

- 
1. Organization: Rosenzweig Center for Rapid Recovery, LLC
  2. Contact person: Robin Pickett
  3. Title of program: Basic Accelerated Resolution Therapy (ART) Training
  4. Presenters(s): See training schedule. <http://acceleratedresolutiontherapy.com/types-of-training-available/>
  5. Dates of presentation: See training schedule. <http://acceleratedresolutiontherapy.com/types-of-training-available/>
  6. Program Fees: \$1500.
  7. Continuing Education (CE) credits: 21.5
  8. Registration Policy: If requested, a full or partial refund of any payment will be considered only if stated, in writing, at least 72 hours prior to the start date of the seminar. RCRR reserves the right to access a cancellation fee of \$100. Registrants requesting a transfer of funds to a future training date will be assessed a \$50 transfer fee and be eligible to attend for a period of 6 months from date of original payment. If for any reason, RCRR cancels or reschedules a seminar after receipt of your payment, you may transfer your funds to a future seminar or request a refund and such request will not be unreasonably denied.
  9. Location: See training schedule. <http://acceleratedresolutiontherapy.com/types-of-training-available/>
  10. Target Audience: Social Workers, Psychologists, Mental Health Professionals
  11. The program is Beginning Level training.
  12. Instructional methodology  
( X ) Lecture ( X ) Case Presentation ( X ) Interactive Exercises ( X ) Audio/Visual ( X ) Discussion Groups
  13. Course Description: The Accelerated Resolution Therapy (ART) training program uses a combination of video clips, showing the application of the therapy model, as well as hands-on practice and interactive lectures. The power of eye movements, added to a foundation in several evidenced based therapies, combined with ART's creative therapeutic interventions, results in the effectiveness of ART to treat a multitude of problems. During the three-day Basic ART training, participants will learn how to use ART with clients to reduce the symptoms of anxiety, sexual abuse, grief, obsessive compulsive thinking, PTSD and more. ART is an eye movement brief modality therapy that quickly aids clients in resolving their issues. The eye movements are calming and make new connections with existing information in the brain. This process accelerates resolution of problems as it facilitates the client in making cognitive and behavioral changes.

#### Objectives

After completing the three-day Basic ART training, attendees will be able to:

1. identify and put a client's problem into the ART format which is a problem "scene."
2. select the clients that are appropriate for the ART therapy.
3. explain the difference between the first time through the client's scene, the second time and what happens the third time the client envisions their problem scene.
4. use ART's "Voluntary Image Replacement" to guide a client to erase a negative image in their mind.
5. determine the appropriate script to use whether it is the "Basic" script which is for a past trauma or the "Typical Day" script which they use with an on-going problem.
6. use eye movements with the correct speed, with the correct amount and the correct hand movements.
7. explain why each of the steps in the ART protocol is used.
8. identify and explain what the verbiage of the ART script means
9. move sensations in a client's body using eye movements
10. help a client with a strong emotion to stabilize them and move those sensations.
11. recognize what each ART training covers, Basic, Advanced and Enhanced.

12. appropriately end an ART session and explain to their clients what they might experience after an ART session.

13. Training Schedule

<b>DAY ONE – FOUNDATION AND MECHANICS OF ART</b>		
8:30 am -	9:00 am	Sign in/paperwork
9:00 am -	9:30 am	Group Introductions
9:30 am -	10:00 am	Intro to <b>ART</b> ( <b>ART</b> Developer's Video)
10:00 am -	10:30 am	Review Conceptualization Sheet
<b>10:30 am -</b>	<b>10:40 am</b>	<b>Break</b>
10:40 am -	11:50 am	Show Videos of an <b>ART</b> Session (The Postal Worker)
11:50 am -	12:15 pm	Dr. Kevin Kip's Video – Researching <b>ART</b>
12:15 pm -	12:45 pm	The Memory Hackers
<b>12:45 pm -</b>	<b>1:30 pm</b>	<b>Lunch</b>
1:30 pm -	1:45 pm	Demonstration of Eye Movements
1:45 pm -	3:15 pm	Practicum: Practice Eye Movements in Groups
3:15 pm -	3:30 pm	Emotions Video with Artometer Discussion
<b>3:30 pm -</b>	<b>3:40 pm</b>	<b>Break</b>
3:40 pm -	4:00 pm	Review of Script Notes and Rationale for Wording
4:00 pm -	4:40 pm	Video of Veteran Who Served in Afghanistan
4:40 pm -	5:00 pm	Discussion Scenes, Scene Match, Metaphors and Gestalt (To be continued on Day 2, if needed)

**DAY TWO – PRACTICUM AND CLINICAL APPLICATIONS**

8:30 am -	9:00 am	Sign in
9:00 am -	10:00 am	Show <b>ART</b> Video Session – An <b>ART</b> Clinician’s Video (Alison)
10:00 am -	10:20 am	Addition to Script and Purpose
		Confidence Interventions Reconsolidation Window
<b>10:20 am -</b>	<b>10:30 am</b>	<b>Break</b>
10:30 am -	11:00 am	Handling Strong Emotions Video (Burn Victim)
11:00 am -	12:15 pm	Practicum
<b>12:15 pm -</b>	<b>1:00 pm</b>	<b>Lunch</b>
1:00 pm -	3:30 pm	Complete Practicum
3:30 pm -	4:15 pm	Excerpts Police Video (Skepticism, Disbelief and Amazement)
4:15 pm -	4:30 pm	Eye Movements for Self-Use Script
4:30 pm -	5:00 pm	Q & A

**DAY THREE – BEYOND TRAUMA, CLINICAL, APPLICATION**

8:30 am -	9:00 am	Sign in
9:00 am -	10:00 am	Follow Up Questions and Comments from Day 2 Practicum
10:00 am -	10:30 am	Discussion about Typical Day <b>ART</b> Protocol and Practicum Directions
10:30 am -	11:00 am	Show <b>ART</b> Video of <i>Typical Day</i> – Substance Abuse
<b>11:00 am -</b>	<b>11:10 am</b>	<b>Break</b>
11:10 am -	12:15 pm	Begin Practicum
<b>12:15 pm -</b>	<b>1:00 pm</b>	<b>Lunch</b>
1:00 pm -	3:15 pm	Complete Practicum
3:15 pm -	4:00 pm	Show Video – Client’s Scaffold Falls (if time allows)
4:00 pm -	4:15 pm	Shortening an <b>ART</b> Session when necessary
4:15 pm -	5:00 pm	Q & A / Closing of Training / Final Remarks

**Grievance Policy**

RCRR seeks to ensure equitable treatment of every person and to make every attempt to resolve grievances in a fair manner. Please submit a written grievance to RCRR, 12472 Lake Underhill Road #398, Orlando, FL 32828. Grievances will initially be directed to the training instructor. Grievances would receive, to the best of our ability, corrective action in order to prevent further problems. If you have questions or concerns, contact RCRR at 877-675-7153.

**Accommodations for the Differently Abled**

Training facilities are handicap accessible. Individuals needing special accommodations, please contact Robin Pickett, 877-675-7153.