

THERAPISTS' OBSERVATIONS IN REDUCTION OF UNPLEASANT EMOTIONS FOLLOWING ADVANCED INTEGRATIVE THERAPY INTERVENTIONS

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INTRODUCTION AND PURPOSE

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INTRODUCTION

- Energy Psychology has evolved into a general field with hundreds of research studies to support efficacy: these range from RCTs to functional brain imagery, to physiological correlates, to meta-analyses
- The vast majority of research within EP has been focused on the Emotional Freedom Technique (EFT) authored by Gary Craig, PhD

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ADVANCED INTEGRATIVE THERAPY

- AIT is another model within EP, developed by Asha Clinton, PhD
- The modality focuses upon physical touch of the energy centers associated with the chakra system rather than focusing on the meridian points from TCM

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- Full phrase is repeated at each hand location
- Phrasing allows for the release of patterns of events in addition to single events in the form "All the times and all the ways I felt X with event Y."
- CT =Current Trauma, OT =Originating Trauma, CT=Connecting Trauma: Clearing all three is termed a 3-Step.
- Quick AIT is a brief version for home use; AIT within sessions may include a series of detailed protocols for particular conditions of focus

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PURPOSE

- As a feasibility study, we felt the first step in considering further prospective studies on this modality was to complete a retrospective study to measure observations of current AIT therapists

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METHODS

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DESCRIPTIVE CROSS-SECTIONAL STUDY

- Web based anonymous survey completed by therapists based through the Qualtrics platform
- November 2021 survey window
- Therapists identified by AITI through an email list, contacted one time through the Kirk Kerkorian School of Medicine at UNLV, and a second time through an email from AITI to confirm the study
- All levels of clinicians contacted who had any level of AITI training

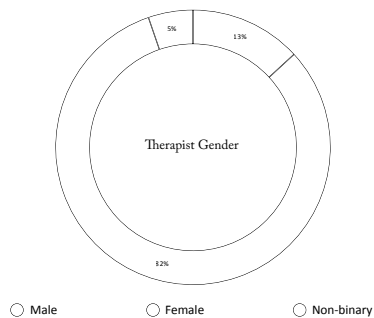
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- Deemed an exempt study by the Institutional Review Board at UNLV
- Online form included an informed consent, and a 17 item questionnaire which included clinician demographics and information regarding clinical impression and documented improvement using AIT protocols (specific protocols not elicited)
- Recommended sample size minimum ranged from 30 to 70 responses, which was exceeded

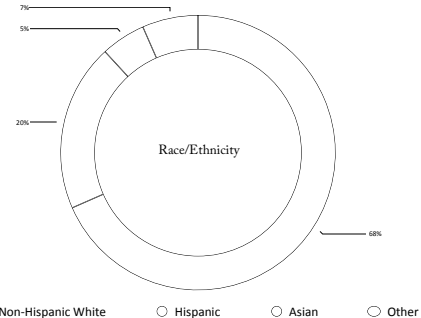
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RESULTS

