

**Schedule a session with an  
ART therapist today.  
Relief is closer than you  
think.**

# Accelerated Resolution Therapy

KEEP THE KNOWLEDGE,  
LOSE THE PAIN

## **Contact us**

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## What is ART?

Accelerated Resolution Therapy is a technique that helps to restore mental health by changing the way distressing memories and images are stored in the brain. When we recall sad, scary or confusing memories or situations, we experience uncomfortable emotions and feelings in our bodies. If we can change the images, we eliminate the symptoms; it's just that simple.

## Why ART uses eye movements

- Eye movements aid in mind/body integration and learning.
- Eye movements help bring both the rational and emotional sides of the brain together which helps to make new connections in the brain and generate new solutions.
- Eye movements appear to assist the brain in interrupting negative thoughts, images and feelings, resulting in positive changes in behavior.
- Eye movements appear to enhance our ability to make positive changes to memories, and keep us relaxed in the process.

## What can I expect during an ART session?

During your ART session, your therapist will guide your eyes back and forth. This is called bilateral stimulation. It will help to calm your body, and help your brain to access the information or memory it wants to work on. This is called opening the reconsolidation window. You are welcome to share as much or as little about the memory as you want.

Once the brain accesses the memory or information, it has an opportunity to 'update' or 'tweak' the images associated with the memory. This is called voluntary image replacement.

When the memory is fashioned in your brain in a way that is less distressing, the sensations in your body will typically be more comfortable as well. Your brain then files this memory back in your brain in the way that you redirected it. This is called memory reconsolidation.

Your amazing brain does all of these steps naturally every time you recall a memory, so the process of ART is simply guiding your brain to do the work it knows how to do!