

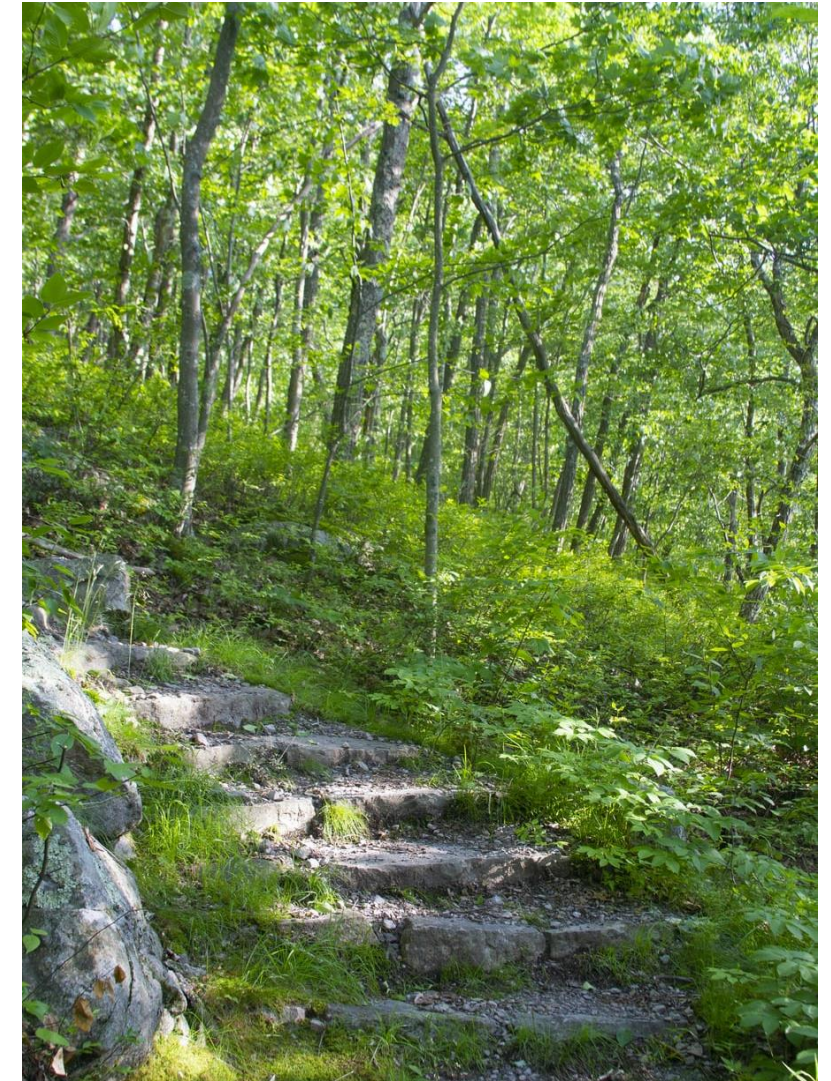
WELCOME
TO
Acceptance and Integration
Training®

Melanie McGhee, L.C.S.W.



Where We're Going

- Origins of AAIT™
- Theory, Principles, and Phases
- Basic PEAT for Emotional Regulation –
Demo, Discussion, Practice
- Deep PEAT 4 for Problem Resolution, Shadow
Integration and Goal Achievement
- Introduction to Trauma Treatment with AAIT™ –
Demo, Discussion, Practice
- Golden Shadow Integration with Deep PEAT 4.