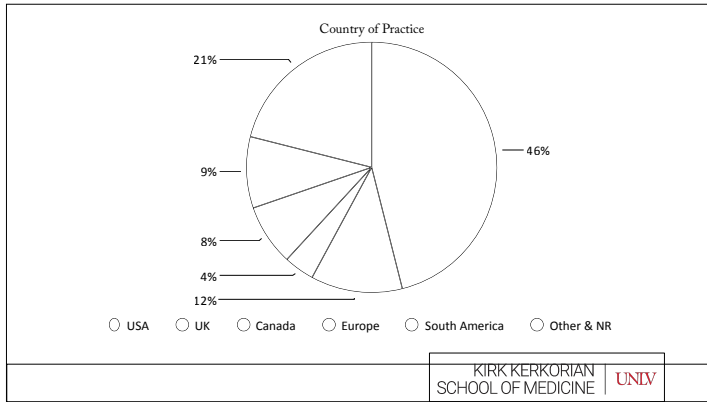
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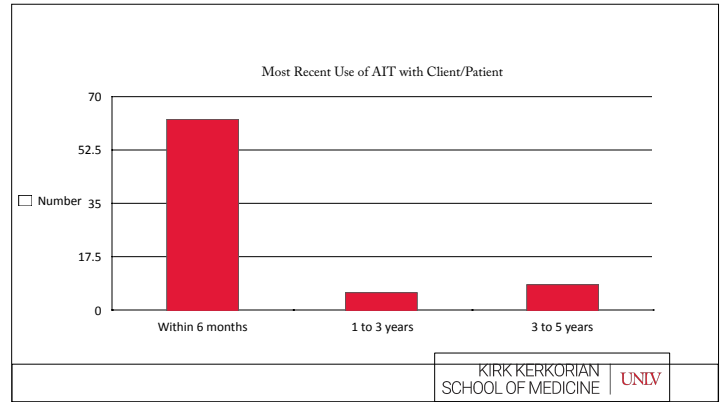
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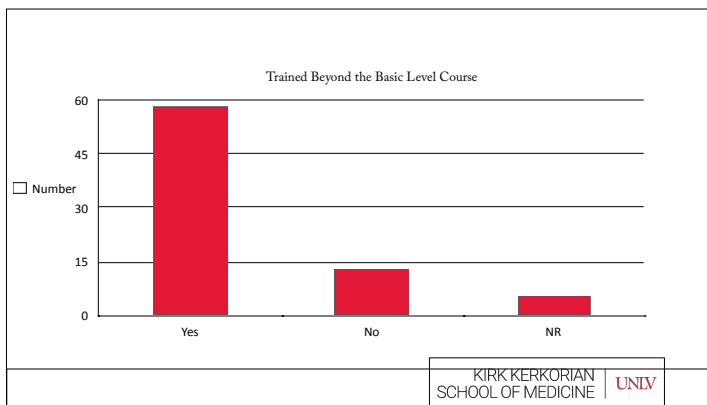
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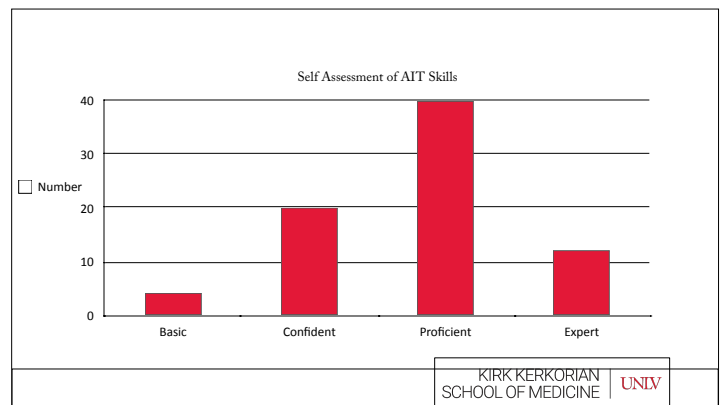
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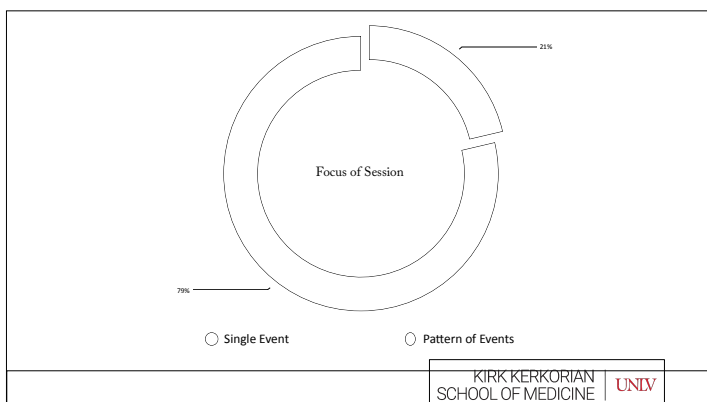
