Accelerated Resolution Therapy

The Art of Rapid Recovery

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What is Accelerated Resolution Therapy?

Art combines bilateral stimulation (using tappers) to create a rhythmic pattern in your brain (think REM sleep) while simultaneously recalibrating your nervous system (flight, flight, freeze, appease) back to baseline through neuroscience approach to distress

Overview:

How Art works

ART incorporates a combination of techniques used in many other traditional psychotherapies. ART works directly to reprogram the way in which distressing memories and images are stored in the brain so that they no longer trigger strong physical and emotional reactions. ART accomplishes this through the use of rapid eye movements similar to eye movements that occur during dreaming. Although techniques similar to these are used in other types of therapies, ART's very specific and directive approach can achieve rapid recovery from symptoms and reactions that may have been present for many years.

What does ART treat?

Anxiety
Depression
Phobias
Panic Attacks
Obsessive-Compulsive Disorder (OCD)
Post Traumatic Stress (PTS)
Addictions/ Substance Abuse
Performance Anxiety
Family Issues
Victimization/Poor Self Image
Victimization/Sexual Abuse
Relationship Issues/Infidelity
Codependency
Grief
Job-Related Stress
Pain Management
Memory Enhancement
Dyslexia Anxiety

Why Do Clients Love Art?

- NO narrative (client does not have to share details)

- NO homework (the goal of the session is 'resolution')

- NO ongoing appointments - ACCELERATED, measurable results

- CAN address 'emotional blocks' like survivor's guilt

- CLIENT centered (client is in control of session)

What do I need to prepare before my first session?

*Bring in a distressing mental health related event (singular) to work on in session

*Discuss options with your process therapist to assist you in coming up with an event (if available)

*Willingness to engage in neuroscience approach to therapy

*Ability to engage in 2-step process thinking (think multi-tasking)

*Be ready for immediate emotional shifts within self

What are tappers?

About TheraTapper™
Device for Alternating Bilateral Stimulation
TheraTapper was founded in 1997 by professional therapists who understand the value of psychotherapeutic protocols such as DNMS, EMDR that utilize stimulation of different human senses. Alternating Bilateral Stimulation (ABS) provides stimulation to alternating sides of the body, thereby activating alternate hemispheres of the brain.
The proven benefits are apparent, but there was a lack of tools to create the needed bilateral stimulation that can be used to aid in therapy treatments. The first TheraTapper was created to automatically perform the Therapists role of manually tapping on a therapy client's hands in an alternating fashion.

TheraTapper

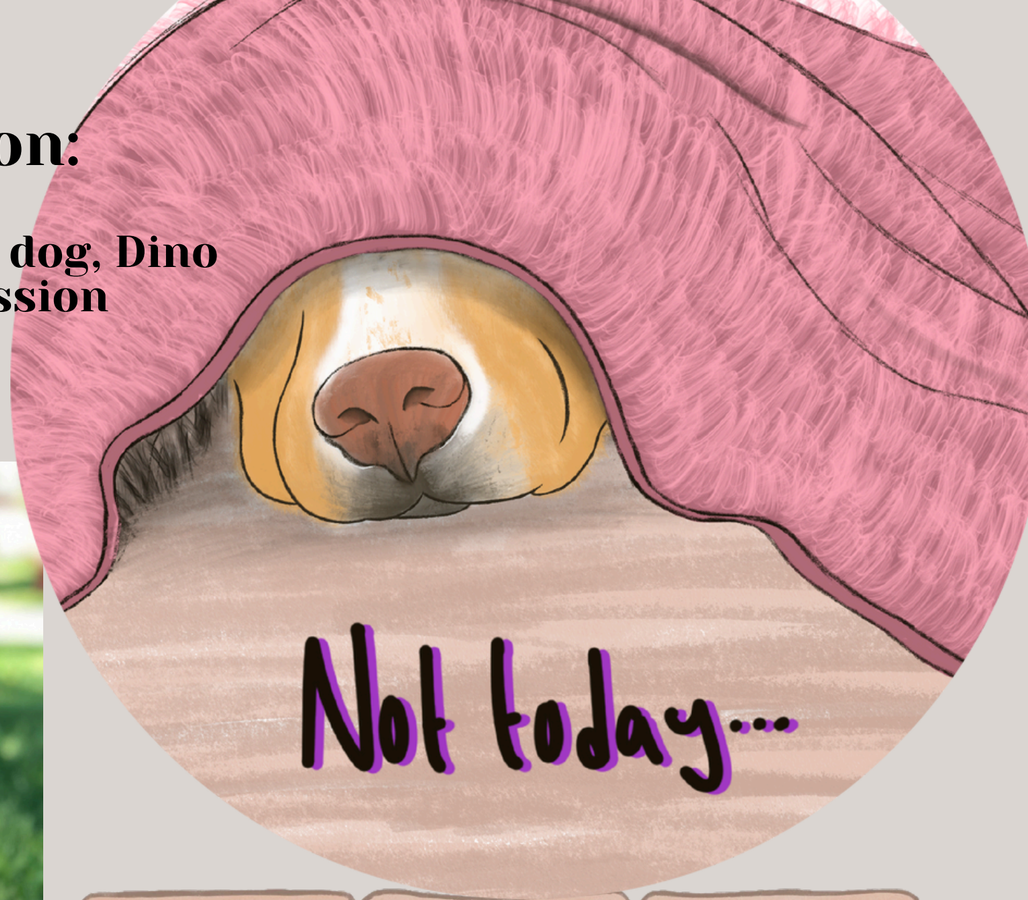
T700 Tactile Controller
2x TheraTapper Pulsers
Pulser Cable & Replacement

How do I schedule with you?

If you are a current RRC client, please discuss with your process therapist and fill out the following link: https://form.jotform.com/212698583082162

If you are self-referring to ART services, please email me first for availability options

jessica@rumrivercounseling.com

Additional information:

Must love dogs!
I work with my certified therapy dog, Dino
He will be present in your session