

Quick AIT - Asha Clinton, Ph.D.
with thanks to Gary Craig

1. Ask your client to choose the memory, aspect, emotion, etc., to be treated. They can just think it or tell it to you.
2. Say to the client:
 - a. "Please go back to the memory and remember it carefully."
 - b. When they have done so, say, "Let yourself feel the emotions and physical sensations you feel about this memory, NOW."
 - c. Then ask them, "On a scale of 0 to 10, where 0 is no emotion and/or physical sensation, and 10 is the greatest intensity of emotion and/or physical sensation you can imagine, where are the feelings and/or physical sensations about this memory now?" Accept their answer.
3. Treat any reversals you intuit or expect by having your client rub their sore points. [May use EFT like phrase as well].
4. Ask the client to suggest a short phrase that summarizes the facts of the memory.

Ask the client, either inwardly or out loud, to repeat that phrase at each energy center they hold, moving forward.
5. Choose an energy center for the client to hold with their stationary hand while they move down the other energy centers with their other hand.
6. Hold your energy centers as the client holds theirs to indicate which energy center to hold when. Begin with the crown energy center and hold each energy center at least the length of one breath.
7. After one round, ask the client to take a deep breath in. Ask the client to focus again on the memory/trauma and then on the feelings and physical sensations they have about the memory now. Then ask where those feelings and physical sensations are now on a scale of 0 to 10.
 - a. If they have gone down 2 points or more but have not yet gone down to 0, do another round.
 - b. If they have gone down only 1 point, none at all, or have gone up, have them rub their sore points for 2 minutes to correct for possible reversals.
 - c. If you suspect that there are no reversals but the number has not gone down sufficiently, ask the client if another aspect of the memory has come up.
 - d. If it has, and the emotional level of the original memory you are working on is now 2 or less, you can switch focus to the new aspect and begin to treat it.

e. If the emotional level of the original memory is above 2, suggest the client do another round on the original memory until it goes down to 2 or less, and then switch to the new aspect.

f. If the client reports a SUD of 1, have him repeat the phrase a few times with one of his hands on the stationary energy center, and the other on another energy center you think is strongly involved in this particular trauma. A full round is not necessary. Then MT to see if they are at a 0.

8. Have the client do the number of rounds necessary for the trauma, emotion, physical sensations or memory and its aspects to go to a 0.

9. "Hallelujah!" or equivalent.

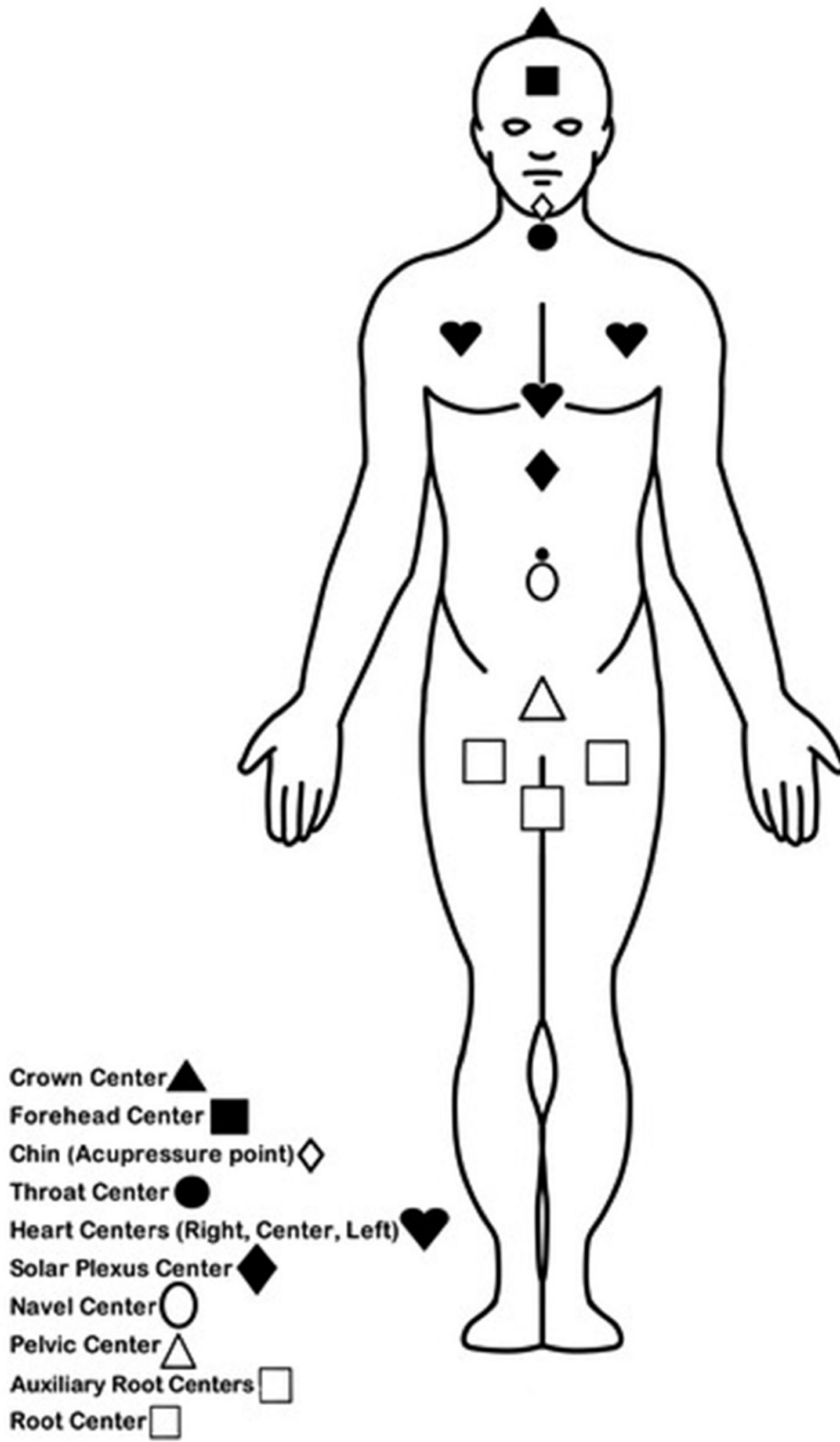


Figure 1. Energy centers used in AIT (illustration by Paul Weaver, 2021).