

Advanced Integrative Therapy

Therapists helping clients alleviate psychological, physical, and spiritual suffering

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Theory and Method

“Since our immensely powerful session on Tuesday, I notice shifting internally — feels like we hit a iceberg, and now things are breaking away, like defense systems, blocks, and ice from years of being/feeling cold. Yesterday, I actually felt compassion towards myself instead of judgment. This method is truly awesome. If I were younger, I would be tempted to go back to school and get a degree so I could offer it to people, too.”

V. R., 2008



The Theory

AIT hypothesizes that the basic issue psychotherapy must address is the effect on the human being of trauma, redefined as any occurrence which, when we think of it or it is triggered by some present event, evokes difficult emotions and/or physical symptoms, gives rise to negative beliefs, desires, fantasies, compulsions, obsessions, addictions, and/or dissociation, prevents or hinders the growth of positive qualities and spiritual connection and development, and fractures human wholeness. From this standpoint, everything that impinges in a hurtful way on a person comes from trauma, and can be treated as such.

AIT posits that most present-day issues and symptoms originate in one or more early traumas or patterns of repetitive trauma. These can be single traumatic incidents or traumatic patterns of commission or omission. When the earliest relevant trauma, the present symptom, and the connection between them are all energetically treated, the pattern that they are both part of stops recurring. AIT practitioners understand early experience to include not only childhood, but also the historical experience of the client's culture, lineage and, where appropriate, the client's past lives.



An AIT Session

AIT begins with the development of a connection between client and therapist, trust building, and the gathering of the client's history. As AIT treatment is most often based upon the causal connections between past life, cultural, lineage, and childhood developmental and incidental traumata on the one hand, and present issues and symptoms on the other, the therapist's knowledge of the client's history is crucial to therapeutic success.

Equally important, therapeutic presence is the hallmark of the AIT clinician. His or her full, grounded physical, psychological, and spiritual presence forms a safe container not only for the client's most painful, dark, and disorienting truths, but also for the transformation of his/her being. Therapeutic treatment begins with a protocol that identifies and disempowers self-sabotaging beliefs about healing and transformation, and creates a healing alliance between the client's conscious and unconscious. Client and clinician together choose the first issue to treat, exploring it and its origins. For the purpose of treatment, the therapist divides the theme into the three categories of trauma—the current issue and all its aspects, the earliest trauma that began the cycle of retraumatization of which the present trauma is a part, and the connection between them.



AIT Treatment

AIT clients move their hands slowly down through a sequence of 13 energy centers on the front of their bodies while repeating a brief phrase that describes the trauma being treated. The placement of the client's hands forms a circuit of electromagnetic energy that moves the traumatic emotions, sensations, behaviors, and cognitions that are the post-traumatic effects of that trauma out of the energy centers and the areas they govern, and then out of the body. These energy centers exist on and affect all levels of the human system—as nerve ganglia on the biological level, as energy centers governing aspects of the psyche psychologically, and as spiritual centers that govern aspects of the spirit.

Once the traumas that comprise the theme have all been treated along with their earliest traumatic origins and the connection between them and those origins, the therapist and client identify any negative cognitions that have developed as a result of these traumas, and treat them energetically, replacing negative cognitions with neutral or positive realistic ones. AIT's protocol for instilling core qualities such as love, courage, assertiveness, compassion or integrity, is used when a positive potential in a client has been crushed or rendered incapable of developing because the client has experienced too much trauma in his life. Clients are also often encouraged to develop a meditation practice since meditation lowers stress and enhances the client's ability to cope.

Because AIT is theme-centered, therapy can be as short or long as circumstances permit; clients who can only manage short-term therapy can, unless the theme is unusually extensive, often complete much of the work on it in ten sessions or less; the client who is interested in his own development and transformation can utilize AIT therapy for the long term while he journeys on his path.

AIT opens up many healing possibilities because it marries the use of energy movement with psychodynamic, transpersonal, cognitive, and behavioral understanding. Anecdotal evidence indicates that it removes or transforms traumas and traumatic patterns, negative beliefs and qualities, and complexes and negative archetypal constellations that are the seeds from which individual and then collective negativity and violence grow. Each person who has experienced AIT has, to the degree that they have removed post-traumatic emotion, physical sensation, belief, distorted fantasy, and pathological behavior, reached a fuller state of presence and wholeness; the past's toxicity need no longer be the lens through which the client experiences the present



Advanced AIT

Treatment in themes, as described above, suffices for the presenting issues of many clients, but some physical, psychological, and spiritual pathology calls for special methods specifically designed for issues that are more complex and deep-seated. AIT offers many such methods, including specialized protocols for treating attachment issues, psychogenic illness, dissociation, and complex forms of anxiety, to name a few.

AIT's toolbox also includes depth work with personal archetypes, work on projection and other types of triggers, DreamWork, and energetic methods for treating physical sensitivities and toxicity.

Note: All certified AIT therapists have completed AIT's foundational levels of training, and are certified to offer thematic treatment. Not all have trained in all other AIT methodologies.