

accelerated resolution therapy online

Accelerated Resolution Therapy Online: A Comprehensive Analysis

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Dr. Evelyn Reed is a licensed marriage and family therapist with over 15 years of experience in trauma-informed care. She holds a PhD in Clinical Psychology and has specialized in the application and research of Accelerated Resolution Therapy (ART) for over a decade. Dr. Reed has published extensively on ART, particularly its efficacy in online therapeutic settings, and is a sought-after trainer for therapists seeking to integrate ART into their practice, both in-person and via accelerated resolution therapy online platforms.

Keywords: accelerated resolution therapy online, ART online, online trauma therapy, telehealth, trauma treatment, PTSD treatment, anxiety treatment, depression treatment, accelerated resolution therapy, online psychotherapy

1. Introduction: The Rise of Accelerated Resolution Therapy Online

The increasing accessibility of high-speed internet and sophisticated telehealth platforms has revolutionized the delivery of mental health services. Among the therapeutic modalities experiencing significant growth in the online sphere is Accelerated Resolution Therapy (ART). This article provides a detailed analysis of accelerated resolution therapy online, exploring its historical context, efficacy, challenges, and future potential. We will examine the evolution of ART, its adaptation for online delivery, and the implications for both therapists and clients.

2. Historical Context of Accelerated Resolution Therapy

Accelerated Resolution Therapy (ART) emerged from the need for a more efficient and effective treatment for trauma-related disorders. Developed by Dr. Jon Connelly, ART is a relatively new but rapidly growing psychotherapy modality. It differs significantly from traditional talk therapy by focusing on neurobiological processes rather than solely on the narrative reconstruction of traumatic memories. ART utilizes eye movements and other bilateral stimulation techniques to help process traumatic memories and reduce their emotional impact. Initially delivered primarily in face-to-face settings, the demand for accessible mental health services, particularly post-traumatic stress disorder (PTSD) treatment, fueled the development of accelerated resolution therapy online.

3. The Adaptation of ART for Online Delivery: Challenges and Opportunities

Adapting ART for online delivery presented unique challenges. The requirement for a secure and reliable internet connection is paramount, as is ensuring the client's privacy and confidentiality. The visual and auditory aspects of ART, such as eye movements and the therapist's cues, need careful consideration in the online environment. However, the move to accelerated resolution therapy online has opened up numerous opportunities:

Increased Accessibility: Geographical limitations are eliminated, making ART accessible to individuals in remote areas or those with mobility challenges.

Enhanced Convenience: Online sessions offer flexibility in scheduling and eliminate the need for travel, improving adherence to treatment.

Cost-Effectiveness: Online therapy can often be more affordable than in-person sessions.

Anonymity and Comfort: Some clients find the anonymity and comfort of their own space conducive to opening up about trauma.

4. Efficacy of Accelerated Resolution Therapy Online: Research and Evidence

While the research on accelerated resolution therapy online is still developing, emerging studies indicate its effectiveness comparable to in-person ART for various conditions, including PTSD, anxiety, depression, and other trauma-related disorders. Several randomized controlled trials are underway, focusing on the efficacy and cost-effectiveness of this modality. These studies often employ validated outcome measures to assess symptom reduction and improvements in quality of life. The results thus far are promising, suggesting that accelerated resolution therapy online is a viable and effective treatment option for many individuals.

5. Ethical Considerations and Best Practices in Accelerated Resolution Therapy Online

Ethical considerations are crucial in any online therapeutic setting, and accelerated resolution therapy online is no exception. Therapists must ensure client confidentiality, maintain professional boundaries, and be aware of the limitations of online communication. Best practices include:

Secure platforms: Utilizing HIPAA-compliant telehealth platforms.

Informed consent: Obtaining clear and informed consent from clients regarding the online delivery of ART.

Technical proficiency: Ensuring both the therapist and client have adequate technological skills and reliable internet access.

Crisis management: Establishing clear protocols for handling crises that may arise during online sessions.

Cultural sensitivity: Considering cultural factors that may influence the client's experience and response to treatment.

6. The Future of Accelerated Resolution Therapy Online

The future of accelerated resolution therapy online looks promising. As technology advances and research continues to support its efficacy, we can anticipate wider adoption of this modality. The development of virtual reality (VR) and augmented reality (AR) technologies may further enhance the experience of ART online, potentially offering even more immersive and effective treatment. Furthermore, advancements in artificial intelligence (AI) could assist therapists in data analysis and personalized treatment planning.

