



Resolving Trauma, Cultivating Resilience & Returning to NOW  
Acceptance and Integration Training®  
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Four elements comprising  
human experience:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Two AAIT Principles

- The \_\_\_\_\_ of two opposing states can alleviate psychological \_\_\_\_\_.
- The non-dual states of empty consciousness are an indication and mechanism of \_\_\_\_\_.

**Tri-directional approach trauma recovery:**

1. **Reactive:** Neutralizing the \_\_\_\_\_ energy of traumatic experience typically creates an inner \_\_\_\_\_. This liberates the client to be able to make more conscious choices grounded in the present rather than the \_\_\_\_\_. They are untethered from the tangled energy of the traumatic experience.
2. **Proactive:** Resourcing by integrating aspects of being that support clients in \_\_\_\_\_ and resilience.
3. **Stabilization:** To ensure the durability of the client's work, we use mechanisms for stabilization.
  - a) Check on the \_\_\_\_\_. How does the original traumatic experience seem now?
  - b) Clear the \_\_\_\_\_. Is it possible that the pain from that experience can impose itself on them in the future against their \_\_\_\_\_?
  - c) Direct \_\_\_\_\_ to the body and state. If positive, expand with breath and awareness.
  - d) Is there a need for \_\_\_\_\_?
  - e) \_\_\_\_\_ processing. Resolve tension related to other points of view.

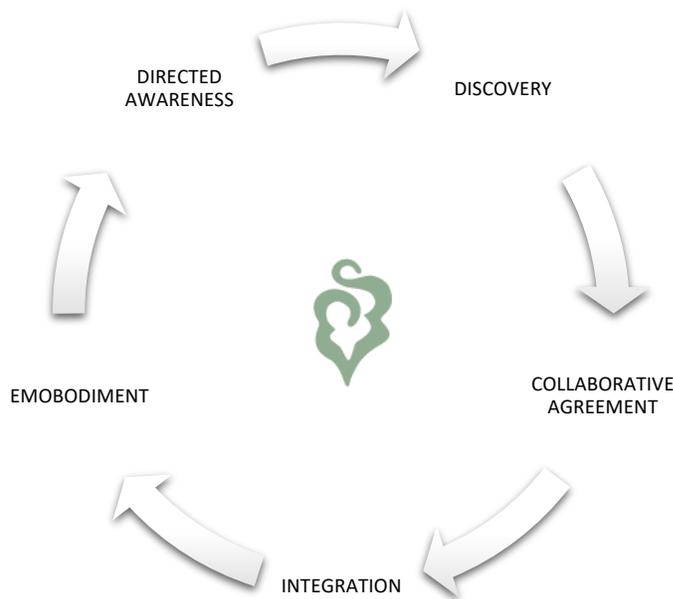
**AAIT™ Theory:**

At its simplest, ACCEPTANCE + INTEGRATION = \_\_\_\_\_ (FREEDOM)

Psychological and interpersonal distress can be attenuated and remediated through a process of recognition, acceptance, and integration of associated energetic polarities driving the distress.

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

Integration methods are learned and perpetuated by ongoing practice of the procedures.



**Orienting to NOW and quieting the \_\_\_\_\_ (system:**

- \_\_\_\_\_ practice. Use the senses to orient to the present. With eyes open, soft gaze, easy breath, notice sounds, different parts of the body, the feet, the texture of clothes. Pick up something and feel it's weight. Notice the temperature and more.
- Rooting. With eyes open, imagine roots growing from base of spine and soles of feet. Like a tree, imagine the roots being at least \_\_\_\_\_ times their height and as thick as their body.
- Alternate \_\_\_\_\_ breathing.

## Next Steps: Refine your skills with advanced training

- Join the AAIT™ Foundations Training in Chicago
- Apply for the AAIT™ Fellowship Training Group
- Join the AAIT Community online – [AAIT.Community.com](https://www.aait.community.com)
- Join the email list – [aait.solutions](mailto:aait.solutions)
- Questions? Email [melanie@aait.solutions](mailto:melanie@aait.solutions)



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**Melanie McGhee, L.C.S.W.** is the founder of Acceptance and Integration Training®. In addition to facilitating training and a clinical fellowship in AAIT™, she has maintained a psychotherapy practice since 1984. Ms. McGhee has studied with master therapists. Among them are Bob and Mary Goulding (founders of Redecision Therapy) Dick Olney (founder of Self Acceptance Training) and Zivorad Slavinski (founder of Spiritual Technology). AAIT™ is a synthesis of her years of study and practice with these teachers along with a decades long interest in meditation and nondual philosophy.

Melanie is the author of an award-winning book, *An Illumined Life*, and has served as an adjunct faculty member at the University of Utah, University of Tennessee, and Maryville College. When not chasing after their wonderdogs, she and her husband, David Patterson, Ph.D. collaborate on retreats, research and a book about Acceptance and Integration Training®.

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