Accelerated Resolution Therapy (ART)

TARGET AUDIENCE
This program is for adults who experience distress related to a psychological trauma, including Service members and Veterans.

SUMMARY
Accelerated Resolution Therapy (ART), a brief psycho-therapeutic intervention, is designed to treat psychological trauma and related conditions (e.g., depression, anxiety, substance abuse) through the use of imaginal exposure and imagery re-scripting techniques combined with eye movements.

EVIDENCE
One randomized controlled trial (RCT) with Active Duty Service members and Veterans and one uncontrolled study with civilians have been conducted. Results from the RCT demonstrated that, compared to individuals in an attention control group, individuals in the ART group experienced improvements in Post-Traumatic Stress Disorder (PTSD), depression, cognitive anxiety, psychological distress, trauma-related global guilt and distress, pain, and self-compassion. Results of the uncontrolled study showed treatment effects on PTSD, depression, psychological distress, somatic and cognitive anxiety, sleep quality, trauma-related growth, post-traumatic growth, self-compassion, aggression, and alcohol use. A secondary analysis examining ART’s effect on PTSD for Active Duty Service members/Veterans and civilians found significant reductions in symptomology for both groups with some evidence that civilians experienced slightly greater reductions. A moderation study that examines treatment response among homeless and non-homeless Veterans found comparable effects for both groups.

COMPONENTS
ART intends to alter the way individuals process and store traumatic memories, so the memories cease to evoke acute emotional and physiological responses. This is accomplished through the use of the following components:

- Imaginal Exposure - Involves putting patients in a relaxed state, briefly reactivating their troubling memory, and having them identify and attenuate distressing emotional and physical reactions.
- Imagery Rescripting - Entails having the patients envision the troubling memory, replacing the distressing images with positive ones, and reviewing the memory to see if the original images could still be accessed.
- Eye Movements - Includes having patients move their eyes left to right under the guidance of the clinician during imaginal exposure and imagery rescripting; this occurs in sets with 40 eye movements per set.

Up to three traumatic memories can be processed within a single session. A session is considered a success when patients recount the traumatic memory or memories without experiencing distressing symptoms and indicate only being able to recognize the positive images they used to replace the troubling ones. ART does not use homework exercises or skill practice.

PREVIOUS USE
ART was developed in 2008 and has been used with Active Duty military, Veteran, and civilian populations. Participants have attended this program in several states, including Florida, Maine, Minnesota, and Nevada; however, this program is available for implementation in many other states. For a list of active ART therapists, please visit acceleratedresolutiontherapy.com/web/therapists/
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**TRAINING**

ART can only be delivered by licensed mental health providers who possess at least a master's degree and have attended the required 3-day, off-site basic training. The cost of the basic ART training is $1,500 per person, plus travel expenses, and includes the ART training manual, handouts, and a practicum. After completing the basic training and delivering a specified number of ART sessions, clinicians may attend the 2-day, off-site advanced and 2-day, off-site enhanced trainings. Each of these trainings costs $700 per person, plus travel expenses, and includes workbooks and practicums. For more information or to register for a training, please visit [acceleratedresolutiontherapy.com/web/types-of-training-available/](http://acceleratedresolutiontherapy.com/web/types-of-training-available/).

**CONSIDERATIONS**

Considerations for implementing ART include recruiting and retaining clinicians who are suitably qualified, acquiring funds to pay for training expenses, gaining participant buy-in, and finding space and time for the sessions. The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email [Clearinghouse@psu.edu](mailto:Clearinghouse@psu.edu).

**IMPLEMENTATION**

If you are interested in implementing ART, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email [Clearinghouse@psu.edu](mailto:Clearinghouse@psu.edu).

**TIME**

ART is implemented in one to five sessions, depending on need, over a 2-week period with each session lasting 60 to 75 minutes.

**COST**

Cost information for ART was unavailable. Please contact the developer using the details in the Contact section for information.

**EVALUATION PLAN**

To move ART to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least one year from the beginning of the program or at least six months from program completion. The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email [Clearinghouse@psu.edu](mailto:Clearinghouse@psu.edu).

**CONTACT**

Contact the Clearinghouse with any questions regarding this program. Phone: 1-877-382-9185 Email: [Clearinghouse@psu.edu](mailto:Clearinghouse@psu.edu)

You may also contact Laney Rosenzweig, LMFT, by mail 208 Mohawk Drive, West Hartford, CT 06117, phone 1-860-233-3523, email [Laney@AcceleratedResolutionTherapy.com](mailto:Laney@AcceleratedResolutionTherapy.com), or visit [acceleratedresolutiontherapy.com](http://acceleratedresolutiontherapy.com).

**SOURCE**

[acceleratedresolutiontherapy.com](http://acceleratedresolutiontherapy.com), [nrepp.samhsa.gov/ProgramProfile.aspx?id=7#hide4], Kip et al. (2012), Kip et al. (2013), Kip et al. (2016).