

8th Annual Virtual Conference of the International Society of Accelerated Resolution Therapy (IS-ART)



International Society of Accelerated Resolution Therapy

8TH Annual

**VIRTUAL
CONFERENCE**



April 14-15, 2023 11am-5pm EDT • Includes 10 hours of CE

Cost: IS-ART Members - FREE • Non-Members - \$150

Interested in being a speaker? Contact Sue@is-art.org

Purpose: The conference theme will be:

Life Retrieval, ART Style - Healing the Past, Meeting the Future with More Resilience, Empowerment and Joy

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 are stored in the brain 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 14th & 15th, 2023, from 11:00 am - 5:00 pm, eastern time

Virtual Conference website registration: <https://is-art.org/8th-annual-is-art-conference-virtual/>

Virtual Conference Hours:

April 14, 2023: 11:00 AM – 5:00 PM eastern time

April 15, 2023: 11:00 AM – 5:00 PM eastern time

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

- Describe the impact of unresolved trauma and emotional upheaval on adults.
- Describe how ACEs deleteriously affect all body systems, the developing brain, and psychological and medical health.
- Identify treatment strategies to facilitate healing and equip clients with lifetime coping skills.
- Describe what Gestalt therapy is.
- Describe the main intervention Gestalt therapy is best known for.
- Describe how using Gestalt therapy can aid in resolving issues from the past including childhood issues.
- Describe what a client may say to their “earlier selves” in their mind when an ART Therapist is applying ART’s Gestalt interventions.
- To identify what is the rationale for a Trauma Informed lens of practice.
- To list the components of a Trauma Informed lens of practice.
- To describe your clinical practice with a Trauma Informed lens of practice.
- Describe the Dissemination of Knowledge and Skills related to being an ART Therapist in which you can apply in becoming an ART TRAINER,
- Describe the logistics involved in being a trainer with ART and the ability to plan and troubleshoot different scenarios.
- Describe and apply your motivation, purpose and meaning making of becoming and being an ART trainer.
- Describe how the Diagnostic and Statistical Manual defines perinatal mood & anxiety disorders with what is seen in clinical practice.
- Describe the risks to parents and children of not treating mental health disorders during the perinatal period.

- Describe Accelerated Resolution Therapy (ART) to three common presenting issues in this population.
- List and describe the validated assessment tools recommended for pre, post and follow up measures.
- Describe the intensive retreat model, essential components for this treatment modality.
- Describe which basic and advanced ART protocols are utilized and integrated into the model in order to optimize successful outcomes as presented.
- Describe the main components of Accelerated Resolution Therapy.
- Describe the compatibility between Accelerated Resolution Therapy in an integrated setting.
- Identify how the use of Accelerated Resolution Therapy to treat trauma may reduce clinician burnout towards increased sustainability.
- Describe how the use of ART with partners enhances Emotionally Focused Couple Therapy through promoting deeper emotional engagement in conjoint sessions.
- Describe the potential of ART for symptom reduction for relational distress, depression, and PTSD when combined with Emotionally Focused Couple Therapy.
- Identify ways in which the addition of Emotionally Focused Couple Therapy to the individual Accelerated Resolution Therapy process can enhance clients' healing of attachment trauma through the experiential conjoint process.
- List and describe the significant contributors to psychotherapy that relate to ART.
- Describe Laney Rosenzweig's ART Tree and the roots of ART.
- Describe why Laney Rosenzweig's ART Therapy will be seen a significant contributor to psychotherapy in the 21st century.
- utilize play based interventions to pre-teach skills and lay groundwork for metaphors to use the ART protocol with children and adolescents.
- Conceptualize how to adapt Outprocessing to help with reconsolidation using play based metaphors.
- Identify ethical nuances when working with ART with children and adolescents.



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

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

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

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.

Continuing Education credit for this program is awarded by CE-Classes.com who is approved by the following licensing organizations.

American Psychological Association (APA) has approved CE-Classes.com to sponsor continuing education for psychologists. CE-Classes.com maintains responsibility for this program and its content.

This course is NOT available for NBCC credit.

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 Consortium of Addiction Programs and Professionals (CCAPP) Provider Number OS-12-147-0223 Expires 02-2023. (Pending renewal)

California Board of Registered Nursing. CEP 15647 Expires 11/30/2024.

Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling Provider #852 BAP-Expires 3/31/2025.

Florida Board of Nursing (CE Provider #: 50-4896) Expires 10/31/2024 Do not send certificates to the Florida Board of Nursing. You must keep this certificate for 4 years.

Texas Board of Social Work Examiners. CE-Classes.com meets the requirements for acceptable continuing education.

Texas Board of Professional Counselors. CE-Classes.com meets the requirements for acceptable continuing education.

Massachusetts Authorization Number: 2528

New York Social Work Board – CE-Classes.com is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0120.

