



Bridging the Gap

Exploring the Impact of Holly Bridges' A. R. T. on
Autistic Inertia and ADHD Paralysis

An Evaluation of A.R.T.
(Anxiety Reframe Technique)

SYNOPSIS

Holly Bridges - **License To Think**

Duane Smith - **Sensei Health**

Philia Labs - David Kaplan, Alexander Senior,

Rana Jaylani, Nick Mellor, Dilpreet Buxi

Gwen Hamers - **Hamers Edge**

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Anxiety Reframe Technique (A.R.T.) is a somatic therapy based on Intense World Theory and the Polyvagal Theory. A.R.T. functions as an 'Internal Martial Art', helping individuals achieve a state of deep rest, potentially by enhancing the neurosensory system to be less triggered by sensorimotor, perceptual, and environmental signals. A.R.T. seeks to improve physical, emotional and psychological flexibility and self-mastery. This study aimed to evaluate the effectiveness of A.R.T. in improving the wellbeing and self-capacity of autistic and ADHD individuals.

Study Overview and Results

Seven co-participants, female and male, children, teens and one adult; with Autism and/or ADHD; participated in eight online 1:1 A.R.T. therapy sessions. Measured over fifteen weeks; qualitative, psychometric and biometric assessments showed promising results with outcomes aligning with Autism CRC's clinical recommendations. There were improvements in heart-rate variability, sleep, psychological flexibility and emotional adaptability.

Key Findings

1. **Wellbeing:** Six out of seven participants showed an improvement in overall wellbeing during or immediately after treatment.
2. **Sleep:** Four participants spent more time asleep, with two demonstrating statistically significant changes.
3. **Heart Rate Variability:** Four participants showed higher heart rate variability (HRV), with one showing a significant increase.

4. **Mental Clarity:** All seven reported improved mental clarity, along with the ability to close their eyes and find points of stillness.
5. **Sensory Perception:** Five out of seven participants reported improved vision during sessions, and two noticed better hearing.
6. **Self-Regulation:** All participants reported an improved ability to self-regulate, communicate emotions, and tolerate daily stressors.
7. **Social Interactions:** All participants experienced positive changes in social interactions during the course of treatment.
8. **Physical Coordination:** All seven reported improved physical mobility and coordination
9. **Higher Adaptability:** Five out of seven participants showed higher adaptability to their environments.
10. **Positive Response:** All participants reported a positive response to the A.R.T. program.

Mechanisms Behind the Changes

The mechanism for change proposed by A.R.T. involves using low-intensity, somatic practices to shift the neurophysical system into a more open, parasympathetic state and away from a locked state of defense. The A.R.T. approach addresses autistic inertia and ADHD paralysis by facilitating access to a safe dorsal state. It seeks to enable a resumption of essential physiological processes; promoting access to executive, motor and social functions and ultimately offering a pathway out of autistic inertia and ADHD paralysis.

Individual Responses and Insights

Each co-participant's response to the A.R.T. program was unique, highlighting the importance of personalised analysis in understanding the effects of therapeutic interventions. For instance, one participant, ZEBR03, despite being 59 years old; having a complex array of diagnoses and not showing biometric improvements, reported significant personal change, stating, "I'm in my body for the first time; this has changed my life." Another participant, ZEBR04, a 9-year-old, showed dramatic improvements in sleep, vision, hearing, physical coordination, and social engagement, even though some biometrics indicated deterioration post program. While a sixteen year old, male (ZEBR07) showed an ideal response of lower sympathetic activity; higher HRV; a marked reduction in both his anxiety and vocal tics, he also had a reduction in functional adaptiveness.

Understanding Biometric and Psychometric Data

The study also noted that biometric and psychometric decreases in some participants could be due to changes in self-identity and sense of safety. Factors such as reduced masking behaviours, increased ability to seek help, and significant life challenges could have influenced these outcomes. For instance, ZEBR06, despite not noticing much change, was reported to be coping better with daily activities; showed substantially improved wellbeing scores; and was biometrically shown to be having longer, more restorative sleep.

Summation

Holly Bridges' A.R.T. shows significant promise as a therapeutic approach for managing autistic inertia. The study's outcomes suggest that A.R.T. can positively impact the physical, mental, and emotional capacity of autistic individuals, helping them achieve greater overall wellbeing. By addressing

underlying neurosensory integration issues, A.R.T. offers a holistic, empowering approach that can lead to improved quality of life for autistic individuals.

As research and refinement of this technique continue, its potential to transform lives becomes increasingly evident, marking a hopeful advancement in autism therapy. For all co-participants in this study, there were recognisable shifts in emotional and physical capacity, implying that A.R.T. provided a mechanism to move out of the inertia state and into a greater state of flow and connection with their unique world.

Full whitepaper - go to <https://zebr.co/bridging-the-gap/>

Learn more about A.R.T. - <https://zebr.co/shop/a-r-t-express/>