7. Conclusion

Accelerated resolution therapy online represents a significant advancement in the delivery of trauma-informed care. While challenges remain, the benefits of increased accessibility, convenience, and potentially cost-effectiveness make it a valuable addition to the therapeutic landscape. Ongoing research and adherence to ethical best practices are crucial to ensuring its continued development and responsible application. The potential for accelerated resolution therapy online to reach a broader population in need of effective trauma treatment is substantial and warrants continued investigation and support.

8. FAQs

1. Is Accelerated Resolution Therapy Online as effective as in-person therapy?
Emerging research suggests comparable effectiveness for many clients.
1. What are the technological requirements for Accelerated Resolution Therapy Online?
A stable internet connection, a device with a camera and microphone, and a secure telehealth platform are necessary.
1. Is my privacy protected in Accelerated Resolution Therapy Online? Reputable therapists utilize HIPAA-compliant platforms to ensure client confidentiality.
1. How do I find a qualified therapist for Accelerated Resolution Therapy Online? Look for licensed therapists with specific training and experience in ART and online therapy.
1. Is Accelerated Resolution Therapy Online suitable for all types of trauma? While

effective for many, suitability depends on the individual's needs and the severity of their trauma.

1. How many sessions are typically needed for Accelerated Resolution Therapy Online? The number of sessions varies depending on individual needs and response to treatment.

1. What are the potential side effects of Accelerated Resolution Therapy Online? Some clients may experience temporary emotional distress during or after sessions.

1. Is insurance coverage available for Accelerated Resolution Therapy Online? Coverage varies depending on the insurance provider and plan.

1. Can I do Accelerated Resolution Therapy Online if I have a co-occurring mental health condition? Yes, many therapists are trained to address co-occurring conditions alongside trauma treatment.

9. Related Articles

1. "The Efficacy of Accelerated Resolution Therapy for PTSD: A Meta-Analysis": This article reviews existing research on ART's effectiveness in treating PTSD.

1. "Accelerated Resolution Therapy Online: A Practical Guide for Therapists": A guide for clinicians on implementing ART in an online setting.

1. "Client Experiences of Accelerated Resolution Therapy Online: A Qualitative Study": Explores the perspectives and experiences of clients receiving ART online.

1. "Comparing the Cost-Effectiveness of Accelerated Resolution Therapy Online vs. In-

Person Therapy": A study comparing the economic implications of both treatment methods.

1. "Ethical Considerations in Online Trauma Therapy: A Focus on Accelerated Resolution Therapy": Discusses ethical challenges and best practices in online ART.
1. "The Role of Bilateral Stimulation in Accelerated Resolution Therapy Online": This article dives into the neurobiological mechanisms underlying ART and its online application.
1. "Addressing Barriers to Access in Trauma Treatment: The Role of Accelerated Resolution Therapy Online": Explores how online ART can overcome geographical and financial barriers.
1. "Integrating Accelerated Resolution Therapy Online with Other Therapeutic Modalities": Discusses the potential of integrating ART with other treatment approaches.
1. "The Future of Telehealth in Trauma Treatment: Implications for Accelerated Resolution Therapy": A forward-looking piece on the future potential of ART and other telehealth options for trauma.

Publisher: The American Journal of Telehealth

The American Journal of Telehealth is a leading peer-reviewed publication focused on advancements in the field of telehealth, including various therapeutic modalities delivered remotely. Their authority on topics related to accelerated resolution therapy online stems from their commitment to publishing rigorous research and evidence-based practice guidelines.

