

10th ANNUAL VIRTUAL CONFERENCE

April 11th & 12th, 2025 | 9:45 AM - 4:00 PM EST



10th Annual Virtual Conference of the International Society of Accelerated Resolution Therapy (IS-ART)

Purpose: The conference theme will be: **ART, Trauma and Beyond**

Target Audience: ART clinicians and other mental health clinicians, researchers, professionals, and students. There is no known commercial support nor conflict of interest for this program.

What is ART? An emerging psychotherapy with roots in existing evidence-based therapies but shown to achieve benefits much more rapidly (i.e. 1-5 sessions). Clients with depression, anxiety, panic attacks, PTSD, substance abuse, and other mental health conditions begin experiencing memories and images in a new way so that they no longer trigger strong physical and emotional reactions.

Summary of Conference Activities: The virtual conference is conducted over 2 days on April 11 & 12th, 2025, from 9:45AM - 4:00PM, Eastern Time

Virtual Conference website registration: <https://is-art.org/10th-annual-is-art-conference/>

Virtual Conference Hours:

April 11, 2025: 9:45AM – 4:00PM Eastern Time

April 12, 2025: 9:45AM – 4:00PM Eastern Time

Learning Objectives: As a result of participating in this activity, participant will be able to:

1. Describe how Accelerated Resolution Therapy (ART) can be effectively used to treat combat veterans experiencing traumatic stress reactions, including nightmares and panic attacks.
2. Identify key steps in implementing ART with combat veterans to achieve an 80% reduction in symptoms within one to two sessions.
3. Summarize case scenarios from Iraq (2022) and the U.S. southern border using practical applications of ART in military and crisis settings.
4. Recognize the special needs of newcomers (immigrants, and refugees) in the ART protocol
5. Identify which facets of the ART protocol are amenable to English-language learners, and what enhancements are possible
6. Summarize the ART scripts for opportunities to use culturally specific metaphors
7. Describe common obstetrical, neonatal and child developmental risks related to untreated PTSD in pregnancy.
8. Demonstrate PTSD treatment options in pregnancy.
9. Demonstrate and guide clinical decision making, cases of pregnant women who participated in ART.
10. Identify how to integrate play therapy into ART sessions with children.
11. Identify creative, child-friendly adaptations of each of the ART steps.
12. Identify how to deal with specific challenges that may arise while using ART with children.
13. Describe how to integrate behavior chain analysis and screening tools into the Accelerated Resolution Therapy (ART) assessment process to identify accurate treatment targets and prioritize interventions effectively.
14. Recognize skills to create effective Cope Ahead Plans with clients to mitigate risk by reducing emotional vulnerability and preparing for potential triggers.
15. Recognize evidence-based strategies to involve parents as active partners in supporting their teen's recovery and maintaining progress post-ART treatment.
16. Describe and list the validate assessment tools recommended for pre, post, and follow-up measures.
17. Describe BASIC and ADVANCED ART protocols utilized and integrated into the model in order to optimize successful treatment outcomes.
18. Explain the intensive retreat model and the essential components for this treatment modality
19. Explain why ART done online is an equal, not lesser, form of ART.
20. Describe modifications and adjustments that need to be made in scripts and procedure for ART to be effective online.
21. Identify tools and resources available to facilitate virtual ART.
22. Identify key differences in trauma processing between neurodivergent and neurotypical individuals, including sensory processing, attention patterns (e.g., monotropism), emotional regulation, and lifelong microtraumas.
23. Describe how neuronormative biases and neurotypical assumptions affect ART sessions, particularly in memory retrieval, sensory processing, and emotional expression.
24. Explain how ART clinicians can adjust their approach to better support neurodivergent clients by recognizing trauma targets, individualizing session pacing, and fostering neurodiversity-affirming practices
25. Identify key symptoms, risk factors, and hormonal influences related to Perinatal Mood and Anxiety Disorders (PMADs) and recognize when to refer clients for specialized care.
26. Summarize a four-session model for addressing birth trauma, parenting fears, and emotional challenges, including the use of art materials to reinforce positive imagery
27. Identify 3 Gestalt techniques that can be applied within Accelerated Resolution Therapy.
28. Describe how techniques such as "The Empty Chair", or "Dream Work" integrate in Accelerated Resolution Therapy.
29. Recognize when techniques such as "Exaggeration" and "Reversal Technique" are relevant to Accelerated Resolution Therapy and when they are not applicable.

These learning objectives apply to all members of the target audience.

Policies

- Cancellations: Members of IS-ART have free registration. Non-members need to cancel by 4/1/2025 for a refund. Request needs to be emailed to Sue Girling at sue@is-art.org.
- Grievances: All grievances must be in writing to sue@is-art.org and will be replied to within 5 – 10 business days.
- ADA Assistance: This workshop is held virtually which is in compliance the Americans Disabilities Act. Please contact Sue Girling at 727.295.5628 if special accommodation is required.

Prerequisites and Course Completion Requirements: There are no prerequisites for this conference.

Completion requirements for this activity are:

1. Register (live link will be sent to your email 2 days prior to the conference)
2. Participate in all sessions
3. Complete the activity evaluation
4. Attest to your participation

Contact hours: 10

Target Audience: Social Workers, Psychologists, Mental Health Professionals

The program skill level is Basic, Intermediate & Advanced

Accreditation: Continuing education credits will be provided for conference attendance. Full attendance to the conference is required. Partial credit will not be awarded.

