Insert your info here



ACCELERATED RESOLUTION THERAPY

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

 Anxiety

Depression

Family Issues

Phobias

Obsessive Compulsive Disorder (OCD)

Post-Traumatic Stress Disorder (PTSD)

Addictions

Performance Anxiety

Victimization/Poor Self Image

Victimization/Sexual Abuse

Relationship Issues/Infidelity

Codependency

Grief

Job Related Stress

Pain Management

Memory Enhancement

“Keep the Knowledge, Lose the Pain”

 “Keep the Knowledge, Lose the Pain”

[www.AcceleratedResolutionTherapy.com](http://www.AcceleratedResolutionTherapy.com)

OR

[www.ARTworksNow.com](http://www.ARTworksNow.com)

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**What’s Clients Say…..**

“I was extremely skeptical of ***ART*** but figured I had nothing to lose.  After *one* session my feelings have changed dramatically.  I am no longer sad, anxious or depressed about the situation that haunted me for months.”

Thank you again, Laney, from the bottom of my heart. I truly feel healed now. ***ART*** is as close to a miracle as I have ever come. I have been suffering with the negative effects of PTSD for 13 years. Within the space of an hour, I have been healed. No more self-pity, depression, and anxiety connected to “my story.” It’s like that movie “Eternal Sunshine of the Spotless Mind” only you are the author of your new story and the painful feelings surrounding a situation have been de-electrified. Life should be lived to the fullest. I feel like a free woman now with new opportunities! Thank you!



This therapy is an earth shaking modality, especially for those of us that cannot tolerate medications and/or do not have insurance or the time to go through hours of “talk therapy”. It has the potential to change the entire mental health field. - *S. Steele*

Accelerated Resolution Therapy (***ART***) is a drug-free, non-hypnosis therapy that transcends modern therapeutic methods by treating adults and children with depression, anxiety, phobias, panic attacks, post-traumatic stress disorder (PTSD), substance abuse, sexual abuse, obsessive compulsive disorder, addictions and many other mental and physical conditions resulting in remarkable benefits starting in as little as one session.

Imagine, if you can, what it feels like to carry a heavy burden for years and then, all of a sudden, be able to let it go – years of carrying the effects of trauma gone during a single session with an ***ART*** therapist. This type of relief may seem unbelievable, but it does happen consistently with the use of Accelerated Resolution Therapy. In ***ART*** we say, “Keep the Knowledge, Lose the Pain.”

***ART*** works to reprogram the way in which distressing images and memories are stored in the brain so that they no longer trigger strong physical and emotional reactions and eliminate negative images while leaving the facts intact.

***ART***uses visualization techniques and attention on how the body is affected by distressing images or memories, enhanced through use of rapid eye movements similar to eye movements during dreaming.

***ART*** works for an amazingly wide range of problems. Our brains are capable of positively modifying unwanted material. Distancing from emotional responses to problems facilitates the opportunity to look at situations objectively. Positive memories are reinforced and new information can be assimilated to rapidly restore one's functioning and health.

