

ART is Evidence-Based

Investigators from the University of South Florida began studying ART in 2010. Results were published in the peer-review journal *Military Medicine* in December, 2013.



Peer-review publications exist for the effectiveness of ART among both civilians and military personnel, as well as for PTSD, depression, and chronic pain. Additional studies are ongoing: <https://clinicaltrials.gov/ct2/show/NCT03484338?term=Kip&rank=9>

Ongoing Studies of ART:

A Comparison of CPT vs. ART vs. Waitlist; University of Cincinnati (ClinicalTrials.gov: NCT03384706)

ART for Complicated Grief; University of South Florida (ClinicalTrials.gov: NCT03484338)

Neurophysiological Mechanisms of Accelerated Resolution Therapy (ART); University of South Florida

Selected Key ART Publications

Brief treatment of co-occurring post-traumatic stress and depressive symptoms by use of accelerated resolution therapy. *Frontiers in Psychiatry* 2013; 4 (article 11):1-12. doi: 10.3389/fpsy.2013.00011

Randomized controlled trial of accelerated resolution therapy (ART) for symptoms of combat-related post-traumatic stress disorder (PTSD). *Military Medicine* 2013; 178: 1298-1309.

Accelerated Resolution Therapy for treatment of pain secondary to symptoms of combat-related posttraumatic stress disorder. *European Journal of Psychotraumatology* 2014, 5: 24066 – <http://dx.doi.org/10.3402/ejpt.v5.24066>

Comparison of Accelerated Resolution Therapy (ART) for treatment of symptoms of PTSD and sexual trauma between civilian and military adults. *Military Medicine* 2015; 180: 964-971

Evaluation of brief treatment of symptoms of psychological trauma among veterans residing in a homeless shelter by use of Accelerated Resolution Therapy (ART). *Nursing Outlook* 2016;64:411-223.

Practice comparisons between accelerated resolution therapy, eye movement desensitization and reprocessing and cognitive processing therapy with case examples. *Nurse Education Today* 2016; 47:74-80.

Clinical, empirical, and theoretical rationale for selection of Accelerated Resolution Therapy (ART) for treatment of post-traumatic stress disorder in VA and DoD facilities. *Military Medicine* 2018 Apr 4. doi: 10.1093/milmed/usy027.

The emergence of Accelerated Resolution Therapy (ART) for treatment of post-traumatic stress disorder (PTSD): A review and new subgroup analyses. *Counselling and Psychotherapy Research*, 2019;1-13. <https://doi.org/10.1002/capr.12210>

Accelerated Resolution Therapy: A Brief, Emerging Evidence-Based Treatment for PTSD. In Martin C, Preedy V, and Patel VB (eds): *Comprehensive Guide to Post-Traumatic Stress Disorders*. Springer International Publishing, Switzerland, 2016



International Society of Accelerated Resolution Therapy

What is IS-ART?

IS-ART, is the premier professional society which is dedicated to the advancement of the practice and research of Accelerated Resolution Therapy (ART).



Why Join??

- ◆ Monthly phone consultations
- ◆ Find New Clients
- ◆ Quarterly Newsletters
- ◆ Practitioners Social Network
- ◆ Professional Development
- ◆ Training
- ◆ Certification
- ◆ Research Dissemination



International Society of Accelerated Resolution Therapy

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"OUT-OF-THE-BOX"

Broadly, IS-ART and ART aim to fundamentally change how therapy is being routinely practiced.

Benefits of IS-ART Membership

- ◆ Monthly group conference call consultations with Laney.
- ◆ Opportunities to assist with Basic ART Trainings & required to be an ART trainer.
- ◆ Reduced registration rates for the annual IS-ART conference.
- ◆ Access IS-ART member forum Start discussions, ask questions, share news or simply introduce yourself. This is a great way to connect with other mental health professionals to share your interests.
- ◆ Quarterly IS-ART newsletter
- ◆ Post your certification levels in ART, your specialty areas, and have contact information for potential inquiries from clients and other professionals.
- ◆ Remain current in clinical and research developments of ART, and bridge collaborations with colleagues.
- ◆ For students and researchers, membership in IS-ART allows you access to information on current, planned and future research projects.

IS-ART Membership and ART Certifications

Types of Membership

- ◆ **Full Member:** Provides access to all IS-ART benefits and activities.
- ◆ **Student Member:** A reduced rate for students who are interested in the practice and research of ART.

Levels of ART Certifications

- ◆ Basic ART Practitioner
- ◆ Advanced ART Practitioner
- ◆ Master ART Practitioner



How Does ART Work So Quickly In Clinical Practice?

ART incorporates a combination of effective, recognized techniques used in psychotherapies, but in a unique and very specific way.

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.



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



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Laney Rosenzweig, LMFT
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"Keep the Knowledge,
Lose the Pain."

www.ARTworksNow.com