

Outline

Traumatic Images, Memory and the Brain

How memories are processed and stored
Why is this important in trauma treatment?
How negative images fuel negative sensations
Memory reconsolidation fundamentals
The power of eye movements in healing

How ART Changes Trauma Treatment

Who is ART appropriate for?
Traumatic recall not required
Reduced number of sessions
How ART works - the phases and science
Current research

Metaphor Exercises to Enhance Trauma Therapy

Metaphor as the key to the subconscious
How metaphor can flip the script on the fear of change
How metaphor works with ART
Exercise – create metaphors that rescript trauma

Eye Movement Overview:

Bring Calm and Set the Stage for Successful Treatment

Differences between ART and EMDR
Alleviate negative sensations associated with:

- Anxiety
- Pain and physical discomfort
- Stress

Eye movement application considerations

Questions?
Call customer service
at **800-844-8260**

How ART is Used in Trauma Work: *Replace Negative Trauma Images with Positive Ones*

The client does the healing – the therapist is the guide
Take advantage of the “reconsolidation window”
Reshape painful experiences with Voluntary Image Replacement
Reduce symptomology by combining eye movement and metaphor
Follow up-evaluations

Clinical Considerations, Cautions and Limitations

Research limitations
Safety issues to consider
Working with borderline personality disorder, schizophrenia and dissociative disorders

Where to Go from Here?

Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

11:50-1:00 Lunch (*on your own*)

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

Have a seminar idea? A manuscript to publish?

The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Ryan Bartholomew at rbartholomew@pesi.com or call 715-855-8225.

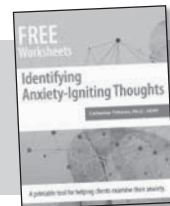
Objectives

1. Analyze how memories are processed and stored and communicate why this is important in treating trauma.
2. Articulate how negative images trigger powerful emotional reactions and physical symptomology in trauma survivors.
3. Determine what kinds of clients ART is appropriate for and understand considerations for using ART in work with clients with dissociation.
4. Characterize how metaphor can be used creatively in treatment to help clients overcome the fear of change.
5. Specify how eye movements can be used with clients to alleviate negative sensations associated with anxiety and stress.
6. Establish the role of the reconsolidation window in reshaping painful experiences of those who have experienced trauma.

FREE Worksheets

Identifying Anxiety-Igniting Thoughts

By Catherine Pittman, Ph.D. HSPP



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Accelerated Resolution Therapy for

TRAUMA:

Rapid Recovery with a New Approach to Rewire Traumatic Images and Memories



Featuring:

Laney Rosenzweig, MS, LMFT

Trauma Expert and Developer of Accelerated Resolution Therapy

KING OF PRUSSIA, PA

Thursday, March 21, 2019

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Accelerated Resolution Therapy for

TRAUMA:

Rapid Recovery with a New Approach to Rewire Traumatic Images and Memories



Featuring:

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Learn how this groundbreaking treatment can:

- Quickly, efficiently and consistently reduce trauma symptomology
- Reshape painful experiences without vicarious trauma and clinician burnout
- Improve outcomes by combining eye movements with a directive approach
- Provide new hope for clients who can't verbalize their traumatic experiences

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Details Inside

Accelerated Resolution Therapy for TRAUMA

Your work with trauma can resolve the pain of past, restore hope and help survivors reclaim their lives.

But treatment can take months or years to conclude, increasing the likelihood of clients discontinuing therapy. And the cognitive focus of many approaches forces clients to relive traumatic experiences, allowing disturbing images to overwhelm them and impede therapeutic progress. The work can be heartbreaking and the stress of sharing in the nightmare can burn you out -- you wish that you could rapidly facilitate healing without making your clients relive the trauma again and again.

Accelerated Resolution Therapy (ART) presents a paradigm shift in the treatment of trauma. ART allows you to efficiently and consistently reduce symptomology and quickly achieve positive treatment outcomes by reprogramming the intrusive traumatic images damaging clients' lives. And it can all be done without requiring them to verbalize the details of their trauma.