Acceptance and Integration Training®

*Resolve reactivity.
Uncloak the true SELF.*

Traumas

Early decisions

Injunctions

Scripts

Identities

Wounds

Limiting Beliefs

Mental Illness

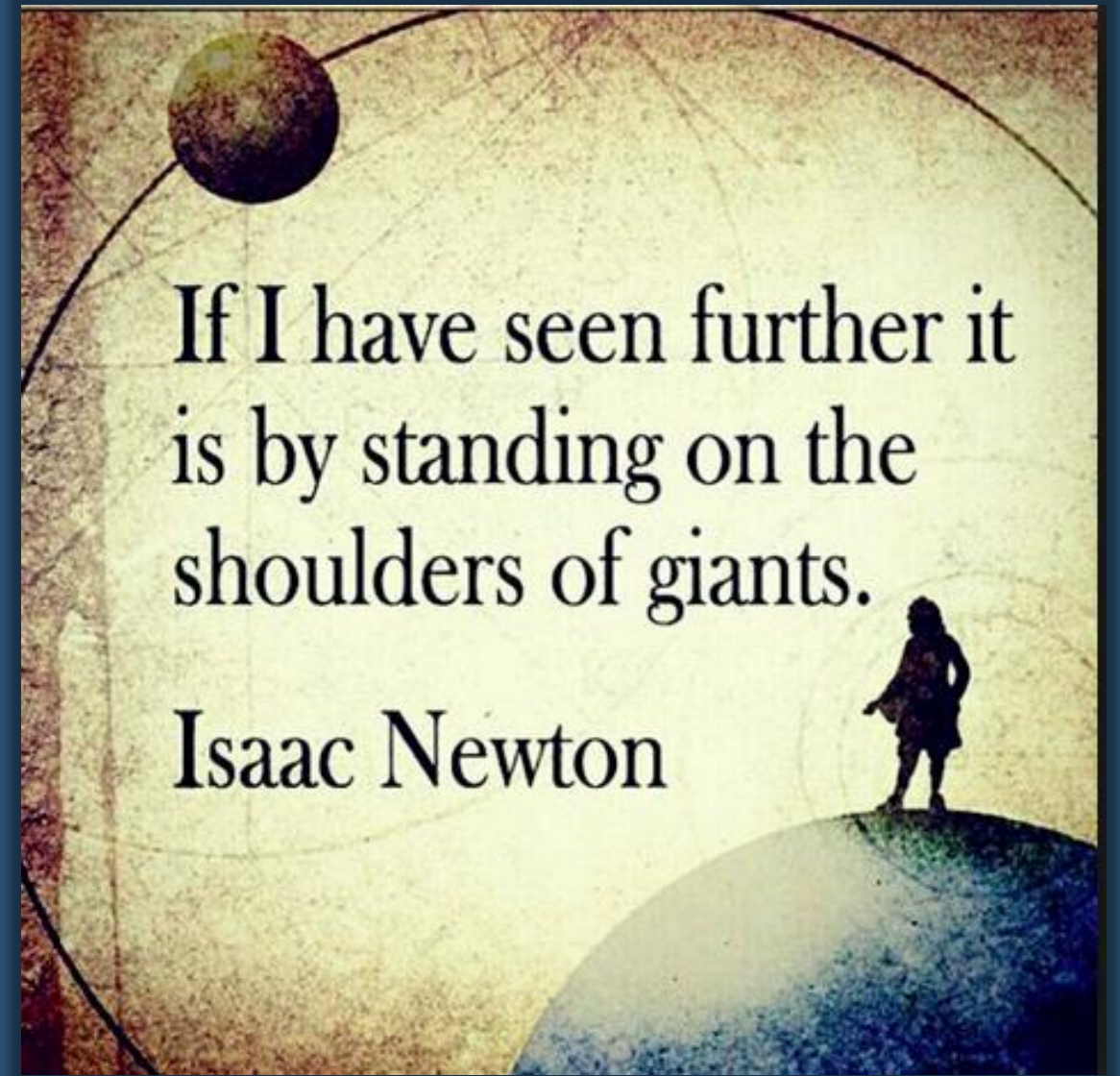
Cognitive Distortions

Etcetera

Conditioned Self



Origins of Acceptance and Integration Training



My AAIT™ Story





Five Streams of Knowledge

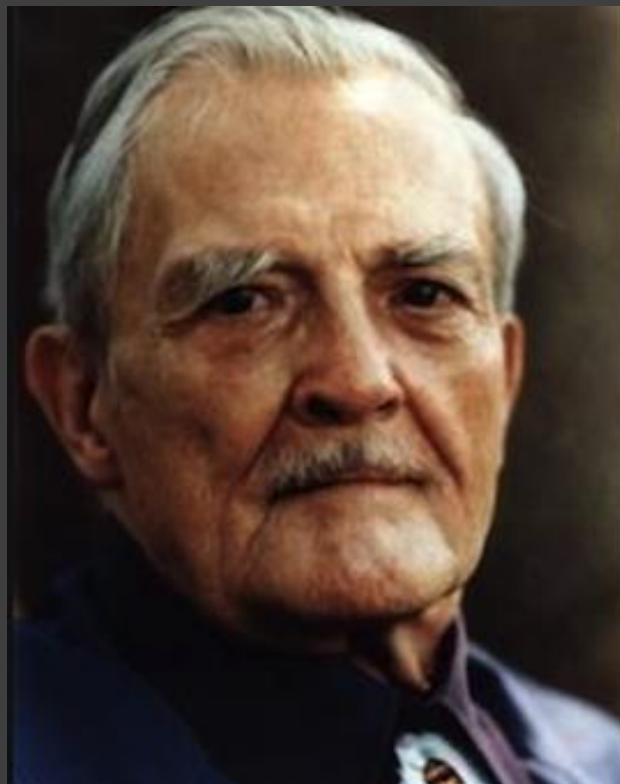
- Ericksonian Hypnosis
- Redecision Therapy
- Self Acceptance Training
- Nondual Philosophy
- Energy Psychology - PEAT

Change will lead to insight more often than insight will lead to change.

