

*9th Annual Virtual Conference of the International Society of Accelerated Resolution Therapy (IS-ART)*



*International Society of Accelerated Resolution Therapy*

# 9<sup>TH</sup> Annual

VIRTUAL  
CONFERENCE



May 17 & 18, 2024 10am-4pm EDT • Includes 10 hours of CE

Purpose: The conference theme will be: ***The Life Saving Impact of ART: Healing and Innovation***

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 May 17 & 18, 2024, from 10:00AM - 4:00PM, Eastern Time

Virtual Conference website registration: <https://is-art.org/9th-annual-is-art-conference>

Virtual Conference Hours:

May 17, 2024: 10:00AM – 4:00PM Eastern Time

May 18, 2024: 10:00AM – 4:00PM Eastern Time

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

- Participants will be able to explain the “obsessive-compulsive loop” sequence and the points in that sequence that can be fruitfully targeted by way of eye movement sets.
- Participants will recognize factors that can guide their choice of the ART script that might most fruitfully address a clients’ unique symptom patterns.
- Identify the Ethical Considerations of Self-Disclosure.
- Describe Appropriate Self Disclosure.
- Identify Self-Disclosure for Therapeutic Effectiveness.
- Identify the unique challenges of post-traumatic stress/combat trauma on family life.
- Demonstrate the personal and clinical narratives of resilience and growth found in ART. Identify the six components of brain-based and effective ARTing (Accelerated Resolution Therapy).
- Recognize How Panic Disorder differs from all other anxiety symptoms or disorders.
- Explain the old gold standard treatment for Panic.
- Summarize how to integrate what works from old treatment research with ART scripts.
- Demonstrate steps for memory reconsolidation to erase fear responses and update Panic Disorder memories.
- Describe how ART can promote post-traumatic growth using ART protocol.
- Recognize areas of post-traumatic growth in clients with PTSD using ART.
- Explain the relationship between post-traumatic stress and post-traumatic growth.
- Describe the functional needs of middle-income families and their connection to mental health therapy.
- Identify barriers to mental healthcare that exist for middle-income families and how to overcome those barriers.
- Explore theoretical frameworks and models relevant to connecting with middle-income families in therapy.

- Summarize the neuroscience and research of ART to challenge your own self-doubt and skepticism of your clients.
- Recognize how to use the "intake" and "planning" sessions to best prepare for the ART session.
- Identify the ART Tools you can use as interventions to best prepare for those "what-if scenarios".
- Define and describe harm reduction principles.
- Identify current practices of harm reduction and how ART can be used for harm reduction.
- This presentation will summarize the findings of a qualitative research study.
- This presentation will provide clinical considerations for clinicians working with the military population, utilizing trauma informed care.
- Summarize the phenotypical considerations of trauma and related biological alterations.
- Identify the elements of the integrative psychiatry approach and how each relates to trauma in a holistic recovery plan.
- Describe how ART can be interwoven into the integrative psychiatry approach to trauma.

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 5/1/2024 for a refund. Request needs to be emailed to Sue Girling at [sue@is-art.org](mailto:sue@is-art.org).
- Grievances: All grievances must be in writing to [sue@is-art.org](mailto: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

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](http://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.”*



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

**CE-Classes.com is approved by:**

- ✓ The American Psychological Association (APA) CE-Classes.com is approved by the American Psychological Association to sponsor continuing education for psychologists. CE-Classes.com maintains responsibility for this program and its content.
- ✓ Florida Certification Board.
- ✓ The Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling Provider #852 BAP-Expires 3/31/2025.
- ✓ The 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-12-174-0225, Expires 02-2025.
- ✓ The 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.
- ✓ The 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.
- ✓ The 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.
- ✓ Massachusetts Authorization Number: (TBD)
- ✓ 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.
- ✓ 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.
- ✓ New York Mental Health Practitioners Board CE-Classes.com, Inc. is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0260.
- ✓ 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.

- ✓ 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).
- ✓ The 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.
- ✓ The California Board of Registered Nursing. CEP 15647 Expires 11/30/2024.
- ✓ This course is NOT available for NBCC credit,
- ✓ This training does not offer ASWB ACE credit to social workers.

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

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

## Major Conference Topics:

- ART for OCD
- Development of ART
- Ethics of Appropriate Self-Disclosure in The ART of Post Traumatic Growth
- Intersecting Realities and Shame:
- Understanding and Healing Combat Trauma using an ART Approach
- ART for Panic Disorder
- Post Traumatic Growth with ART
- How to boost ART clinician confidence
- Harm reduction, how to use ART
- The ART of Integrative Psychiatry for Trauma

## Keynote Speaker:

**Mark Chamberlain, Ph.D.**  
1087 W. 100 S., Layton, UT 84041  
PH: (801) 564-7566  
[mchamberlainphd@gmail.com](mailto:mchamberlainphd@gmail.com)

**Laney Rosenzweig, MS, LMFT | Founder of ART**  
208 Mohawk Drive  
West Hartford, CT 06117  
PH: (860) 233-3523  
EM: [yenal3523@yahoo.com](mailto:yenal3523@yahoo.com)  
<https://erasetraumanow.com>

**Mary Anders, MA, LP**  
11834 Bren Road  
Minnetonka, MN 55343  
EM: [maryandersmalp@gmail.com](mailto:maryandersmalp@gmail.com)

