

ADVANCED INTEGRATIVE THERAPY



WHAT IS AIT ?

AIT is a Model of humanistic, existential, deep, integrative, and transpersonal psychotherapy specialized in the treatment of trauma. It consists of a set of protocols, processes, and other methods that provide thorough, deep, quick, and relatively painless treatment. This dynamic new energy psychotherapy works with the body, providing individuals lasting relief from a range of psychological disorders.

AIT identifies traumatic events or patterns and then deprograms and releases painful emotional memories through activation of neuro-psychobiological processes through finger pressure on the emotion receptor centers. This removes the aftereffects of trauma and strengthens the client by installing positive cognitions and qualities that trauma had earlier destroyed.

WHAT DOES IT DO?

AIT focuses consciously and directly on traumatic energy stored in the body and its movement, with treatments happening quickly compared to traditional psychotherapeutic treatment.

- AIT is incredibly effective, gentle, deep trauma treatment that heals body, psyche, and spirit.
- AIT provides effective treatment even for people with personality disorders, dissociative disorders, and multiple diagnoses.
- AIT can be used in conjunction with other psychotherapy approaches as a complementary tool.
- AIT pairs with muscle testing as a diagnostic tool which allows quick access to unconscious and repressed information.

HISTORY OF AIT



Asha Clinton is the developer of the Advanced Integrative therapy (AIT). She has a 40 year history of training in cultural anthropology, analytical psychology, self-psychology, and object relations, and has practiced Buddhism and, later, Sufism. After teaching at Princeton, she specialized in transpersonal psychology and the treatment of personality disorders, abuse, and psychogenic illness. After training in EMDR and the energy psychology techniques she began developing Advanced Integrative Therapy. All of this has given her a deep understanding of trauma as the basis of individual and societal affliction.

Asha is the founder of the AIT Institute (AITI), an educational, humanitarian aid, and research organization. AIT is the culmination of Asha's mission to help replace human suffering with freedom, hope, and joy. She trains AIT therapists, supervisors, teachers, and humanitarian aid volunteers on four continents.

Asha has directed many of AITI's humanitarian crisis support and intervention projects, which have included long-term trauma relief work within the Navajo Nation, among the Maya and Xinka peoples of Guatemala, and for survivors of 9/11 and Hurricane Katrina.

TRAUMA AND AIT

AIT can be used to treat any kind of trauma. Trauma, as defined in AIT, is any occurrence which, when a person thinks back to it or when it is triggered by some present event, it evokes difficult emotions and/or physical symptoms or sensations, gives rise to negative beliefs, desires, fantasies, compulsions, obsessions, psychoses, addictions, personality disorders or dissociation, blocks the development of positive qualities and spiritual connection and fractures human wholeness (Clinton 1999).

From this perspective, trauma includes any kind of physical, psychological, or spiritual wounding that human beings suffer as we experience our lives, from burning a finger on a hot frypan, to barely surviving a tsunami, to having parents who don't love us, or being sexually abused by a member of the clergy.

Trauma produces unbearable emotions, how unbearable depends on ego strength and development at the moment of trauma. If it happens in childhood as developmental trauma usually does, the child needs to escape from the unbearable emotions because she/he does not have the ego strength to process and contain emotions and sensations.

So, the results of trauma are the many ways in which one can escape of unbearable emotions, including anxiety disorders such as PTSD, OCD, generalized anxiety disorders, addictions, dissociations, personality disorders, psychogenic illnesses, and possibly psychosis.

Since AIT identifies trauma as the prevalent cause of most psychological disorders, the only complete and lasting treatment must eliminate the secondary effects of trauma. Developmental trauma, single trauma, psychogenic illnesses, and spiritual blocking can be healed by treating its causes, which are trauma.

For AIT, the experience of suffering, i.e., of trauma and its aftereffects, may well be NECESSARY for real spiritual development to occur. Trauma that has not been contemplated, understood, digested, and treated in some way is less likely to produce spiritual development.

"But now I see trauma not only as something that can positively redirect a life towards spiritual development, but also as a necessary prerequisite for such development. In other words, trauma produces spiritual development if we work with it consciously", said Asha Clinton, developer of AIT.