~ Milton Erickson



D. Corydon Hammond, Ph.D.



Milton H. Erickson, M.D.

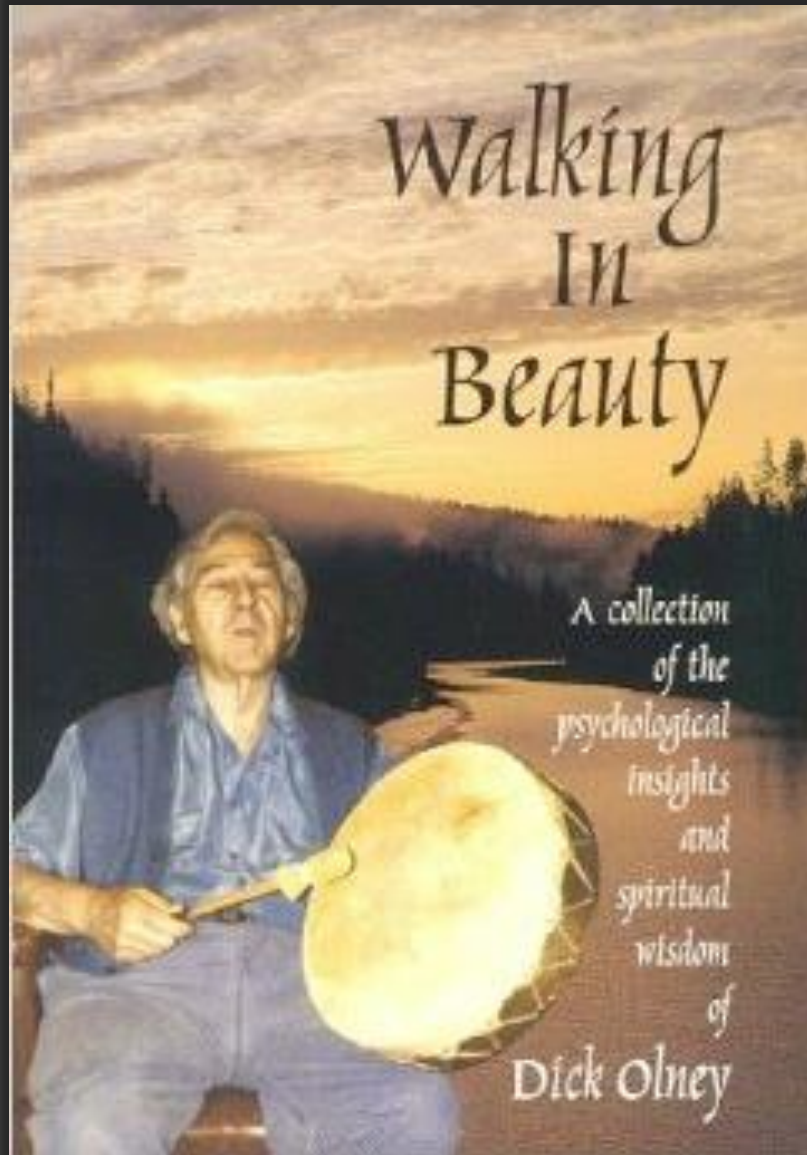


Jeffrey K. Zeig, Ph.D.



*The power is in
the patient.*

Bob (M.D.) and Mary (L.C.S.W.) Goulding




*Self Acceptance Training
is experiencing myself as
I am in a given moment
without the inhibition of
self criticism, self
judgment or self
evaluation.*

~ Dick Olney, M.A.

All variety of things are
manifestations of one
thing and only appear
to be two.



A close-up shot of Dorothy Gale from the 1939 film 'The Wizard of Oz'. She has a worried and questioning expression on her face, looking slightly off-camera. Her hair is styled in two braids with blue bows. She is wearing her signature blue and white checkered dress with a white high-collared blouse underneath. The background is a soft-focus, golden-yellow field.

Toto, I've got a feeling we're not in Kansas anymore



There are two fundamental possibilities for us as conscious human beings: dualistic and unified consciousness.

~ Zivorad M. Slavinski

Acceptance and Integration Training



Theory

Principles

Phases



Acceptance
+ Integration

FREEDOM

AAIT™ Theory

Psycho-emotional and interpersonal distress can be relieved and resolved through the acceptance and integration of associated charged energies.



AAIT™ Theory

Such integration results in greater acceptance of self, others, and situations. Acceptance and integration produces an increased sense of freedom and an ability to make skillful choices, in response to previously problematic triggering situations.



AAIT™ Theory

Embodiment practices perpetuate ongoing self-care by both practitioners and clients.





Shared Practice



Kintsugi ~ The Art of Precious Scars

AAIT™ Principles



The true self is not encumbered by the limitations of a narrative. The true self is a being.



