

ACCELERATED RESOLUTION THERAPY®

Accelerated Resolution Therapy® (ART) is a brief, structured protocol for trauma, anxiety, depression, grief & more

Instead of asking clients to relive their trauma over and over, what if there were an approach that could help them process distressing memories more efficiently—without requiring them to share every detail?

What is Accelerated Resolution Therapy® (ART)?

Accelerated Resolution Therapy uses guided eye movements and visualization to help clients reduce the emotional distress associated with difficult memories by replacing the images that trigger emotional reactivity. The facts of the memory remain intact, but the emotional response changes. Clients do not need to describe their trauma in detail.



ART incorporates therapeutic principles that have been extensively studied in the scientific literature, including imaginal exposure, bilateral eye movements, and imagery-based interventions. The Society of Clinical Psychology (APA Division 12) lists Accelerated Resolution Therapy for posttraumatic stress disorder in its Psychological Treatments Archive, with modest research support under the archived Chambless framework, and has been the subject of numerous peer-reviewed clinical studies. Clinicians at many respected institutions have been trained in ART, including Walter Reed Medical Center, the Betty Ford Center, Yale University School of Nursing, and the Lone Survivor Foundation.

"ART blew me away from the first day I learned it. Nothing has worked as quickly, or as consistently or been as powerful at moving heavy hurt. I've traveled all over the continent to train in this modality and to gain the credentials to train other therapists. It's changed my practice and changed my life"

— Ian Heft, MA, MA(CP), RP

Why clinicians use it

- Many clients see progress within one to five sessions
- No detailed retelling of trauma required
- Clients remain in control throughout
- No homework or extended exposure
- Structured, step-by-step protocol
- Can also help clients who've plateaued in other therapies

Who is ART for?

ART helps with trauma and PTSD, anxiety, panic attacks, depression, grief, phobias, sleep problems, nightmares, OCD, and ADHD. It's also used for relationship conflict, infidelity, codependency, substance use, addiction, performance anxiety, job stress, pain, sexual abuse, victimization, and self-image issues.

Many people see meaningful change in just one session and can recall distressing events without the emotional charge.

BASIC ART TRAINING ONTARIO 2026–2027

3-DAY COURSE | 20 CE CREDIT HOURS | TRAINER: IAN HEFT

[REGISTER NOW](#) →



This program has been approved by the Ontario Psychological Association to offer continuing education for psychologists and psychological associates. This program meets the criteria for **20 continuing education credits**.

Your Trainer

Ian Heft, MA, MA(CP), RP, is a Registered Psychotherapist specializing in addiction and trauma, and is the Owner and Clinical Director of Fundamental Health, a private practice based in Owen Sound, Ontario. He is completing a PhD in Community Psychology at Wilfrid Laurier University. He has been fortunate to train with ART Founder Laney Rosenzweig and learn from the most knowledgeable and talented ART clinicians and trainers, and is excited to offer trainings to clinicians across Ontario.

To learn more about ART visit www.ARTworksnow.com

Sign up for a free introduction session with the founder: Introduction to ART — [Learn What It Is All About](#)