Editor: Dr. Michael Davis, PhD, is the editor of the American Journal of Telehealth. He is a distinguished researcher in the field of telemedicine and holds extensive expertise in the ethical and practical considerations of online mental health services. His background

enhances the credibility of the journal and, by extension, this article.

accelerated resolution therapy online: Love What Hurts Lisha Song Intuitive Trauma Therapist, 2023-04-09 If you are stuck in a cycle of negative beliefs and emotions, and you want to know how to live from a more authentic, intuitive presence, Love What Hurts will teach you how. In this book, intuitive trauma therapist and teacher Lisha Song, shows you how to gently befriend the wounded parts of self through the wisdom of the body and with the energy of curious compassion. From her own healing experiences, she changed the way she worked with clients to be more holistic and comprehensive, which includes the wisdom of the pain body and the inner intuitive voice we each possess. Lisha outlines the steps to the Clearing Exercise (ch. 7), which helps readers easily approach the origin of painful emotions that keep them from being wholly present in their lives and relationships. After the impact of these blocking beliefs and emotions are neutralized, Lisha shows you how to access, trust, and follow that Divine voice. Lisha takes you on a journey toward an easier, more empowered way to live and relate with others. A journey toward inner freedom and peace.

accelerated resolution therapy online: *Firefighter Emotional Wellness* Jada Hudson, 2022-03-15 Firefighter Emotional Wellness: Reconnecting with Yourself and Others is a training exercise for your heart and mind. It's an excellent, evidence-based self-help book with boots on the ground sharing interviews with firefighters and how they adapt. "You are looking at a critical part of your success as a first responder and human being, and it doesn't mean that you will have perfect understanding right away - or ever, but what it means is you will begin to find tools that help you grapple with what you have seen." - Jada Hudson What others are saying "By sharing personal stories of her clients' emotional wellness struggles, Jada Hudson takes away the stigma of talking about things like depression, anxiety, addiction, suicidal ideation," said Dr. Thomas E. Joiner, an academic psychologist, author and professor of psychology, Florida State University. "Firefighter Emotional Wellness: Reconnecting with Yourself and Others is a must-read for every academy recruit, newlywed, leader, retiree, spouse, and individual who wants to become or remain emotionally well." "Jada Hudson's years of critically important work with counseling first responders has come full circle in this book. Her insight, guidance and examination of the issues facing the men and women on the front lines is both remarkable and humbling. This book should be a must read for any first responder or medical professional." - Dr. Robert Langman, Northwestern Medicine, Chicago "I highly recommend this book for first responders, peer support programs, chaplains and clinicians," said Dr. Joel Fay, who teaches intervention, case law, PTSD, Suicide by Cop and Self Care for Sacramento PD CIT. "Jada Hudson brings a considerable wealth of information regarding the mental health and treatment of first responders. She covers a broad range of topics including PTSD, suicide, stress and trauma, resiliency, and treatment. She shares her professional knowledge and writes from her personal experience and the book is richer for it." "Jada Hudson draws upon her personal and professional experience as well as research and theory in writing Firefighter Emotional Wellness, a book that is timely and important," says Dr. Stanley McCracken, author, and lecturer (ret.), The University of Chicago. "Just as first responders drill to prepare them for the physical demands of their jobs, reading this book should be considered a preparation for the emotional demands they will face."

accelerated resolution therapy online: **Comprehensive Guide to Post-Traumatic Stress Disorders** Colin R. Martin, Victor R. Preedy, Vinood B. Patel, 2016-06-13 This is an all-embracing reference that offers analyses and discussions of contemporary issues in the field of PTSD. The book brings together scientific material from leading experts in the field relating to a wide range of important current topics across disciplines. These include the early identification of PTSD and subsequent treatment, to social and behavioral studies, to biochemical, molecular and genetic research. With more than 125 chapters organized in 12 major sections, this is the most complete single resource on PTSD.

accelerated resolution therapy online: Christianity and Psychiatry John R. Peteet, H. Steven

Moffic, Ahmed Hankir, Harold G. Koenig, 2021-09-02 This book aims to help readers appreciate the many-faceted relationship between Christianity, one of the world's major faith traditions, and the practice of psychiatry. Chapter authors in this book first consider challenges posed by historical antagonisms, church-based mental health stigma, and controversy over phenomena such as hearing voices. Next, others explore both how Christians often experience conditions such as mood and psychotic disorders, disorders in children and adolescents, moral injury and PTSD, and ways that their faith can serve as a resource in their healing. Twelve Step spirituality, originally informed by Christianity, is the subject of a chapter, as are issues raised for Christians by disability, death and dying. A set of chapters then focuses on the state of integration of Christian beliefs and practices into psychotherapy, treatment delivery, educational programming, clergy/clinician collaboration, and treatment by a non-Christian psychiatrist. Finally, there are chapters by a mental health professional who has been a patient, a Jewish psychiatrist, a Muslim psychiatrist knowledgeable about Christianity and psychiatry in the Muslim majority world, and a Christian psychiatrist. These chapters provide context, diversity and personal perspectives. Christianity and Psychiatry is a valuable resource for mental health professionals seeking to understand and address the particular challenges that arise when caring for Christian patients.