Self acceptance
is a means and
measure of
wellbeing.



Resolving
reactivity reveals
higher states of
consciousness.



Taking
responsibility for
and tending to
our inner state is
the source of our
FREEDOM.



The integration
of two opposing
states can
alleviate
psychological
suffering.



The nondual states of empty consciousness are an indication and mechanism of transformation.

Cultivating an awareness of these states contributes to decreased reactivity, increased compassion, present focused attention and more skillful choices.



The **MOST** important principle

*On a low level of consciousness
there are no solutions, and
on high level of consciousness there
are no problems.*



~ Roberto Assagioli, MD

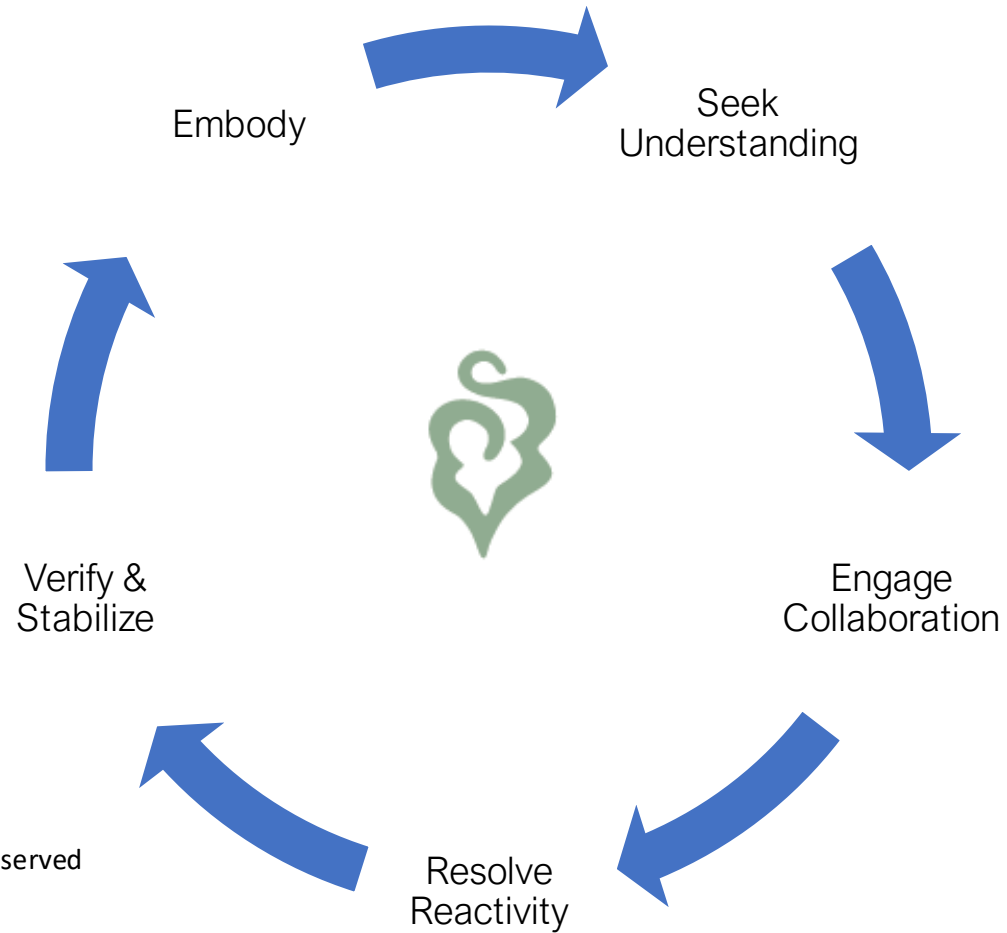
(psychosynthesis)



70%
of clients
want their therapist to
use a **directive**
approach aimed at
specific goals.

Swift, J. K., Callahan, J. L., Cooper, M., & Parkin, S. R. (2018). The impact of accommodating client preference in psychotherapy: A meta-analysis. *Journal of clinical psychology*, 74(11), 1924–1937)

AAIT™ Phases ~ *SERVE*





Seek
Understanding

T – THOUGHTS
I – IMAGES
E – EMOTIONS
S – SENSATIONS

Charged energy tethers
us to limited states and
compulsive reactions.

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McVinn E



Engage Collaboration



Resolve Reactivity



Verify & Stabilize Results



Embody the
True Self

Continued Learning

- Join Facebook groups – AAIT Community, Fellowship Training Group (AAIT Foundations for Foundations Graduates).
- Study. Study. Study.
- Practice. Practice. Practice.
- Come to AAIT Sanctuary as you can.



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*Resolve reactivity. Uncloak
the true SELF.*