Conflict of Interest: There are no known conflicts of interest for this workshop.

For most current information about CE credit, please visit ce-classes.com.

Please note that it is the responsibility of the licensee to check with their individual state board to verify CE requirements for their state.



"Certificates are awarded online after completion of the workshop. Participants print their own certificate after registering at CE-Classes.com, entering a keycode, and completing an evaluation form."

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- ✓ California Board of Behavioral Sciences. The California Board of Behavioral Sciences, BBS, recognizes relevant course work/training that has been approved by nationally recognized certifying bodies, such as APA, to satisfy renewal requirements.
- ✓ California Board of Registered Nursing. CEP 15647 Expires 11/30/2026.
- ✓ California Consortium of Addiction Programs and Professionals (CCAPP) Provider Number OS-12-174-0225, Expires 02-2025.
- ✓ Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling Provider #852 BAP-Expires 3/31/2027.
- ✓ Florida Board of Nursing (CE Provider #: 50-4896) Expires 10/31/2026 Do not send certificates to the Florida Board of Nursing. You must keep this certificate for 4 years.
- ✓ Florida Certification Board.
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- ✓ Massachusetts Authorization Number: 2528
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- ✓ New York Psychology Board CE-Classes.com, Inc. is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0211.
- ✓ Ohio Counselor, Social Worker and Marriage and Family Therapist Board - Approval from a state licensing board for counselors, social workers, marriage and family therapists is accepted by the OH CSWMFTB.
- ✓ Oklahoma Board of Behavioral Health Licensure (LPCs, LMFTs and LBCs),
- ✓ South Carolina - CE-Classes.com is approved by the S.C. Board of Examiners for Licensure of Professional Counselors, Marriage & Family Therapist, Addiction Counselors, and Psycho-Educational Specialists (#4696).
- ✓ Texas Board of Marriage & Family Therapists – CE-Classes.com meets the requirements for acceptable continuing education. Effective 1/1/24, at least half of the 30 hours must be obtained from a provider listed in 801.261(f). This course meets that requirement.
- ✓ Texas Board of Professional Counselors – CE-Classes.com meets the requirements for acceptable continuing education. Effective 1/1/24, at least half of the 30 hours must be obtained from a provider listed in 801.261(f). This course meets that requirement.
- ✓ Texas Board of Social Work Examiners – CE-Classes.com meets the requirements for acceptable continuing education. Effective 1/1/24, at least half of the 30 hours must be obtained from a provider listed in 801.261(f). This course meets that requirement.
- ✓ This course is NOT available for NBCC credit.
- ✓ This training does not offer ASWB ACE credit to social workers. However our state board approvals may be accepted for license renewal. Check with your state board.

Major Conference Topics:

- ART in a Combat Zone
- The use of ART protocols into the Retreat
- Virtual ART
- Adapting ART for Children
- Neurodivergence and Trauma Processing in Accelerated Resolution Therapy (ART)
- Healing Combat Trauma with ART
- History of Gestalt

Keynote Speaker:
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Sue Girling BSAS, Certified Research Administrator
Laney Rosenzweig, MS, LMFT, Founder of ART

Conference Schedule for ART, Trauma and Beyond

Friday, April 11, 2025			
Time	Activity	Presenter(s)	Instructional Time
9:45AM – 10:00AM	Welcome!	Sue Girling & Laney Rosenzweig	0
10:00AM – 11:00AM	ART in a combat zone!	Keynote LTC Chris Atkins, LCSW	1
11:00AM – 12:00PM	Neurodivergence and ART	Marsha Mandel, MA, LMHC, LPC, CCTP-II	1
12:00PM – 12:45PM	Break		0
12:45PM – 1:45PM	Effective Implementation of ART in Virtual Settings	Jody Pratt, LMFT	1
1:45PM – 2:45PM	The ART of Braving the Stories We Carry within Ourselves	Vickie Alston, LCSW, DCSW, LICSW	1
2:45PM – 3:45PM	Successful use of ART in Pregnancy with Previous Delivery related PTSD	Lisa Gagnon, MD, FRCPC	1
3:45PM – 4:00PM	ART Words of Wisdom	Laney Rosenzweig, MS, LMFT	0

Saturday, April 12, 2025			
Time	Activity	Presenter(s)	
9:45AM – 10:00AM	IS-ART Founder Comments	Sue Girling, BSAS Laney Rosenzweig	0
10:00AM – 11:00AM	Using ART with Adolescents with Self-harm Behaviors	Katie K. May, LPC, DBT-LBC	1
11:00AM – 12:00PM	ART for newcomers: special cases of refugee trauma	Christine Gibson MD DProf, MMedEd, CITP, DipABLM	1
12:00PM – 12:30PM	Break		
12:30PM – 1:30PM	Adapting ART for Children	Loraine Hunter PhD, LCSW	1
1:30PM – 2:30PM	Accelerated Resolution Therapy (ART) for Postpartum Mental Health: Trauma, Identity, and Thriving in Motherhood	Molly Graham, MA, LMHC, ATR	1
2:30PM – 2:45PM	Break		
2:45PM – 3:45PM	Use of Gestalt-informed Techniques in an ART Session	Amy Shuman, MSW, LICSW, DCSW	1
3:45PM – 4:00PM	IS-ART, RCRR, Rosenzweig Mission, Founder	Wrap up with the TEAM! Sue Girling Robin Pickett David Gordon Laney Rosenzweig	0
			10