Attend this seminar and learn how this creative and flexible protocol combines a directive approach with eye movements to extinguish the traumatic aspects of the disturbing scenes clients can't get out of their heads and replace them with safe and positive new mental associations.

Sign up today and learn how Accelerated Resolution Therapy can renew your passion for this critical work, bring greater healing to clients who struggle to share their traumatic experiences, and empower you to safely bring faster relief to survivors without the pain of reliving the trauma!

Speakers

Laney Rosenzweig, MS, LMFT, is the founder and developer of Accelerated Resolution Therapy (ART). A licensed Marriage and Family Therapist for over 30 years, she has worked with adults, children and families treating trauma, anxiety, stress and a wide range of mental health conditions.

Laney was trained and proficient in multiple treatment modalities, including EMDR. She quickly appreciated the therapeutic value of eye movements but also recognized the need to modify how they are used and integrated with other techniques. She created treatment protocols that are directive, standardized and easy to apply to different conditions. The genesis of ART involved integrating elements from different therapies in a unique and more effective way.

She maintains a private practice in Connecticut, is an on-call trauma specialist for several employee assistant programs and trains mental health professionals in ART. Laney has served on staff at the University of South Florida as an assistant visiting professor where considerable ART research has been conducted.

Thousands of therapists have been trained in ART at seminars conducted in the United States, United Kingdom, Canada, Italy, and Scotland and with the military population at Walter Reed Military Hospital, Fort Belvoir, Fort Benning, Fort Drum, Fort Hood, Fort Lewis and Fort Stewart.

Speaker Disclosures:

Financial: Laney Rosenzweig is the owner of Rosenzweig Center for Rapid Recovery. She receives a royalty from ART International. She receives a speaking honorarium from PESI, Inc.

Non-financial: Laney Rosenzweig has no relevant non-financial relationship to disclose.

Amy Shuman, MSW, LICSW, DCSW, is certified in Accelerated Resolution Therapy and serves as a clinician and lead trainer for Rosenzweig Center for Rapid Recovery. A mental health counselor and trauma specialist at Western New England College, Amy has more than 20 years of professional experience working in clinical, administrative, academic and group social work settings and holds the credential, Diplomate in Clinical Social Work (DCSW), which is highest level of credentialing available through the National Association of Social Workers.

She served as director of an acute residential treatment unit, clinical specialist consultant (assessing children and youth with sexual behavior problems), an intensive case manager for Massachusetts Behavioral Health Partnership and as a college mental health counselor and adjunct instructor.

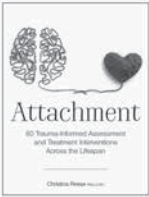
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Financial: Amy Shuman is a clinician and lead trainer for Rosenzweig Center for Rapid Recovery. She receives a speaking honorarium from PESI, Inc.

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Crisis Intervention Specialists • Nurses • Chaplain/Clergy • Psychiatrists • Other Mental Health Professionals

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Attachment

60 Trauma-Informed Assessment and Treatment Interventions Across the Lifespan

By Christina May Reese, LCPC, PHD

Attachment is the way that we connect to each other. Without attachment, people feel alone to deal with challenges they face, which leads to distress, dysfunction and mental health disorders. Improve your client's relationships by teaching them **strategies to feel more connected, reestablish trust, and restore positive emotions.** Dr. Christina Reese, a recognized attachment and trauma professional, has created a comprehensive guide that explains attachment over a lifetime, and offers trauma-informed approaches to treat attachment at any age.

Somatic Psychotherapy Toolbox

125 Worksheets and Exercises to Treat Trauma & Stress

By Manuela Mischke-Reeds, MA, MFT

From over 25 years of clinical experience, Manuela Mischke-Reeds, MA, LMFT, has created the go-to resource for mental health therapists who want to incorporate somatic techniques into their daily practice. Highly-effective for clients dealing with trauma and stress disorders, somatic psychotherapy is the future of healing the entire person-body and mind.

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