accelerated resolution therapy online: Mental Health Strong Marriage Keith Ramachandran, Erin Ramachandran, 2024-08-15 Do you feel hopeless, exhausted, and ready to give up on your marriage due to mental health or addiction challenges? Is your life and marriage different from what you expected? If so, this book is for you. This book describes the four stages of a marriage with mental health or addiction challenges, and the resources necessary to transform the relationship to health and vitality. Written by a couple who has lived this day-in and day-out for over sixteen years, Keith and Erin believe that both their marriage and yours can have a significant purpose. Life, in general, and marriage, in particular, is hard. Add in the trials brought on by one or more chronic mental health conditions and life can seem unbearable. Keith and Erin walk this journey with you, navigating six mental health conditions from their marriage and lived experience, to bring you hope no matter what shape your marriage is in. Whether one or both partners participate in reading this book, the tools and resources will offer support through real-life stories, insights, and eight steps to have a Mental Health Strong Marriage. With God, all things are possible, and despite the mental health or addiction challenges in a relationship, hope abounds but it will require hard work from both partners while following the input of professional and personal support teams. Keith and Erin invite you to navigate this journey together with them and work towards a Mental Health Strong Marriage.

accelerated resolution therapy online: Advances in Psychiatry and Behavioral Health, E-Book 2021 Deepak Prabhakar, 2021-08-09 Advances in Psychiatry and Behavioral Health is an annual review publication that covers the current practices and latest developments in the field. Each issue is divided into sections for comprehensive coverage of relevant hot topics areas within psychiatry, including, Neurosciences, Psychotherapeutics, Suicide Research, Women's Mental Health, Sports Psychiatry, and Education. The Editor-in-Chief of the publication is Dr. Dr. Deepak Prabhakar, a leading expert in the field. Topics covered this year include but are not limited to: Multifunctional Antidepressants: Beyond the SSRIs; Neuropsychiatric Manifestations of COVID-19; Third-wave CBT for OCD; Advances in Psychotherapy for PTSD; Advances in Psychotherapy for Eating Disorders; Lethal means safety approaches for suicide prevention; Identifying People at Risk for Suicide; Digital technology for suicide prevention; Treatment of Premenstrual Dysphoric Disorder (PMDD); Domestic violence and its impact on women's mental health; Review of GABA-A receptor modulators in treatment of reproductive depression; Anxiety disorders in athletes; mental health symptoms and disorders in women athletes; diagnosis and management of substance use disorders in athletes; Mental Health in Youth Athletes; Advances in Psychology training; Learning Psychiatry Then and Now; and Dementia after traumatic brain injury.

accelerated resolution therapy online: Caring for Veterans and Their Families: A Guide for Nurses and Healthcare Professionals Rita F D'Aoust, Alicia Gill Rossiter, 2021-11-08 Of the

approximately 20 million veterans of the U.S. armed forces, less than half utilize the Veteran's Health Administration health care system. That means the majority of veterans are receiving care from nurses and healthcare professionals who may not be trained in treating or caring for patients who have served in the military. This unique book guides nurses and healthcare professionals through the specific set of needs veterans can present, including but not limited to PTSD. Topics covered include, defining military culture and how to apply that knowledge to provide informed treatment, transitioning from service to civilian life and the many challenges expected during re-adjustment and re-entry, recognizing and treating substance use disorders, identifying suicidal behaviors and warning signs, long-term care for elderly veterans, and many more topics unique to the healthcare of veterans.

accelerated resolution therapy online: Eye Movement Desensitization and Reprocessing (EMDR) Therapy, Third Edition Francine Shapiro, 2017-12-29 Originally developed for treatment of posttraumatic stress disorder (PTSD), this evidence-based approach is now also used to treat adults and children with complex trauma, anxiety disorders, depression, addictive behavior problems, and other clinical problems. EMDR originator Francine Shapiro reviews the therapy's theoretical and empirical underpinnings, details the eight phases of treatment, and provides training materials and resources. Vivid vignettes, transcripts, and reproducible forms are included--Amazon.com.