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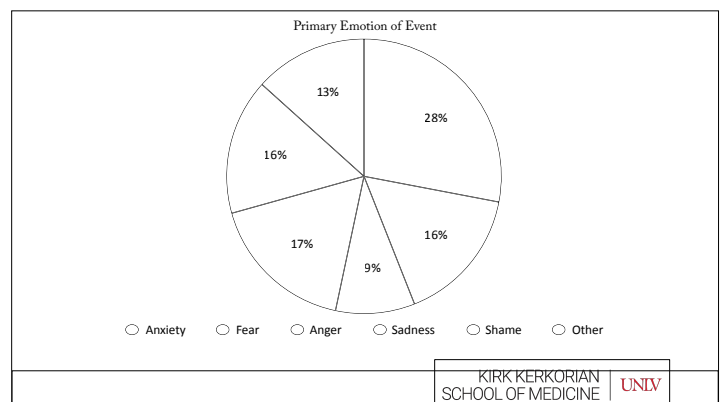
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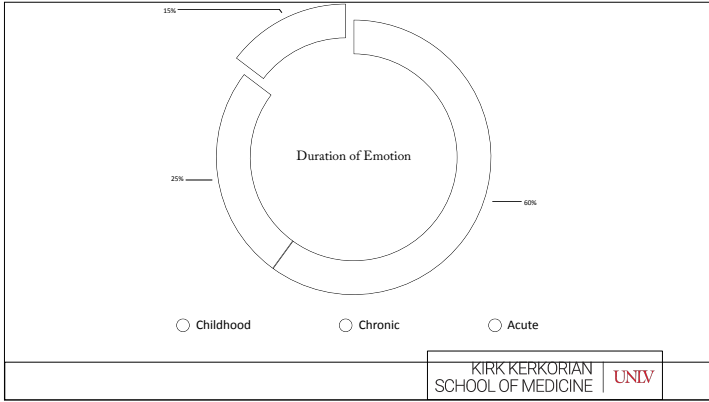
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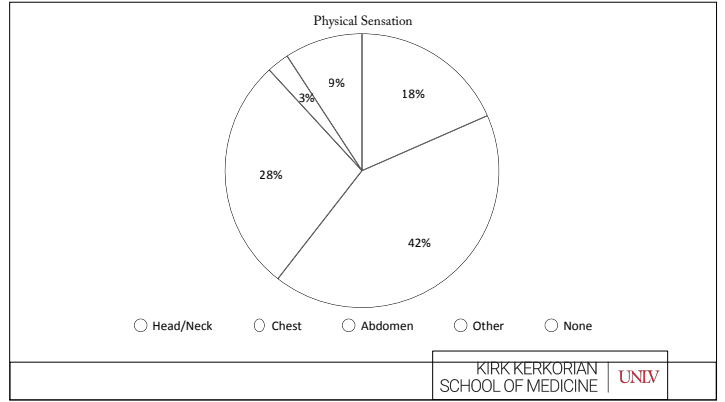
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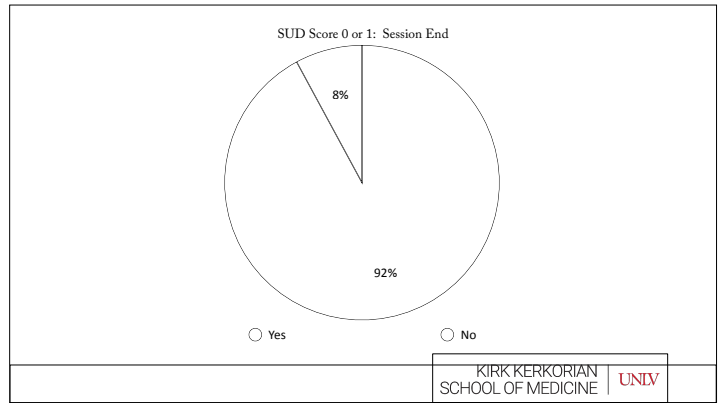


