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# The Efficacy of Accelerated Resolution Informed Therapy on Trauma for Survivors of Intimate Partner Violence

Intimate partner violence (IPV) is a significant public health threat, affecting the lives of survivors, with women being particularly vulnerable. While IPV is increasingly recognized as a potentially traumatic event, there is limited understanding of how women in the Philippines can benefit from an innovative, empirically-based psychological intervention. This paper investigates the effectiveness of Accelerated Resolution Informed Therapy (ARIT) in decreasing trauma and depressive symptoms and enhancing the quality of life for women who have survived IPV. Using a concurrent embedded design with a pretest-posttest single-group quasi-experimental approach, the study involved sixteen eligible women. Results indicated that the ARIT led to a substantial reduction in Post-Traumatic Stress Disorder (PTSD) scores ( $z=-3.525$ ,  $p=.000$ ), Complex Post-Traumatic Stress Disorder (CPTSD) scores ( $z=-3.300$ ,  $p=.000$ ), and depression scores ( $t=-13.33$ ,  $p<.000$ ). Furthermore, the intervention demonstrated a significant improvement in various domains of quality of life: physical ( $z=-3.526$ ,  $p=.000$ ), psychological ( $z=-3.357$ ,  $p=.000$ ), relationships ( $z=-3.543$ ,  $p=.000$ ), and environmental ( $z=-3.529$ ,  $p=.000$ ). The women translated their trauma experience into dynamics of control and coercion, loss of self and identity, and triggers and anxiety. During the initial phase of ARIT, the participants encountered struggles. However, there was a transformative shift towards attaining relief from emotional distress, improved emotional regulation, and an increased sense of empowerment after they underwent the intervention.

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