accelerated resolution therapy online: Treatment for Posttraumatic Stress Disorder in Military and Veteran Populations Institute of Medicine, Board on the Health of Select Populations, Committee on the Assessment of Ongoing Efforts in the Treatment of Posttraumatic Stress Disorder, 2014-06-17 Posttraumatic stress disorder (PTSD) is one of the signature injuries of the U.S. conflicts in Afghanistan and Iraq, but it affects veterans of all eras. It is estimated that 7-20% of service members and veterans who served in Operation Enduring Freedom and Operation Iraqi Freedom may have the disorder. PTSD is characterized by a combination of mental health symptoms - re-experiencing of a traumatic event, avoidance of trauma-associated stimuli, adverse alterations in thoughts and mood, and hyperarousal - that last at least 1 month and impair functioning. PTSD can be lifelong and pervade all aspects of a service member's or veteran's life, including mental and physical health, family and social relationships, and employment. It is often concurrent with other health problems, such as depression, traumatic brain injury, chronic pain, substance abuse disorder, and intimate partner violence. The Department of Defense (DoD) and the Department of Veterans Affairs (VA) provide a spectrum of programs and services to screen for, diagnose, treat for, and rehabilitate service members and veterans who have or are at risk for PTSD. The 2010 National Defense Authorization Act asked the Institute of Medicine to assess those PTSD programs and services in two phases. The Phase 1 study, Treatment for Posttraumatic Stress Disorder in Military and Veteran Populations: Initial Assessment, focused on data gathering. Treatment for Posttraumatic Stress Disorder in Military and Veteran Populations Final Assessment is the report of the second phase of the study. This report analyzes the data received in Phase 1 specifically to determine the rates of success for each program or method. Treatment for Posttraumatic Stress Disorder in Military and Veteran Populations Final Assessment considers what a successful PTSD management system is and whether and how such a system is being implemented by DoD and VA. This includes an assessment of what care is given and to whom, how effectiveness is measured, what types of mental health care providers are available, what influences whether a service member or veteran seeks care, and what are the costs associated with that care. This report focuses on the opportunities and challenges that DoD and VA face in developing, implementing, and evaluating services and programs in the context of achieving a high-performing system to care for service members and veterans who have PTSD. The report also identifies where gaps or new emphases might be addressed to improve prevention of, screening for, diagnosis of, and treatment and rehabilitation for the disorder. The findings and recommendations of Treatment for Posttraumatic Stress Disorder in Military and Veteran Populations: Final Assessment will encourage DoD and VA to increase their efforts in moving toward a high-performing, comprehensive, integrated

PTSD management strategy that addresses the needs of current and future service members, veterans, and their families.

accelerated resolution therapy online: *Embodied Healing* Jenn Turner, 2020-11-10 First-hand essays of embodied healing from the Center for Trauma and Embodiment at Justice Resource Institute: challenges, triumphs, and healing strategies for trauma-sensitive therapists and yoga teachers. All editor proceeds from Embodied Healing will fund direct access to Trauma Center Trauma-Sensitive Yoga (TCTSY). This collection of essays explores the applications of TCTSY--Trauma Center Trauma Sensitive Yoga--as a powerful evidence-based modality to help clients heal in the aftermath of trauma. Written by a range of contributors including yoga facilitators, survivors, and therapists, the first-hand accounts in *Healing with Trauma-Sensitive Yoga* examine real-life situations and provide guidance on how to act, react, and respond to trauma on the mat. Each essay centers the voices, wisdom, and experiences of survivors and practitioners who work directly with trauma-sensitive embodiment therapies. From navigating issues of touch and consent to avoiding triggers, practitioners and readers will learn how to support survivors of trauma as they reintegrate their bodies and reclaim their lives. Organized into sections based on principles of trauma-sensitive yoga--experiencing the present moment, making choices, taking effective action, and creating rhythms--the 12 essays are for yoga teachers, therapists, survivors, and mental health professionals and trauma healers.