Ohio Counselor, Social Worker and Marriage and Family Therapist Board – Provider # RCST031201

Rosenzweig Center for Rapid Recovery, LLC is an approved provider of CE for Licensed Mental Health Counselors (LMHCs) in New York State. (Provider #MHC-0150) Expires 10/31/2024.

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

"Licensed Professionals should contact their regulatory board to determine course approval.

Major Conference Topics:

- ACES
- Gestalt, Earlier Self
- Soulful ART of Healing Trauma
- The ART of Post Traumatic Growth
- Perinatal Mental Health
- Successful ART Training
- Complicated Trauma clients effect on the brain, what ART does
- Couple Therapy with ART
- The lived experience of mental health providers using ART with complex combat trauma, and most importantly providing hope and healing for prolonged mental anguish.

Keynote Speaker:

Glenn R. Schiraldi, Ph.D.

Department of Behavioral and Community Health, School of Public Health, University of Maryland.

EM: gschiral@umd.edu

Laney Rosenzweig, MS, LMFT | Founder of ART

208 Mohawk Drive

West Hartford, CT 06117

PH: (860) 233-3523 | EM: yenal3523@yahoo.com

<https://erasetraumanow.com/>

<https://www.intensivetherapyretreat.com/>

Vickie B. Alston, MSW, LCSW, QICSW, DCSW

East Granby, CT

PH: (860) 836-2278 | EM: Vbalston22@gmail.com

<https://www.intensivetherapyretreat.com/>

Colleen Clark, MSW RSW, Clinical Social Worker

138 Citadel Lane NW

Calgary, Alberta

PH: (403) 984-2620

EM: imaginecolleen@gmail.com

Rachel Delaney Geier, MSW LICSW

St. Joseph, MN, 56374

PH: (605) 520-1759

EM: rachelangeier@gmail.com

Crystal Clancy, MA LMFT, PMH-C

Burnsville, MN

PH: (612) 548-4266

EM: crystalc@irismentalhealthmn.com

<https://www.irismentalhealthmn.com/>

Christie A. Eastman, MA, LPC, NCC, ALPS

3620 Skyview Drive

Huntington, WV 25701

PH: (304) 526-2634

EM: Chrisite.eastman@chhi.org

Amy Shuman, MSW LICSW DCSW

44 Highland View Street

Westfield, MA 01085

PH: (413) 250-3246

EM: amyfshuman@gmail.com

Mary Anders, MA, LP

11834 Bren Road

Minnnetonka, MN 55343

EM: maryandersmalp@gmail.com

Allison Thornton, MSW

Calgary, AB, Canada T3G 3S4

PH: (578) 432-3101

EM: Allison.thornton2010@gmail.com

Clint Malarchuk

Carson City, NV

<https://malarchuk.com/>

Conference Schedule

Friday, April 14, 2023			
Time	Activity	Presenter(s)	Instructional Time
11:00AM - 12:00PM	Keynote Presentation Adverse Childhood Experiences Considerations for Healing the Hidden Wounds from Childhood	Glenn R. Schiraldi, Ph.D., Lt. Colonel, USAR (Ret.)	1
12:00PM - 1:00PM	The Importance of ART's Use of Gestalt; Accessing the Earlier Selves	Laney Rosenzweig, MS, LMFT	1
1:00PM - 1:30PM	Break		
1:30PM - 2:30PM	Come Passion the Soulful ART of Healing Trauma	Colleen Clark, MSW, RSW	1
2:30PM - 3:30PM	ART in Perinatal Mental Health & Reproductive Trauma	Crystal Clancy, MA, LMFT, PMH-C	1
3:30PM - 3:45PM	Break		
3:45PM - 4:45PM	Reflections of Becoming and Being a Successful ART Trainer	Colleen Clark, MSW, RSW	1
Saturday, April 15, 2023			
Time	Activity	Presenter(s)	Instructional Time
11:00AM - 12:00PM	Run like the Bison and Face Your Storm! Utilizing ART within a trauma-focused intensive Therapy Retreat Model	Vickie Alston, LCSW, DCSW Amy Shuman, MSW, LICSW, DCSW	1
12:00PM - 1:00PM	Sustainable Trauma Treatment: How Accelerated Resolution Therapy can be Utilized in a PCBH Setting to Effectively Treat Trauma while Reducing Clinician Burnout	Rachel Delaney Geier, MSW LICSW	1
1:00PM - 1:30PM	Break		
1:30PM - 2:30PM	Combining ART With Emotionally Focused Couple Therapy	Christie A. Eastman, MA, LPC, NCC, ALPS	1
2:30PM - 3:30PM	Freud to Rosenzweig, A Review of the History of Psychotherapy's Greatest Contributors	Mary Anders, MA, LP	1
3:30PM - 4:30PM	Having art and play with ART: activities with children and adolescents	Allison Thornton, MSW	1
4:30PM - 5:00PM	The Cowboy Goalie "Life and Death in the Crease"	Clint Malarchuk www.malarchuk.com	0