



# Introducing Clients to AAIT

© Illumined Life LLC All Rights Reserved

EVERYONE IS

**WELCOME**



# Manage Expectations

- AAIT offers a fresh start, distinct from talk therapy.
- There will be times you steer clear of stories to provide focused resolution.
- This approach is aimed at getting sustainable relief and freedom from pain-filled thoughts.



## Share Objectives of Each Phase

- Seek Understanding
- Engage Collaboration
- Resolve Reactivity
- Verify & Stabilize
- Embody True Self



# Directing Awareness – Relying on the Evidence of Personal Experience

- Body
- Expanded states (not everyone is comfortable with them, use of stabilizing questions, Crucible, p. 96)
- Impact of previous session.
- Personal embodiment practice at home.



# Discuss the Collaboration

- Our problems are result of the tension of un-integrated content, thoughts, images, emotions and sensations (TIES)
- In traditional talk therapies we seek to gain insight and understanding as a means of releasing this tension.
- With AAIT, we aim to deactivate and neutralize the tension directly and quickly through acceptance and integration.
- Insight arises AFTER integration, giving them access to *their* inner wisdom



# Discuss the Collaboration

- We are collaborating with their highest self on behalf of their truest self.
- You will interrupt them. Though interested in their lives and stories, you will not be diving into the stories in the way they may be used to.
- Our goal is to help them resolve their issues and feel better QUICKLY rather than engaging in the kind of chatter they could have with a friend or talk therapist.
- There will be times they will just want to talk and unfold a longer story. You will find a balance with this.



## Discuss the Collaboration

- Explain that you will work together to identify the specific session goal and therapeutic direction.
- Discuss how collaboration becomes more alive as you teach them tools that will become part of their home practice tool kit.

# Explain:

- Rapport and empathic connection are the most important aspects of having a strong collaboration. Though natural to fall into old relationship patterns, you will find a rhythm together.
- Explain that you are learning a new approach. Assure them that you will be checking as you go to make sure that they are experiencing therapeutic benefit.
- You will be referring to your notes and taking notes.
- That though you are interested in the stories associated with their problem, you will not necessarily be diving into the stories in the way they are used to unraveling them. And, if they ever want to share a longer story, it's fine.





# Explain these concepts:

- Collaboration – you will work together to identify the specific session goal and therapeutic direction.
- Self-acceptance – experiencing oneself without evaluation, judgment and criticism ... like the sky experiences clouds and storms.
- Embodiment – share how regular engagement with home practice will grant quicker and deeper therapeutic gain.
- It can be helpful to pair a conversation about home practice with the principle, *taking responsibility for and tending to our state of being is the source of our freedom.*





Questions?  
Insights?  
Objections?