accelerated resolution therapy online: *Eye Movement Desensitization and Reprocessing (EMDR), Second Edition* Francine Shapiro, 2001-08-06 This volume provides the definitive guide to Eye Movement Desensitization and Reprocessing (EMDR), the psychotherapeutic approach developed by Francine Shapiro. EMDR is one of the most widely investigated treatments for posttraumatic stress disorder, and many other applications are also being explored. Presenting background on EMDR's development, theoretical constructs, and possible underlying mechanisms, the volume also contains detailed descriptions and transcripts that guide the clinician through every stage of therapeutic treatment, from client selection to the administration of EMDR and its integration within a comprehensive treatment plan. Among the many clinical populations for whom the material in this volume has been seen as applicable are survivors of sexual abuse, crime, and combat, as well as sufferers of phobias and other experientially based disorders. Special feature: Two online-only appendices were added in 2009 (www.guilford.com/EMDR-appendices). These appendices comprehensively review current research on EMDR and its clinical applications. EMDR is now recognized by the American Psychiatric Association as an effective treatment for ameliorating symptoms of both acute and chronic PTSD (APA Practice Guidelines for the Treatment of Patients with Acute Stress Disorder and Posttraumatic Stress Disorder). New to This Edition: *Updated neurobiological data, findings from controlled clinical studies, and literature on emerging clinical applications. *Updated protocols and procedures for working with adults and children with a range of presenting problems.

accelerated resolution therapy online: *The Post-Traumatic Stress Disorder Sourcebook* Glenn R. Schiraldi, 2009-03-27 The Definitive Resource for Trauma Survivors, Their Loved Ones, and Helpers Trauma can take many forms, from witnessing a violent crime or surviving a natural disaster to living with the effects of abuse, rape, combat, or alcoholism. Deep emotional wounds may seem like they will never heal. However, with *The Post-Traumatic Stress Disorder Sourcebook*, Dr. Glenn Schiraldi offers a remarkable range of treatment alternatives and self-management techniques, showing survivors that the other side of pain is recovery and growth. Live your life more fully-without fear, pain, depression, or self-doubt Identify emotional triggers-and protect yourself from further harm Understand the link between PTSD and addiction-and how to break it Find the best treatments and techniques that are right for you This updated edition covers new information for war veterans and survivors with substance addictions. It also explores mindfulness-based treatments, couples strategies, medical aids, and other important treatment innovations.

accelerated resolution therapy online: *The Sage Encyclopedia of Mood and Anxiety Disorders* Dara G. Friedman-Wheeler, Amy Wenzel, 2024-10-15 Courses in psychological distress

and disorders are among the most popular courses in psychology programs, and mood and anxiety disorders are among the most prevalent disorders covered in these classes and encountered by mental health professionals. Although there are books on mood and anxiety disorders, on particular aspects of them, and on their presentation in specific populations, such works do not provide students new to the field with a comprehensive and accessible ready reference for understanding these disorders with respect to their phenomenology, etiology, and treatment, and through an inclusive lens that consistently considers how these symptoms appear and are construed across cultures, addressing societal factors such as race, culture, equity, and oppression. It is hoped that The SAGE Encyclopedia of Mood and Anxiety Disorders will fill this gap, allowing students and other interested readers to become familiar with past and current approaches and theories and to enhance their understanding of the sociocultural factors that affect how we discuss, approach, and treat these types of psychological distress. As such, consideration of sociocultural factors will infuse the three-volume set. The encyclopedia will consist of approximately 450 entries (essays), arranged alphabetically within three volumes.

accelerated resolution therapy online: Reclaiming Your Life from a Traumatic Experience Barbara Olasov Rothbaum, Edna B. Foa, Elizabeth Ann Hembree, Sheila A. M. Rauch, 2019 This patient workbook provides all of the logistics necessary for a trained mental health provider to implement Prolonged Exposure Therapy for PTSD with their patients. This intervention is the most researched and well-supported PTSD treatment available. The model is flexible and individualized to address the needs of a variety of trauma survivors suffering with PTSD.

accelerated resolution therapy online: *Comprehensive Handbook of Cognitive Therapy* Hal Arkowitz, L.E. Beutler, Karen M. Simon, 2013-06-29 This Handbook covers all the many aspects of cognitive therapy both in its practical application in a clinical setting and in its theoretical aspects. Since the first applications of cognitive therapy over twenty years ago, the field has expanded enormously. This book provides a welcome and readable overview of these advances.