**Kerry Kennedy-Pressey, PhD**  
1596 East 275 North  
Layton, UT 84040  
PH: (801) 663-3919  
EM: [Kerrykennedy@weber.edu](mailto:Kerrykennedy@weber.edu)

**Teresa Salais, MSW, LCSW**  
3022 East 25 South  
Layton, UT 84040  
PH: (801) 391-3451  
EM: [Teresa@SalaisCounseling.org](mailto:Teresa@SalaisCounseling.org)

**Becca Ferguson**  
The Therapy Office, Lowell, AR  
PH: (479) 334-7293  
EM: [info@beccafergusonlpc.com](mailto:info@beccafergusonlpc.com)  
<https://www.thetherapyofficear.com>

**Nicole Delli Paoli, MA, LMHC, MCAP, QS**  
Women Empowerment Counseling, LLC  
Brandon, FL  
PH: (813) 421-3031  
EM: [nicole@womenempowermentcounseling.com](mailto:nicole@womenempowermentcounseling.com)

**Elizabeth Michas, PhD**  
Fort Walton Beach, FL  
PH: (850) 862-3141  
EM: [drelizabeth@cox.net](mailto:drelizabeth@cox.net)

**Dedra Tentis, LCSW, PhD**  
1833 Spur Lane  
Palm Harbor, FL 34685  
PH: (563) 580-1349  
EM: [dtentis@gmail.com](mailto:dtentis@gmail.com)

**Sierra Tentis, MPH**  
Tampa, FL  
PH: (563) 580-2449  
EM: [sierratentis@usf.edu](mailto:sierratentis@usf.edu)

**Dr. Kiana Gadson, LCSW**  
Healing Care Therapy Services, LLC, Tampa, FL  
PH: (813) 255-8647  
EM: [Kgadsonlcsw@gmail.com](mailto:Kgadsonlcsw@gmail.com)

**Rose Mizuhara Maynard, PsyD**  
First Responder Wellness, Program Director, Therapist  
Newport Beach, CA  
EM: [rose.maynard@frhealth.com](mailto:rose.maynard@frhealth.com)  
<https://www.firstresponder-wellness.com>

**Sadie N. Novotny, LMFT**  
Santa Rosa, CA  
PH: (707) 312-0769  
EM: [sadie.n.novotny@gmail.com](mailto:sadie.n.novotny@gmail.com)

**Dr. Nicholas Hatcher, DNP**  
Catharsis Health, Redmond, WA  
PH: (423) 715-0180  
<http://www.DrNicholasHatcher.com/>

## Conference Schedule

Friday, May 17, 2024			
Time	Activity	Presenter(s)	Instructional Time
9:50AM – 10:00AM	Welcome	Sue Girling & Laney Rosenzweig	
10:00AM – 11:00AM	Keynote Presentation ART for OCD: Using Accelerated Resolution Therapy to Treat Obsessive Compulsive Struggles	Mark Chamberlain, PhD	1
11:00AM – 11:30AM	Unveiling the Essence: A Journey into ART with Laney Rosenzweig	Laney Rosenzweig, MS, LMFT Mary Anders, MA, LP	0
11:30AM – 12:00PM	Break		
12:00PM – 1:00PM	Harm reduction: What It Is and How Accelerated Resolution Therapy Can be Applied	Kerry Kennedy, PhD Teresa Salais, LCSW	1
1:00PM – 2:00PM	Ethics of Appropriate Self-Disclosure in Therapy: Balancing Transparency and Boundaries	Becca Ferguson, LPC	1
2:00PM – 3:00PM	How to Boost Your Confidence as an ART Clinician	Nicole Delli Paoli, MA, LMHC, MCAP, QS	1
3:00PM – 4:00PM	Accelerated Resolution of Panic Disorder: ARTing as a Fast, Effective, and Lasting Treatment	Elizabeth Michas, PhD	1
Saturday, May 18, 2024			
Time	Activity	Presenter(s)	
10:00AM – 10:15AM	IS-ART Founder Comments	Sue Girling Laney Rosenzweig	0
10:15AM – 11:15AM	Intersecting Realities and Shame: Understanding and Healing Combat Trauma using an ART Approach	Dedra Tentis, LCSW, PhD Sierra Tentis, MPH	1
11:15AM – 12:15PM	Connective Success for the Underserved Middle: Closing the gap in therapeutic care for middle-income families	Dr. Kiana Gadson, LCSW	1
12:15PM – 12:45PM	Break		
12:45PM – 1:45PM	Separation Anxiety: Trauma Experienced by the Separation Process from the Military	Rose Mizuhara Maynard, PsyD	1
1:45PM – 2:45PM	ART and Post-traumatic Growth: How Post-traumatic Growth is Built in the ART Protocol and Why It's Important in the Treatment of Trauma.	Sadie Novotny, LMFT	1
2:45PM – 3:45PM	The ART of Integrative Psychiatry for Trauma	Dr. Nicholas Hatcher, DNP	1
3:45PM – 4:00PM	RCRR IS-ART The Rosenzweig Mission	Laney Rosenzweig, ART Founder, CEO Sue Girling David Gordon	0
<b>TOTAL CE CONTACT HOURS FOR BOTH DAYS = 10</b>			