MINDFUL PSYCHOLOGY ASSOCIATES

Accelerated Resolution Therapy: ART

Accelerated Resolution Therapy (ART) now offered at Mindful Psychology Associates as a standalone or adjunct therapy treatment for PTSD, trauma, anxiety, depression, phobias, and more!

ART is an empirically validated trauma therapy where clients recall distressing images/memories paired with bilateral eye movements to resolve the somatic symptoms attached to the memories--thus keeping the content of the memories but removing any negative thoughts, sensations, or feelings. ART is one of the newer somatic therapies (similar to EMDR, brainspotting, and others) using visual cues and grounding in the body.

Clients often experience relief within one to three sessions, although with more long-standing issues more sessions may be needed. Clients have indicated that ART is interesting, creative, and typically leave sessions feeling relaxed. ART can be done in person or via telehealth sessions.

Clients can also do ART concurrently with traditional talk therapy if they desire, and we welcome therapist referrals for adjunct ART for their clients.

ALL MPA THERAPISTS TRAINED IN ART

ART Services Offered:

Standard ART Sessions

- Typically 6 to 8 sessions
- Can be conducted virtually or in person
- Rapid recovery from trauma & other mental health concerns

Collaborative Care with Therapists

- Can be conducted as adjunct therapy treatment

Intensive ART

- Full day session with Founder of MPA who is Advanced trained in ART
- Private pay

If you're interested in scheduling or would like to learn more, contact us at reception@evanstonpsychologists.com or 847-864-0600

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