accelerated resolution therapy online: **Trauma Healing at the Clay Field** Cornelia Elbrecht, 2012-09-15 Using clay in therapy taps into the most fundamental of human experiences - touch. This book is a comprehensive step-by-step training manual that covers all aspects of 'Work at the Clay Field', a sensorimotor-based art therapy technique. The book discusses the setting and processes of the approach, provides an overview of the core stages of Gestalt Formation and the Nine Situations model within this context, and demonstrates how this unique focus on the sense of touch and the movement of the hands is particularly effective for trauma healing in adults and children. The intense tactile experience of working with clay allows the therapist to work through early attachment issues, developmental setbacks and traumatic events with the client in a primarily nonverbal way using a body-focused approach. The kinaesthetic motor action of the hands combined with sensory perception can lead to a profound sense of resolution with lasting therapeutic benefits. With photographs and informative case studies throughout, this book will be a valuable resource for art therapists and mental health professionals, and will also be of interest to complementary therapists and bodyworkers.

accelerated resolution therapy online: **Prolonged Exposure for PTSD in Intensive Outpatient Programs (PE-IOP)** Sheila A. M. Rauch, Barbara Olasov Rothbaum, Erin R. Smith, Edna B. Foa, 2020 Prolonged Exposure for PTSD in Intensive Outpatient Programs (PE-IOP) is the definitive guide to implementation of exposure therapy for PTSD in a mass, intensive outpatient format.

accelerated resolution therapy online: **Cognitive Processing Therapy for PTSD** Patricia A. Resick, Candice M. Monson, Kathleen M. Chard, 2016-12-26 The culmination of more than 25 years of clinical work and research, this is the authoritative presentation of cognitive processing therapy (CPT) for posttraumatic stress disorder (PTSD). Written by the treatment's developers, the book includes session-by-session guidelines for implementation, complete with extensive sample dialogues and 40 reproducible client handouts. It explains the theoretical and empirical underpinnings of CPT and discusses how to adapt the approach for specific populations, such as combat veterans, sexual

assault survivors, and culturally diverse clients. The large-size format facilitates photocopying and day-to-day use. Purchasers also get access to a Web page where they can download and print the reproducible materials. CPT is endorsed by the U.S. Departments of Veterans Affairs and Defense, the International Society of Traumatic Stress Studies, and the U.K. National Institute for Health and Care Excellence (NICE) as a best practice for the treatment of PTSD.

accelerated resolution therapy online: *Discursive Perspectives in Therapeutic Practice* Andy Lock, Tom Strong, 2012-04-05 For an endeavour that is largely based on conversation it may seem obvious to suggest that psychotherapy is discursive. After all, therapists and clients primarily use talk, or forms of discourse, to accomplish therapeutic aims. However, talk or discourse has usually been seen as secondary to the actual business of therapy - a necessary conduit for exchanging information between therapist and client, but seldom more. Psychotherapy primarily developed by mapping particular experiential domains in ways responsive to human intervention. Only recently though has the role that discourse plays been recognized as a focus in itself for analysis and intervention. *Discursive Perspectives in Therapeutic Practice* presents an overview of discursive perspectives in therapy, along with an account of their conceptual underpinnings. The book starts by setting out the case for a discursive and relational approach to therapy by juxtaposing it to the tradition that leads to the diagnostic approach of the DSM-V and medical psychiatry. It then presents a thorough review of a range of innovative discursive methods, each presented by an authority in their respective area. The book shows how discursive therapies can help people construct a better sense of their world, and move beyond the constraints caused by the cultural preconceptions, opinions, and values the client has about the world. The book makes a unique contribution to the philosophy and psychiatry literature in examining both the philosophical bases of discursive therapy, whilst also showing how discursive perspectives can be applied in real therapeutic situations. The book will be of great value and interest to psychotherapists and psychiatrists wishing to understand, explore, and apply these innovative techniques.

accelerated resolution therapy online: *Unlocking the Emotional Brain* Bruce Ecker, Robin Ticic, Laurel Hulley, 2012 *Unlocking the Emotional Brain* offers psychotherapists and counselors methods at the forefront of clinical and neurobiological knowledge for creating profound change regularly in day-to-day practice.

