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ADVANCED INTEGRATIVE THERAPY (AIT)

Advanced Integrative Therapy (AIT) views most mental and emotional issues as originating from traumatic experiences. AIT defines trauma very broadly as any occurrence that evokes difficult emotions such as fear, anger, humiliation, and gives rise to negative or distorted beliefs, or leads to self-sabotaging behaviors, obsessions, compulsions and addictions. Trauma also blocks the development of positive core qualities such as integrity, self-esteem and the ability to develop healthy intimate relationships. Silent and invisible traumas such as parental neglect can damage someone as severely as physical or verbal abuse. Trauma creates anxiety, depression, learning disorders, and many other psychological and physical symptoms.

AIT blends traditional psychotherapeutic methods with the power of energy psychology, which means it resolves traumas not by just talking about them but by having the client remember, relive or imagine them while holding energy centers (chakras) on the body. AIT uses not only the capacity of our conscious minds as traditional talking therapies do, but also benefits from the information and resources the body and the unconscious provide in order to heal. The treatment reduces or eliminates the negative emotional charge around traumatic experiences and patterns.

AIT works by a combination of holding the energy centers one by one while remembering or reliving the trauma. This treatment procedure harmonizes the negative electro-magnetic energy in the body created by the trauma and moves that energy out of the body. Because this takes place invisibly, the rational mind finds it hard to believe. One has to experience the treatment process to believe it. Although everyone uses electricity every day, we don't see it directly. The human body is an electro-magnetic circuit, but few usually think of it that way. Trauma adversely affects the normal electro-magnetic energy in the body and AIT removes that energy and thereby heals the negative emotional charge around the trauma.

Since the 1950's a method called "neuromuscular testing", or just "muscle-testing", has been used successfully by chiropractors and other health care practitioners. AIT uses muscle testing to confirm whether a trauma needs to be treated or not as well as to uncover traumas that the client cannot remember. These unconscious traumas can produce symptoms like anxiety, depression, irrational thoughts, nightmares and dysfunctional behavior patterns. AIT can uncover these traumas through muscle testing and treat them using the energy centers as described above. Traditional psychotherapies have a difficult time discovering these kinds of traumas and have limited effectiveness healing them. Getting insight and understanding into how psychological/emotional symptoms developed can help, but that often isn't enough to bring full relief.

Although the conscious mind has difficulty understanding how muscle testing works, one way to think of it is that the muscle being tested is a channel to the autonomic nervous system, which is connected to the body's memory. The muscle being tested either goes strong or weak indicating that trauma either exists or not in the client's energy system. One major advantage of this method of uncovering traumas is that the client and the therapist do not waste time or effort on things that don't need treatment.

In summary, AIT assesses what needs treatment by using muscle testing and then treats the traumas that underlie the client's current problems and issues using the body's energy centers. AIT also transforms self-sabotaging beliefs into more functional self-enhancing beliefs as well as assists in awakening positive core qualities like integrity and wholeness. This, in turn, can open the way for spiritual development for those who seek it.

Asha Clinton, MA, PhD, the developer of AIT was initially trained as a cultural anthropologist. She later became a clinical social worker and trained at the Jungian Institute in New York. For further information about Advanced Integrative Therapy go to www.aitherapy.org.