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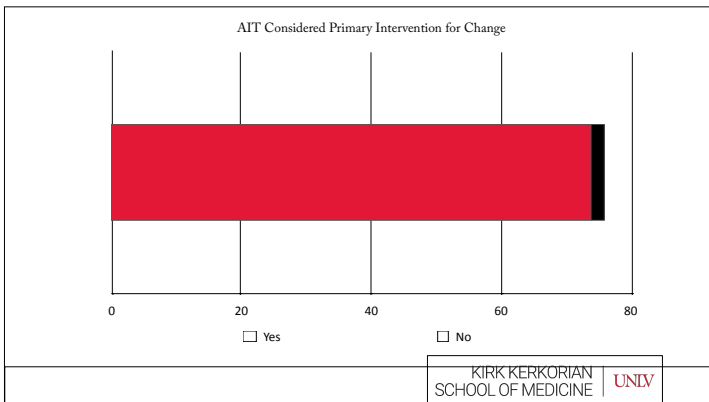
PRE-AIT SUD SCORE = 8.3 (+/- 2.7)

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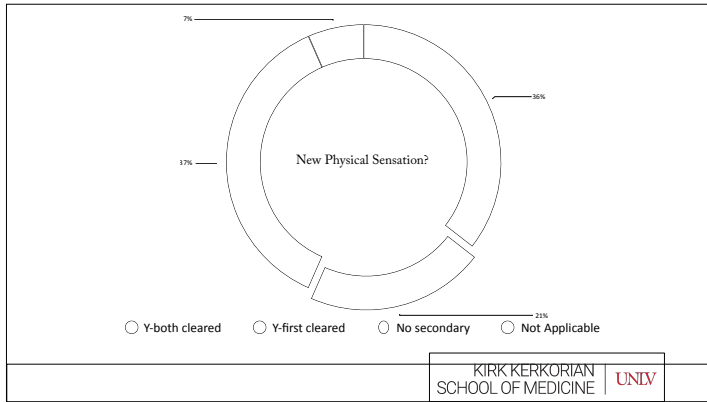


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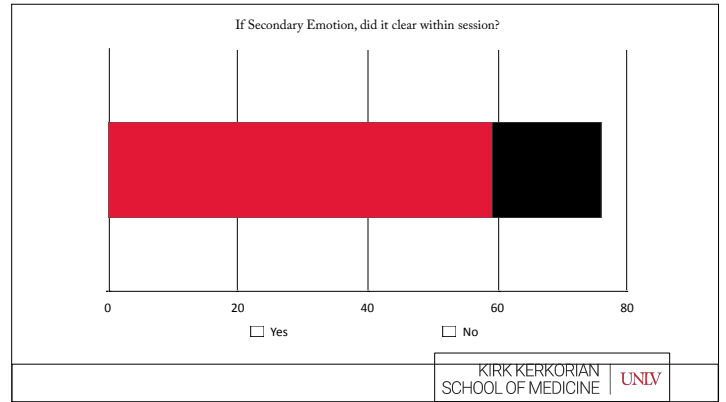
**AVERAGE ROUNDS OF AIT FOR RESULT = 3
WITH A RANGE FROM 1 TO 6**

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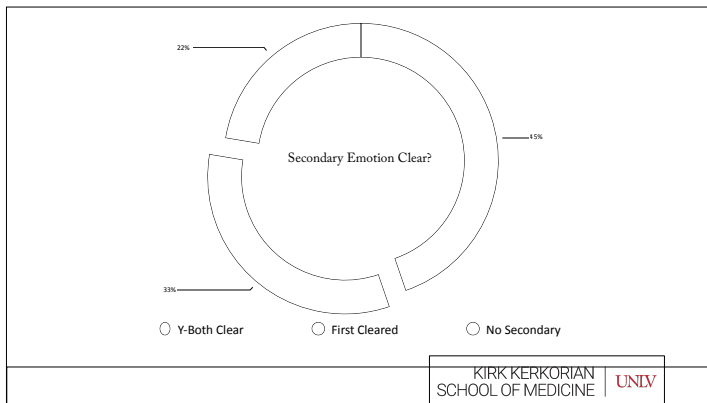
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FOLLOWUP STATUS

- 63 Cases had followup visit by the time of the survey (82%)
- Of those cases, 58 (92%) maintained improvement, 5 (8%) did not

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DISCUSSION AND CONCLUSIONS

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DISCUSSION

- Clinicians ranged across a diverse international group
- AIT interventions were observed to provide clear reduction of SUD scores within a single session for both single events and patterns of events.
- Improvement noted in the primary emotion, a secondary emotion, and related physical sensation component, typically within a single session averaging three rounds of treatment
- Improvement persisted at followup in the vast majority of cases

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LIMITATIONS

- Therapists self selected the cases to provide a response
- The methodology of the study did not allow to assert causal inferences or calculate effect sizes
- The reports are from therapist documentation, and no direct information was obtained from patients/clients
- No measure of average reduction in SUD Score was obtained for each round of intervention

LOOKING FORWARD

NEXT STEPS

- Given the responses suggested by this questionnaire, we believe an RTC with a known EP based therapy and AIT is a warranted next step
- Should that study demonstrate equivalence, then future studies would also focus on physiological measures such as functional brain scanning and/or metabolic indicators of stress

QUESTIONS & COMMENTS

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