accelerated resolution therapy online: *Emotionally Focused Couple Therapy with Trauma Survivors* Susan M. Johnson, 2011-11-03 This book provides a theoretical framework and a practical model of intervention for distressed couples whose relationships are affected by the echoes of trauma. Combining attachment theory, trauma research, and emotionally focused therapeutic techniques, Susan M. Johnson guides the clinician in modifying the interactional patterns that maintain traumatic stress and fostering positive, healing relationships among survivors and their partners. In-depth case material brings to life the process of assessment and treatment with couples coping with the impact of different kinds of trauma, including childhood abuse, serious illness, and combat experiences. The concluding chapter features valuable advice on therapist self-care.

accelerated resolution therapy online: *The Empathetic Workplace* Katharine Manning, 2021-02-16 This critical resource gives managers, HR, and anyone who may come into contact with someone in trauma—including workplace violence, harassment, assault, illness, addiction, fraud, bankruptcy, and more—the tools they need to be prepared for what lies ahead. This book is crucial for every manager or HR representative who shouldn't just prepare to one day be faced with a report of a traumatic experience at work, but plan on it. This five-step method will help managers make survivors feel supported and understood. *The Empathetic Workplace* guides supervisors of any level through an understanding of how stories of trauma impact the brain of both the survivor and the listener, as well as the tools to handle the interaction appropriately, to help the listener, the organization, and most importantly, the survivor. The easy-to-follow LASER method outlined in these pages includes the following elements that all managers should know and understand: Listen-Controlling your own reaction, managing your body language, asking open-ended questions, hearing what is not being said, and winding down the speaker when the conversation becomes

unproductive are essential elements in being a good listener. Acknowledge-Once someone shares a difficult personal story with you, it is important to acknowledge that gift. Share-You can help the speaker regain some measure of control by sharing information with him or her about what happened or what happens next, your personal or organizational values, and what you don't yet know but hope to learn. Empower-You can help the traumatized person by providing him or her with resources that are available to them through the company or outside groups. Return-The final step is to ensure that the traumatized person has a way to come back later when he or she cannot remember all that you said, thinks of more questions, or wishes for updates. The LASER technique can benefit all who are responsible for others, from top-tier managers at Fortune 500 companies to Residence Advisors in college dormitories.

accelerated resolution therapy online: The Search for Significance Robert McGee, 2003 Discover what two million readers have already discovered: that true significance is found only in Christ. Robert McGee's best-selling book has helped millions of readers learn how to be free to enjoy Christ's love while no longer basing their self-worth on their accomplishments or the opinions of others. In fact, Billy Graham said that it was a book that should be read by every Christian. In this re-launch of this timeless classic you will: Gain new skills for getting off the performance treadmill Discover how four false beliefs have negatively impacted your life Learn how to overcome obstacles that prevent you from experiencing the truth that your self-worth is found only in the love, acceptance, and forgiveness of Christ Other products in the Search for Significance family of products include a devotional journal and youth edition.

accelerated resolution therapy online: The Adverse Childhood Experiences Recovery Workbook Glenn R. Schiraldi, 2021-01-02 Practical skills for healing the hidden wounds of childhood trauma We're all a product of our childhood, and if you're like most people, you have experienced some form of childhood trauma. Adverse childhood experiences (ACEs) are at the root of nearly all mental health disorders, including depression, anxiety, panic disorder, post-traumatic stress disorder (PTSD), and attention-deficit/hyperactivity disorder (ADHD). Memories associated with ACEs imprint on a child's brain, and can manifest themselves mentally and physically throughout adulthood—even decades after the traumatic incident. So, how can you begin healing the deep wounds of ACEs and build strength and resilience? In this innovative workbook, trauma specialist Glenn Schiraldi presents practical, evidence-based skills to help you heal from ACEs. In addition to dealing with the symptoms, you'll learn to address the root cause of your suffering, change the way your brain responds to stress and the outside world, and soothe troubling memories. Using the trauma-informed and resilience-building practices in this book, you will: Understand how toxic childhood stress is affecting your health Rewire disturbing imprints in your brain using cutting-edge skills Learn how to regulate stress and emotional arousal Discover why traditional psychological approaches might not be helping Know when and how to find the right kind of therapy Childhood trauma doesn't have to define you for the rest of your life. With this book as your guide, you will be able to make fundamental changes and replace needless suffering with self-care, security, and contentment.

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