

P R O C E S S



O V E R



C O N T E N T

Unlike traditional therapies, Accelerated Resolution Therapy (**ART**) is process-oriented rather than content-focused.

**But what does that mean, and why is it so important for your healing journey?**



## **ART** focuses on *how* you heal instead of asking you to reshare every detail of your trauma.

This means:

- You **don't have to share** painful memories if you don't want to.
- The emphasis is on techniques like Voluntary Image Replacement to **change the images associated with memories** and bilateral Eye Movements to calm the nervous system.
- This helps clients **build skills** to manage their emotions and responses.
- It's about **transforming** how you **feel** about the memory, not the memory itself.



## When therapy is process-oriented:

- You feel **safer** because you don't need to revisit every painful detail.
- Healing happens **without retraumatization**.
- It speaks to the parts of the brain that **feel and sense**, not just the part that tells the story.
- Your nervous system **relearns safety**. What often follows is emotional regulation and resilience.



Safety



Healing



Resilience



## How **ART** Builds Resilience

*Resilience is the ability to bounce back from challenges, adapt to change, and thrive in the face of adversity.*

**ART** empowers you to do the work of healing yourself by:

- Guiding you to **reprocess** emotions safely.
- Allowing you to **transform** painful memories without reliving them over and over.
- Helping you **trust your ability to manage emotions and challenges** independently.



## ART is Different

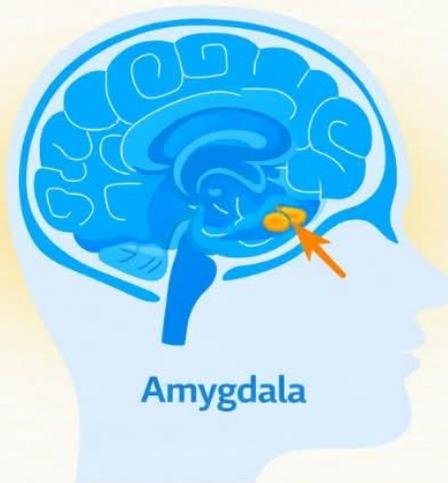
Most **traditional therapies** focus on **content alone**.

**ART** focuses on **how** your brain **processes** memories, allowing you to:

- Heal faster (often in 1-5 sessions).
- Avoid retraumatization.
- Leave each session feeling **lighter**, **unstuck** and more **empowered**.



**HOW TRAUMA  
AFFECTS THE BRAIN**  
— and How Accelerated  
Resolution Therapy (**ART**) Helps



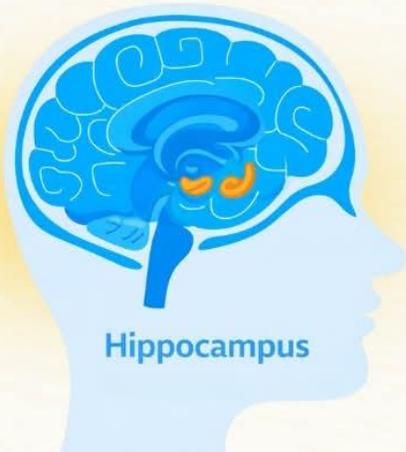
*(emotion + threat detector)*

## **HOW TRAUMA AFFECTS THE AMYGDALYA**

- Becomes overactive
- Constantly scans for danger
- Stuck in fight/flight mode

## **ART CAN HELP**

- Calm fear response
- Recondition safety signals
- Help the body stop treating the memory as a threat



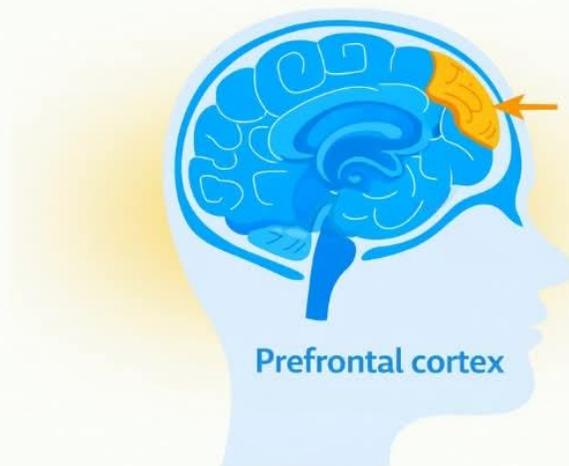
*(memory + context center)*

## **HOW TRAUMA AFFECTS THE HIPPOCAMPUS**

- Memory becomes fragmented
- Feels “stuck in the past”
- Can shrink under chronic stress

## **ART CAN HELP**

- Reconsolidate the memory so it feels positive or neutral
- Restore timeline + context
- Reduce flashbacks + confusion



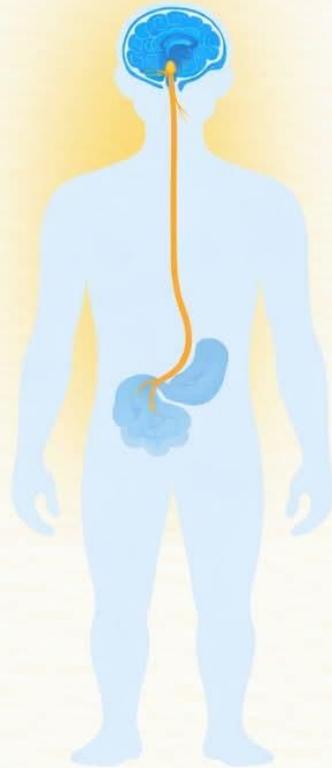
*(executive + rational control)*

## **HOW TRAUMA AFFECTS THE PREFRONTAL CORTEX**

- Rational brain goes offline
- Poor emotion regulation
- Hard to think clearly

### **ART CAN HELP**

- Reactivates calm thinking
- Improves focus + decision-making
- Restores emotional balance



**Vagus nerve**

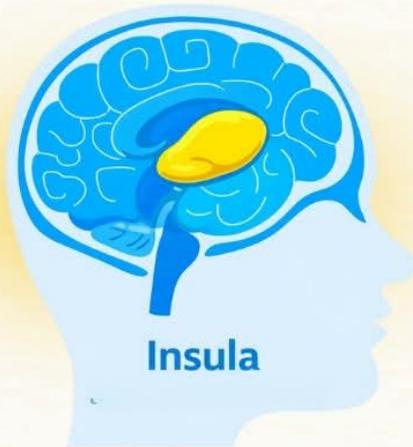
*(mind-body connection)*

## **HOW TRAUMA AFFECTS THE VAGUS NERVE**

- Low vagal tone
- Freeze states or shutdown
- Digestive + immune issues

## **ART CAN HELP**

- Supports parasympathetic activation (rest and calm)
- Rebuild safety + connection



*(body awareness center)*

## **HOW TRAUMA AFFECTS THE INSULA**

- Blunted body awareness
- Hard to feel or interpret sensations

## **ART CAN HELP**

- Reconnect mind and body
- Builds interoceptive awareness
- Allows safe emotional feeling