



HELPING PEOPLE RAPIDLY MOVE BEYOND TRAUMA

HISTORY AND MISSION

ART International Training and Research Inc., is a 501(c)3 non-profit organization created in 2016 to increase services in Accelerated Resolution Therapy (ART) worldwide for individuals who suffer from trauma-related symptoms or psychological disorders, such as Post Traumatic Stress (PTSD), and are living untreated or experiencing unsuccessful methods of treatment.

ART International supports innovative research and provides education and training in ART to licensed mental health professionals. In addition, ART International is committed to assisting individuals suffering from trauma by providing access to the most current, effective and innovative clinical research related to ART.

ART International, supported by the by the Chris T. Sullivan Foundation and additional private funding sources, holds an exclusive legal license agreement with the Rosenzweig Center for Rapid Recovery under which both entities work closely together in the expansion of Accelerated Resolution Therapy.

A SYMPTOM NOT A DISORDER

ART International considers post-traumatic stress a symptom and not a disorder. Post-traumatic stress and other traumas can be caused by exposure to war, natural disasters, sexual assault, physical and emotional abuse, accidents, death and other distressing situations that leave lasting memories which can interfere with life as usual.

Going through trauma is not rare. About 6 of every 10 men (or 60%) and 5 of every 10 women (or 50%) experience at least one trauma in their lives. Post-traumatic stress can happen to anyone. It is not a sign of weakness.

WHAT IS ART?

Accelerated Resolution Therapy (ART) is an evidence-based psychotherapy that fosters rapid recovery by reprogramming how the brain stores traumatic memories and imagery. The treatment program incorporates memory visualization techniques that are enhanced by the use of horizontal eye movements, as well as memory reconsolidation, a way in which new information is incorporated into existing memories. This approach provides effective relief from the strong physical and emotional reactions associated with post-traumatic stress, trauma, anxiety, performance and depression, in as few as one to five sessions.

WHAT IS POST-TRAUMATIC STRESS?

Diagnosing Post-Traumatic Stress

Lingering images of life-threatening or perceived life-threatening events that are stored in short-term memory can trigger physical reaction for many years after the event and may be diagnosed as post-traumatic stress.



FACTS AND STATISTICS BASED ON THE US POPULATION:

An estimated 8% of Americans – that's 24.4 million people – have PTSD at any given time. (Source: SAMHSA & National Institute of Health).

70% of adults in the US have experienced a traumatic event at least once in their life (approx. 223.4 million people). Up to 20% will develop PTSD, that 31.3 million people who did or are struggling with post-traumatic stress. (Source: National Center for PTSD).

7.7 million Americans have PTSD. 30-40% of those with PTSD also suffer from addiction. PTSD and substance abuse result in problems with trust, closeness, communication, & problem solving, which may affect the way those who suffer act with loved ones. (Source: PTSD Alliance)

An estimated 1 out of 10 women develops PTSD; women are about twice as likely as men. (Source National Center for PTSD).

The annual cost to society of mental health disorders is **estimated to be significantly over \$42.3 billion**, often due to misdiagnosis and under treatment. (Source: National Institute of Health).

PTSD SUICIDES AMONG MILITARY POPULATION:

Suicide is the 10th leading cause of death in the US (2015 report by the CDC)

According to the US Department of Veteran Affairs, **an average of 22 veterans and 1 active duty commit suicide each day.**

Veteran suicide rate: **30 per 100,000 individuals (twice the civilian rate)**

20% of all US suicides are veterans

WHAT CAN YOU DO TO HELP?

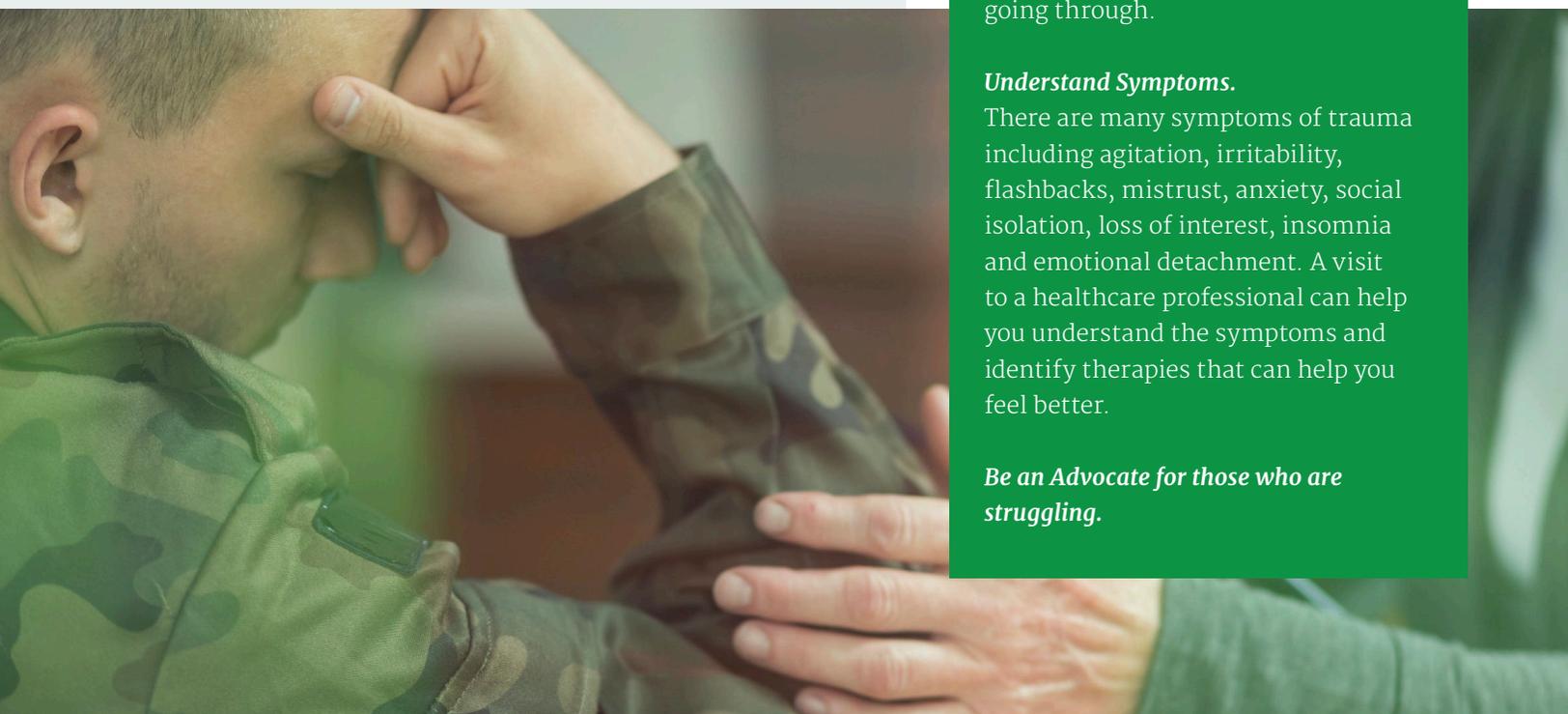
Educate Yourself.

Learn as much as you can about post-traumatic stress and the symptoms of trauma. Knowing how such symptoms affects people may help you understand what others are going through.

Understand Symptoms.

There are many symptoms of trauma including agitation, irritability, flashbacks, mistrust, anxiety, social isolation, loss of interest, insomnia and emotional detachment. A visit to a healthcare professional can help you understand the symptoms and identify therapies that can help you feel better.

Be an Advocate for those who are struggling.



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