



Acceptance & Integration Training

Orientation to Experiential
Learning with AAIT



Welcome & Introductions

Prepare Your Space

- Create the kind of space for YOU that you would for clients.
- Refresh your environment.
- Have healthy foods & snacks at the ready.



Prepare Your Mind

- Gather any supplies that help your learning.
- Become familiar with your training manual.
- Complete the awareness prompts in your manual and clarify your intention.

Prepare Yourself

Experiential Learning

- Rest.
- Stay hydrated.
- Review the balance wheel.
 - Identify one goal, problem, belief or experience for each area.
 - Give each a vulnerability rating for each item. 10 = super vulnerable.
 - Everyone will have at least 6 opportunities for personal work.



Prepare Your People

- Garner the support of your people.
- Let them know that you will be focused on learning and likely tired at the end of the weekend. Be clear about how they can support you.
- If at all possible, take the day after the training off work.



Where Are We Going?

Day ONE



Intro to AAIT

Basic PEAT

Sneaky PEAT

Where Are We Going?

Day TWO



Making a
paradigm shift

Deep PEAT 4

Shadow
Integration

Where Are We Going?

Day THREE



Resolving Trauma

Fingertip Method

Golden Shadow
Integration



Advocate for Your Learning



Questions / Answers



Learning Something New

Shared End of Words Practice