



Acceptance and Integration Training[™]

— ACCEPTANCE + INTEGRATION = FREEDOM —



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Melanie McGhee, L.C.S.W.

WELCOME TO THE AAIT™ EXPERIENCE!

I am so glad you are here. You never know how your curiosity could change your life and the lives of your clients. If this is your first time here, I know it can be overwhelming. Our team at AAIT™ has created this guide with some of our best resources to help you get oriented and learn more about this promising model.

My name is Melanie McGhee and I'm the founder of AAIT™. If you are anything like me, HELPING clients get free from the pain and struggling that brings them to our offices is deeply SATISFYING. I got into this to make a DIFFERENCE. When clients leave feeling not much better than when they arrived, not making a difference is frustrating and can lead to a feeling of defeat. Been there!

Whereas KNOWING we can make a difference, that's deeply rewarding!

After more than 35 years practicing psychotherapy, I have seen a lot of practitioners become disillusioned while working HARD to learn their craft. I determined early in my career that I didn't want to be one of them. Towards that end, I sought out training with master therapists and developed this comprehensive transpersonal model of psycho-emotional care that supports spiritual well-being alongside personal growth, Acceptance and Integration Training®.

WHAT IS AAIT™?

Acceptance and Integration Training® (AAIT) is a highly effective approach for the treatment of trauma, mood disorders, addictions, relationship issues, grief, goal achievement and MUCH more. Free of narrative explorations, AAIT™ efficiently guides our clients through processes that eliminate the tension of charged psycho-emotional content in minutes without laborious excavations into the past. It is currently being used by psychotherapists, counselors, coaches and spiritual directors.

HOW CAN AAIT™ HELP MY CLIENTS?

Your clients will come to appreciate how empowering and non-intrusive AAIT™ is. Instead of being caught up in any number of psychological wounds and self-limiting cognitive activity, clients quickly learn the means to restore their state and take active easy steps towards their goals, increasing resiliency and their capacity for self-regulation.

WHAT IS A TYPICAL AAIT™ SESSION LIKE?

We follow an easy rhythm through five phases, discovery, collaborative agreement, integration, embodiment, and directed awareness. This rhythm insures that we do not stay parked in discovery. We spend a few minutes **discovering** the session focus and goal, with a shared **agreement** we move on to integration. **Integration** happens through guided processes that essentially neutralize the tension of the presenting problem. **Embodiment** supports the client with regular practices they can do at home and **directed awareness** guides their awareness to the changes in their experience, body sensations and to states of non-dual awareness.

It's not uncommon for AAIT™ clients to describe making gains in a single session that would have taken YEARS in talk therapy. We all want that kind of rapid progress for our clients.



WHAT WILL AAIT™ DO FOR MY PRACTICE?

Your practice will come alive with vitality as you and your clients discover real TOOLS for quick RELIEF and real CHANGE. In the words of AAIT™ practitioners:



“AAIT™ has given me more confidence in my ability to help clients. I have more therapeutic resources and practices to help create sustained change and healing.”

KARA LOGAN, L.P.C.



“I was able to leave the agency I worked for and go into private practice with confidence.”

BOBBY MCNAMARA, L.C.S.W.

HOW DO I LEARN MORE?

Acceptance And Integration Training (AAIT) finds success outside the traditional psychotherapy framework

<http://bit.ly/different-framework>

The Use of Holistic Processing in AAIT™

<http://bit.ly/holistic-processing-ait>

The Sphere of Influence

<http://bit.ly/sphere-of-influence>

Can Your Problems Hold You Against Your Will?

<http://bit.ly/problems-will>

Tapping Into The State of Nothingness

<http://bit.ly/tap-into-nothingness>

WHAT ARE OTHERS SAYING?

"A fun experience with a client yesterday. She came specifically for EMDR which we started last week. Yesterday I found out she was going on family trip that included an abusive person! I stopped the EMDR, said you need to try this so you have tools to more fully enjoy your trip. I did a crash course with prep, then UP and BP. She was amazed and looking forward to her trip instead of "walking on eggshells..." It was wonderful to hand her instructions to help her be herself."

~ Jody Butler, L.C.S.W.

"The benefits I have experienced are being able to help clients quickly and gently with some of the stickiest, most painful things. From traumas to the desire to change self-sabotaging habits, AAIT has a way to soothe the ache, clear the fog, settle the foundation so clients can access moments of peace, calm, acceptance, and ease. For myself, AAIT has accessed what is the most elusive of beliefs, fears, doubts, and decisions of defeat."

~ Sara Ridner L.C.S.W.

"Just another thank you from me! All my available weekly sessions are full and I'm having to look at reorganizing, next steps and goals for accommodating the new women who are reaching out for appointments each week. If you'd have told me this a year ago, I'd never have believed it. My heart is full. So much gratitude for you and your beautiful work "

~ Sarah McNamara, L.C.S.W.

WHEN AND WHERE CAN I GET TRAINED?

Attend an AAIT™ Foundations Training

2020 Locations:

Virtual - July 11, 12, 18

Virtual - October 17, 18, 24

Apply for the AAIT™ Fellowship Training Group

Virtual with Bobby McNamara LCSW – TBD

Virtual with Melanie McGhee LCSW – TBD

AAIT™ trainers comply with guidelines from the National Board of Counselors regarding continuing education for counselors. This comprehensive checklist aligns with the continuing education requirements for most state licensure boards for most professions. Nonetheless, we urge you to check with your state board. [Click here](#) to take a look at the CEU guide.

WILL I GET CEUS?

WILL I BE CERTIFIED AFTER THIS TRAINING?

AAIT™ certified practitioners complete the Fellowship Training Group for certification. AAIT™ Foundations gets you well on your way as you will begin seeing ready change in your clients. Deepen your learning, become certified, and join a community of like-minded professionals by applying for an AAIT™ Fellowship Training Group.

[Click here to see the training journey.](#)

Absolutely, please contact an AAIT™ practitioner to experience this promising model for yourself.

And watch the AAIT Intro Video Series to learn a deceptively valuable technique.

CAN I GET A LITTLE TASTE OF AAIT™?