

ACCELERATED RESOLUTION

Therapy®

What it is...

ART is a very focused type of therapy that utilizes back and forth eye movements, somatic experiencing and voluntary image replacement to overcome trauma, PTSD, anxiety, grief, phobias, addiction, OCD, relationship issues and more!

How it works...

Controlled bilateral eye movements stimulate the vagus nerve, creating relaxation while physical sensations are noticed and processed in the present moment.

Distressing images are desensitized and replaced with positive images to reprogram the way the memory is stored in the brain so that they no longer trigger strong physical and/or emotional reactions.

Why try it...

- fast and effective in 1-5 sessions to save money and feel relief sooner
- non-intrusive, as it does not require talking about your problem or memories in detail
- no homework in between sessions
- eliminate “stuck” images from your mind