Because it treats trauma, AIT is a way of furthering the spiritual development of any human being in any—or no—religious or spiritual tradition. By removing the traumatic suffering that blocks development, and thus freeing people from suffering, it can help open that most sacred door.

PRINCIPLES OF ACTION

People are programmed by inadequacies and limitations of early life and everyone has them because no one is perfect, no one had perfect parents or a perfect childhood. Our early interactions have created paths in our brain that program our interactions for the rest of our life. These paths can be reprogrammed using 3-step transformation energetic technology which is based on principles of neurobiology.

Based on her clinical investigation and Le Shan's investigation on emotional factors of the causation of cancer (1977), Clinton discovered that because traumas tend to be repetitive, treating present trauma does not give the person enough relief because most traumas of the present are simply repetitions of past trauma. When she discovered that one or more traumas from childhood (OT) were the origin of present trauma she started treating those traumas of origin first. Then she treated present trauma (RT) and then she discovered that if she treated the connection (CT) between trauma of origin and present trauma, she could break the connection and with it the pattern of repetition. This was the origin of 3-Step Transformation, which is AIT's basic principle of action.

HOW AIT WORKS. STEP BY STEP

1) Client and therapist discover what needs to be treated—usually a trauma, i.e., something that has strongly affected the client emotionally, cognitively, behaviorally, physically, and/or spiritually so that the client is experiencing symptoms—so that the client is suffering.

2) Therapist and client decide on a phrase that clearly but briefly describes what caused the symptoms. For example: "Margo left me and took the twins with her, and I don't even know why".

3) Following the therapist's lead, the client repeats his phrase while putting one of his hands at each of the major energy centers of the body, moving from the crown of his head to the bottom of his trunk. He keeps his other hand on the energy center most affected by the trauma he is treating. Moving his hand down the energy centers while repeating this phrase lets his body, psyche, and spirit know that he wants to remove the traumatic energy about this particular incident and no other—AND THAT'S EXACTLY WHAT HAPPENS. All the traumatic energy from the trauma is completely gone. Once it was gone, the emotions were gone as well.

PRACTITIONERS

In order to take the AIT Basics Seminar in the US the student needs a master's degree or higher in a helping profession such as social work, counseling, family therapy, clinical psychology, psychiatry, medicine and the like, or the equivalent in the country where they reside.

AIT has more than 100 AIT Practitioners, more than 30 AIT Teachers and, more than 30 AIT Supervisors. AIT is present in America and Europe. In America: Canada, United States of America, Mexico, Guatemala, El Salvador, Colombia, Argentina. In Europe: Germany, Spain, France, United Kingdom.

TRAINING

The AIT Basic Seminar is the introductory seminar for AIT practice. It introduces students to AIT theory and methodology as well as 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.

Mastering AIT Practice Seminar (MAP) helps the student understand AIT theory better and practice its methods more successfully so that the student builds confidence, competence, understanding, and clarity while treating the client. MAP teaches the student how to do case analysis, to do a diagnosis based on AIT, to develop a successful treatment plan, and successfully use that plan. You also learn to new protocols that allow you to treat deeper trauma.

AIT Basic Seminar and Mastering AIT Practice Seminar are prerequisite for all other AIT advanced seminars. They are both required for certification as an AIT practitioner.

You can find a list of currently scheduled AIT Seminars here:

<https://ait.institute/ait-seminars/seminars/>

REQUIREMENTS TO BE A CERTIFIED AIT THERAPIST AND APPEAR IN THE DIRECTORY OF AITI´S WEBSITE

- Have earned a Master's Degree or higher in a helping profession such as social work, counseling, family therapy, clinical psychology, psychiatry, medicine and the like, or the equivalent in the country where they reside.
- Take the AIT Basic Seminar and have 2 supervisions sessions (presenting a case each session) with an authorized AIT Supervisor.
- Take the Mastering AIT Practice Seminar (MAP) and have 2 supervisions sessions (presenting a case each session) with an authorized AIT Supervisor.
- Pay the annual AITI FEE: US\$ 40 (Latin America), US\$ 75 USA and Europe. (Annual AITI FEE)
- Take an AIT seminar at least once every 3 years.



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