



Yolanda Harper, LCSW

Yolanda Harper, LCSW is an advanced Accelerated Resolution Therapy clinician and has used ART to help individuals improve sleep,

manage physical pain without additional medications, and reduce the impact that anxiety, depression, and distressing memories have on daily life. She has also used ART to help individuals make healthier day-to-day choices regarding food and smoking cessation. Yolanda specializes in Holistic Pain Management, women's issues, Post-Traumatic Stress Disorder, parenting support and works with individuals, couples, families, and groups to bring healing and wellness. As a part of her holistic approach to therapy, Yolanda incorporates creativity and faith-based counseling as appropriate.



Camille Francis, LCSW

It's difficult letting go of painful memories and negative images, but Camille Francis, LCSW and Accelerated Resolution Therapy (ART)

clinician utilizes ART to enable trauma survivors to overcome their past and embrace an enriched future. Survivors of both Hurricane Katrina and 9-11 have benefited and experienced relief as well as individuals dealing with post traumatic stress disorder, obsessive compulsive behavior, depression, and anxiety. Camille utilizes ART in combination with her psychotherapy experience of over twenty years to empower individuals, couples, families, and groups to live the life they imagine. Camille also incorporates faith-based counseling when requested.

To schedule an appointment please call:
MindBody Intergrated at FMC
813.973.1304

*Keep the Knowledge,
Lose the Pain*

What People Say About ART

ART Therapy has truly made an incredible difference in my life. I was a bit skeptical at first, but was very interested after reading more about how ART works. I went through each ART process and turned negative feelings, bad memories, and some traumatic experiences in my life into very POSITIVE feelings. The negative experiences and feelings in my life no longer held the power over me that they once did. After each session, I felt an incredible sense of RENEWAL. Each ART session is work and takes courage to face some bad experiences, but Yolanda is so terrific to work with and I felt such a sense of peace and encouragement when I worked with her. Through ART, I feel like I am a "whole" person again and I face each day with a new outlook on life.

— A patient treated by Yolanda using ART

ART is an exciting new option for people seeking psychotherapy. Alone or in combination with traditional counseling, ART is a powerful therapeutic tool. My clients are seeing fast, effective results that are long lasting. I recommend ART because it has broad application and can be used for anything from trauma to increasing confidence and self-esteem. If it can ease emotional pain and mental distress in a fast, safe, non-invasive way it's a no-brainer!

— Jennifer Street, LCSW

ART

**mind & body
integrated**

**Introduces
Rapid recovery with**

**ACCELERATED
RESOLUTION**
Therapy

Developed to Treat Children and Adults with:

- Post Traumatic Stress Disorder (PTSD)
- Depression and Grief
- Anxiety, Phobias, & Sleep Issues
- Obsessive Compulsive Disorder (OCD)
- Victimization / Sexual Abuse
- Relationship Issues / Infidelity
- Family Issues, Codependency
- Job Related Stress, Performance Anxiety
- Pain Management, Anger Problems
- Memory Enhancement
- Sports Performance

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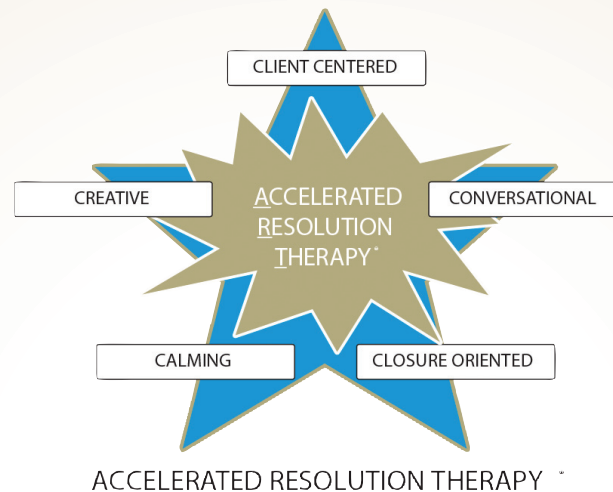
Eye Movement Therapies

In the late 1980's, it was discovered that when a therapist asked a client to move their eyes, while focusing on a problem, the eye movements accelerated the client's recovery. The eye movements have the effect of both reducing anxiety and facilitating new connections in the processing of information. Clients are able to reach a resolution of their problems in a fraction of the time it normally takes with traditional therapies. It is believed that the eye movements, when used in therapy, simulate the eye movements during the Rapid Eye Movement (REM) phase of sleep. In this sleep stage, our eyes move from side to side as part of a natural process that enhances the processing of our day's events.

What Makes ART Different

- Accelerated Resolution Therapy® differs from other eye movement therapies in the directive way it focuses clients while using the eye movements.
- ART's interventions result in the ART phenomenon known as Voluntary Memory/Image Replacement (VMR/VIR).
- Negative images can be eliminated while clients can choose the positive images to replace those disturbing memories.
- The client retains the knowledge of their memory but loses the pain associated with the image(s).
- A conversational approach to therapy is integrated with the eye movement technique.
- This is not hypnosis. The client, guided by the ART clinician, will be in total control of the session.

THE FIVE "C" ELEMENTS OF ART



Client Centered

Directives used by the ART therapist originate from the information provided by the clients.

Creative

Clients become part of the healing process by using their own innate creative abilities.

Conversational

Eye movements are combined with a two way dialogue between the client and the therapist.

Calming

ART has calming effect on the clients as clients resolves their problems. It is not hypnosis.

Closure Oriented

While maintaining client stability ART's goal is to resolve problems as quickly and effectively as possible.

What to Expect from ART

Therapy begins with an initial traditional intake session. The client can talk to the ART clinician about the problem and can discuss the outcome that the client is seeking. The ART clinician will explain how the eye movement therapy works. The client can then decide to try ART at the next session or continue with traditional therapy such as a Cognitive Behavioral Therapy (CBT) approach.

If clients choose to use Accelerated Resolution Therapy, relief usually occurs within one to two sessions for each incident or problem they focus on during the ART session. ART can utilize a combination of eye movement sessions and talk therapy sessions if clients wish to discuss the changes and gains made during therapy or discuss different issues.

Clients have consistently reported that their degree of upset, on average, starts out on a high end with a measure of 8 to 10, 10 being the most intense feeling and zero being the least intense feeling. By the end of the session, the degree of upset usually drops significantly, often to zero, indicating relief from their presenting emotional distress.

ART is a drug free therapy that can accomplish emotional healing which otherwise takes months or years of traditional therapy, in just one to three sessions. Accelerated Resolution Therapy enables clients to experience a rapid recovery from trauma and other mental health problems with long lasting results.