

What is Trauma?

Trauma is the physiological, mental, and emotional response to a single event, multiple events, or a combination of both. It is common for trauma to be sudden and unpredictable, involving the loss of life or threat of the loss of life of self or a loved one. As well as severe or chronic abuse neglect. Other forms of trauma include secondary trauma and Adverse Childhood experiences.

Symptoms of Trauma -

Symptoms of trauma include hypervigilance, panic attacks, nightmares, flashbacks, intrusive thoughts, substance abuse, avoidance of any reminders of the trauma.

Accelerated Resolution Therapy (ART) -

Accelerated Resolution therapy is a solution focused, evidence-based approach to treating trauma which utilizes rapid eye movements designed to mimic the REM sleep cycle to change the images associated with the trauma and relieve symptoms. With ART you "Keep the Knowledge, lose the pain."

What to expect?

Initial one hour consultation with an ART trained therapist to determine goodness of fit for ART. Three to five 2-hour sessions, depending on the type and frequency of trauma. An hour processing session with an ART trained therapist to determine next steps. You can share as much or as little about the trauma as you choose. One benefit of ART is the details do not have to be discussed in session