ACCELERATED RESOLUTION THERAPY (ART)

WHAT IS EYE MOVEMENT THERAPY?

- Eye movements are used to enhance therapy. They are:
 - Calming
 - Making new connections in the brain
 - Reprogramming the brain to eliminate faulty thinking

THE KEY (OR C) ELEMENTS OF ACCELERATED RESOLUTION THERAPY



CLIENT
CENTERED

CREATIVE

CONVERSATIONAL

*ACCELERATE
D
RESOLUTION
THERAPY™*

CALMING

CLOSURE ORIENTED

WHAT DISTINGUISHES ART FROM OTHER EYE MOVEMENT THERAPIES?

- ART is directive. The clinician will lead the client by using the client's feedback to formulate the next directive. Once the directive is given, the client takes over and goes into their own mind to make the changes they desire. The client is control.
- ART does not require a long existing relationship with a client. The clinician can move forward after assessing the client's stability.
- The ART clinician teaches clients how to use eye movements on their own for symptoms of anxiety, panic attacks and sleep issues. (No more antacids for me - I use it for heartburn)
- ART uses a specific amount of eye movements – its secret formula!

WHAT DISTINGUISHES ART FROM OTHER EYE MOVEMENT THERAPIES?

- ART is conversational. It is similar to a traditional talk therapy session which creates a comfortable atmosphere for the client.
- ART brings out the creative side of both the client and the therapist.
- ART is very quick. Resolution can be accomplished in one eye movement session per problem.
- ART's interventions can lead to a new phenomenon known as the "Voluntary Memory Replacement (VMR)." The VMR is described on the next slide.

VOLUNTARY MEMORY/IMAGE REPLACEMENT (VMR/VIR)

ART's main interventions can facilitate a client in gaining control of their memories.

Client remember the narrative story but lose the negative images – replacing them with whatever they choose

“Keep the memory, lose the pain”

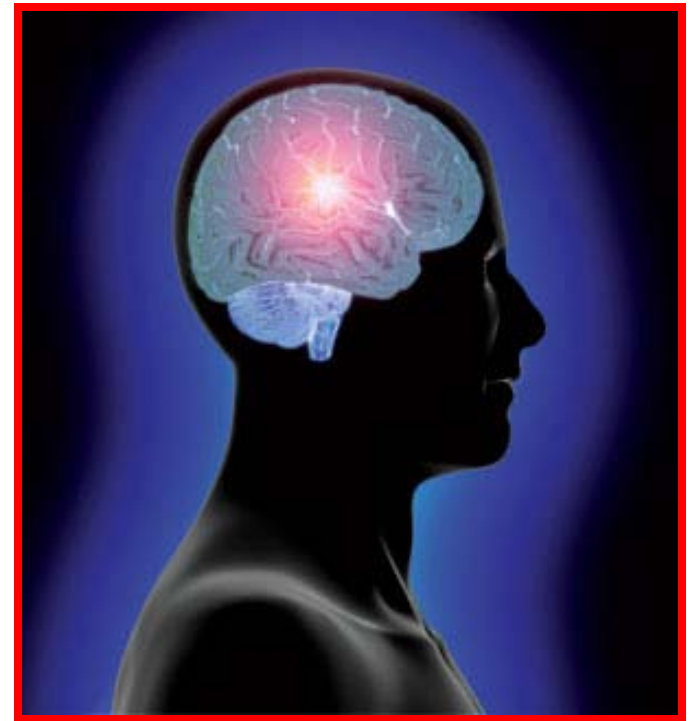
The VMR/VIR can also be used with dreams that are troublesome.

WHY THE VMR/VIR IS NOT THE SAME AS THE INFAMOUS FALSE MEMORY

- Clients know the new memory is not the actual memory
- The relief from using the VMR/VIR can be surprising and instantaneous.
- What you might hear clients say after you've used the interventions resulting in the VMR

EYE MOVEMENT THERAPY IS NOT HYPNOSIS

The brain waves from sessions of Eye Movement Therapy have been studied. They have been observed to be the same as the brain waves that occur during wakefulness. The client feels as alert as they would with a more traditional talk therapy session. The client may leave feeling a “lightness” after relief from their symptoms, however. Clients report the light sensation is pleasant and they leave feeling better than when they came. Brain patterns are changed after eye movement therapy.



ART HAS HAD SUCCESS WITH:

- Panic attacks
- Specific/social phobias
- Anger management
- Depression
- Obsessive Compulsive Disorder (OCD) symptoms including alleviation of rituals
- Obsessive thinking about anything
- Fear of public speaking
- Indecision about career choices
- Changing negative thinking
- Jealously when partners become “detectives”
- Dream resolution
- Alleviating night terrors

ART HAS HAD SUCCESS WITH:

- Sexual abuse issues
- Domestic violence issues
- Procrastination
- Substance abuse
- Post-traumatic stress disorder
- Sleep disturbances
- Workplace problems
- Pain management (medical release required)
- Children's school issues
- Relationship issues
- General problem solving

Physical manifestations can also be processed!

During the eye movement phase physical sensations that may have manifested with the incident that is being processed may be alleviated.

Clients are quite amazed when their physical state can be improved with *ART*. Even at the end of a session, if a client reports they are tired, the eye movements can replenish their energy.



GESTALT THERAPY COMBINED WITH EYE MOVEMENTS

What a perfect match! Although not hypnosis, the client's memories appear to have a deeper sense of reality for the client when eye movements are combined with therapy. This creates an opportunity for the client to access an open window in their mind so they quickly make positive connections and resolve past issues.

GESTALT THERAPY COMBINED WITH EYE MOVEMENTS

- ART allows client to go back in time and “talk” to their “younger self” and others. It is useful for:
 - ✓ Grief work
 - ✓ Retribution
 - ✓ Confrontations
 - ✓ Externalization of fears
 - ✓ Addiction

ART Integration With Other Therapies:

1. Gestalt (Fritz Perls, 1940s)

- Client uses “empty chair” technique to “talk” to someone not present to resolve issues.

2. Psycho-Dynamic

- Focuses on unconscious processes in a person as they manifest in present behavior; examines unresolved conflicts and symptoms.

3. Cognitive-Behavioral Therapy (CBT)

- Examines a client’s belief system, challenging erroneous thinking and replacing it with a more useful perspective.

Δ Thinking → Δ Feelings → Δ Behavior

WHAT IS THE SOCRATIC METHOD OR THE ORACLE?

- The mind's ability to solve its own problems
- The mind's propensity to move to a positive state of health

The Novelty of Eye Movements



UNIVERSITY OF SOUTH FLORIDA STUDY OF ART

A Department of Defense
study has begun to measure
the efficacy of ART for the
treatment of PTSD with
military personnel
and veterans.

Contact Information

Training for ART

- If you are interested in scheduling an ART session, please contact Laney Rosenzweig, LMFT at:
[\(860\) 233-3523](tel:8602333523) or Yenal3523@yahoo.com
- Please visit the ART website at:
AcceleratedResolutionTherapy.com