

CHILDREN'S EXPLANATION OF **ACCELERATED RESOLUTION THERAPY®**



Sometimes you have a problem and you feel sad or scared or have other feelings that do not feel good. I am happy to tell you that there is help for you so you can feel better. When children think about their problems and follow my fingers with their eyes at the same time, they often feel much better by the time they are ready to leave. It is your mind's way of helping you to fix your problem; just like when you sleep. At night, you move your eyes back and forth too but because you are sleeping you don't know you are doing that. That is why there are times when you go to bed with a problem but may feel better in the morning after a good night's sleep.

I call my therapy **ART** and you can call it **ART** too, if you like. The children I have seen have liked the feeling that **ART** gives them. Even when they get sad or scared as they talk to me about their problem, after they move their eyes back and forth by following my fingers, the sad or scared feelings usually go away quickly. Children may also think of answers to their problems because the eye movements help the brain to connect to new answers.

HOW WE WILL USE ART

First, I will ask you to tell me how upset you are about your problem. I use what I call an Artometer to have you show me how upset you are about the problem you have. I will have you slide an indicator on the Artometer scale. I will be sitting closer to you and have you follow my fingers so you will move your eyes back and forth while you think about your problem. Do not worry whether you are doing it right or not. Whatever happens is fine. Don't forget to ask me any questions you have before we start. Most children really like doing **ART** and I hope you will enjoy it too. You can ask me any questions you like before we begin.

ART Founder: Laney Rosenzweig, MS, LMFT