

E Elements of Motivation

Mental and Behavioral Health Counseling Services

Accelerated Resolution Therapy (A.R.T.) for Parents & Caregivers: *Heal the Story. Break the Cycle. Change the Future.*

A calm adult nervous system is one of the most powerful parenting tools in the world. At Elements of Motivation, we use a structured, trauma-informed, family-centered approach using Accelerated Resolution Therapy (A.R.T.) to help parents and caregivers reduce emotional stress that affects parenting. This includes intergenerational trauma, caregiver burnout, stress reactions, family crisis responses, and parent-child relationship challenges.



It works fast — sometimes in as little as 1–2 sessions.
It does not require reliving painful experiences.
It is especially helpful for caregivers under high stress.

The result? More calm. Less reacting. Stronger connection.

Who Can Benefit?

If parenting feels harder than you expected, more emotional than you planned, or more stressful than you want — you are not alone. A.R.T. is especially effective for parents and caregivers who notice that their past experiences or current stressors interfere with how they show up for their children. This may include:

- Feeling overwhelmed, anxious, or “on edge” in parenting
- Trauma from their own childhood
- Guilt, fear, or shame related to parenting
- Reactive emotions (anger, sadness, panic, shutdown)
- Difficulty staying calm during their child’s behaviors
- Stress from caregiving roles, divorce, coparenting conflicts, or high-pressure jobs (including first responders)

When parents are less stressed, A.R.T. helps improve:

- How connected you feel to your child
- How you help your child calm down during hard moments
- Patience
- Confidence in parenting
- Emotional safety in the relationship

When parents and caregivers heal, the entire family benefits.

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How the Family Experience Works at EOM

Families may engage in A.R.T. using one or more of these pathways:

- 1. Parent-focused A.R.T. (Caregiver First Model)** The parent receives ART first to reduce their reactivity and emotional overwhelm before beginning behavioral or relational work with their child.
- 2. Child/Teen ART With Required Caregiver Partnership** The youth receives A.R.T. and the parent receives structured guidance to support the healing process.
- 3. Sequential Family ART (Reconnection Model)** Both caregiver and child receive A.R.T. individually, followed by a reconnection session focused on communication, calming together, and rebuilding trust.
- 4. Incident- or Crisis-Based A.R.T.** Used after a family stressor such as an accident, loss, CCFS involvement, community violence, or a major emotional event.

A.R.T. at Elements of Motivation

Elements of Motivation has one of the most experienced A.R.T. provider teams in the western U.S.:

- 30+ trained A.R.T. clinicians
- Consultation with Master Certified A.R.T. Provider and Trainer
- Trauma-informed family therapy integrated with TBRI, IFS, and other evidence-based frameworks
- A seamless process for parents, caregivers, children, and teens to access rapid relief

Insurances Accepted & e-Referral Process

ALL Forms of Nevada Medicaid: Anthem BCBS, CareSource, FFS, HPN, Molina, SilverSummit

Commercial Insurance: Aetna, Ambetter, Anthem BCBS, CareSource NV Health Insurance Exchange, Cigna, Health Plan of NV PPO/HMO, Mines & Associates, Prominence, Sierra Health and Life/Options/Choice, Teachers Health Trust, Tricare, UHC, UMR, Victims of Crime, Victims Witness

e-Self-Referral Process Our online referral process is fast and easy. Submit referrals online at <https://elementslv.com/refer-a-client>. You will automatically receive a PDF of the referral for your records. Consents are completed with electronic signatures.

Typical turnaround time is 5–10 business days from referral submission to scheduling, based on client and therapist availability. We verify insurance, send all documents via AdobeSign, match clients with the appropriate therapist, and the assigned therapist will contact the client directly to schedule.



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