

## ABOUT AIT

Advanced Integrative Therapy (AIT) is a gentle, powerful, psychodynamic, body-centered, transpersonal, new therapy that lastingly removes trauma-induced emotional, physical, and spiritual symptoms as well as life-long repetitive traumatic patterns and destructive beliefs. Developer Asha Clinton, MSW, PhD, posits that trauma is the cause of most human suffering. AIT treatment brings lightness and hope to trauma victims by offering lasting, deep relief and healing. Not only does AIT remove the aftereffects of a trauma and strengthen the individual by strengthening their ego, it also instills positive qualities and productive beliefs.

## WHO CAN TRAIN IN AIT?

AIT welcomes counselors, social workers, psychotherapists, psychologists and doctors. Attendees will leave this seminar with the skills that will allow them to immediately use AIT in their practices and on themselves.

## MORE INFORMATION

Web: <https://ait.institute/>  
Email: [institute.ait@gmail.com](mailto:institute.ait@gmail.com)



Asha Clinton, MSW, PhD  
Developer of AIT  
Chairwoman of AITI

**ASHA CLINTON, MSW, PhD**, is the developer of Advanced Integrative Therapy.

A former Princeton professor in full-time practice for 40 years, she trained in analytical psychology, expressive arts therapy, object relations, self psychology, and Sufi and Buddhist practice, later integrating them all into AIT.

She has developed and taught 14 AIT seminars focusing on the comprehensive treatment of the attachment, personality, anxiety, and dissociative disorders, and on the treatment of historical trauma.

She has taught AIT seminars in the US, Canada, the UK, Germany, Denmark, Guatemala, and El Salvador, and participates in AIT trauma relief projects with the Maya and Xinca of Guatemala, the Navajo, in post-9/11 New Jersey, and in post-Katrina New Orleans.



*The energy therapy option for  
difficult and complex  
therapeutic challenges*

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## A Therapeutic System taught in 4-days Seminars Presence or ONLINE

### Level 1: The Introductory Seminars

- AIT Basics Seminar (the starting point and prerequisite for all others AIT Seminars)
- Mastering AIT Practice (the second seminar required for certification)

### Level 2: The Foundation Seminars

- AIT Presence and Dissociation
- AIT Attachment: Theory & Treatment
- AIT Trigger Seminar

### Level 3: Advanced Seminars

#### PSYCHOLOGICAL SEMINARS

- AIT Depths Treatment
- AIT Introduction to AIT Dream Work
- AIT Anxiety Treatment: OCD & GAD
- AIT PTSD Treatment
- AIT Character Structure Treatment for Personality Disorders & More
- AIT Treating Historical Trauma with AIT

#### THE AIT SACRED MEDICINE SEMINARS

- AIT Cancer Prevention and Treatment
- AIT Multicausal Illness Treatment

#### AIT SPIRITUAL SEMINARS:

- AIT Treating the Wounded Spirit

**Include: private or group supervision for certification, or personal guidance.**

## ***AIT BASICS SEMINAR***

Basics is the introductory seminar for AIT practice. It introduces students to AIT theory and methodology and the basic AIT protocols for treating trauma, breaking traumatic patterns, lastingly replacing negative cognitions with positive, realistic ones, developing positive qualities, and treating trauma quickly. The Basics Seminar is a prerequisite for all other AIT seminars and provides successful, innovative, energetic methods for treating psychological, physical, and spiritual dysfunctions quickly, gently, lastingly and easily.

## ***MASTERING AIT PRACTICE***

MAP helps you better understand and use AIT theory and practice in order to increase your confidence, proficiency, and clarity while you treat your clients. It helps you move confidently from your first session with a client, to case analysis, to development of a successful treatment plan, to using that plan. We recommend that you take MAP directly after Basics since, together, they provide the foundation for the advanced AIT seminars. MAP is required for certification in AIT.

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