



## Deep Integrative Therapy

*Brief Therapy Conference 2018  
Treating Anxiety, Depression and Trauma*  
**Foojan Zeine, Psy.D., LMFT**

# Educational Objectives

1. List 9 principles of the Awareness Integration Model
2. Demonstrate 6 phases on how to apply the AI Model
3. Describe the Integrative approach of the AI Model

# Awareness Integration (AI)

A multi-modality psychological/ educational model that

- ❖ enhances self-awareness (Present)
- ❖ releases past traumas and/or psychological blocks (Past)
- ❖ Promotes a proactive attitude to learn and implement new skills for an
  - effective,
  - productive,
  - and successful(Future) life.



# Awareness Integration (AI)

AI model integrates cognitive, behavioral, emotional and body-mind techniques to create more awareness into a person's life patterns of thinking, feeling, and behaving toward self and others.



# Awareness Integration (AI)

Through this awareness, a person brings into consciousness the correlation between:

- ❖ The way one perceives the world,
- ❖ Makes decisions about one's self as an identity and the world at large,
- ❖ Relates and acts toward the world as that identity,
- ❖ And creates results toward supporting the decided upon self-identity.



# Awareness Integration (AI)

The AI model is created in consideration of all the areas that one faces and relates to in one's span of life. The questions are structured to entice awareness that leads to consciousness and a sense of ownership, responsibility, and accountability toward one's creation of thoughts, emotions, behaviors, and results.



# Background

Contemporary work that is utilized and incorporated

- Cognitive Behavior
- REBT
- Emotion Focus Therapy
- EMDR
- Attachment
- Existential / Humanistic
- Hypnosis
- Body & Mind
- More
- Era of Integration





# What's Necessary !

- Structure
- One area at a time toward all areas of life
- Awareness and distinction between thoughts, feelings, actions, and the impact promoting a sense of Responsibility
- Accountability toward the identity that is fixed and acts
- Trauma Releasing
- Clearing the background before teaching new skills
- Creating a new chosen identity
- Vision of the future
- Skill building
- Goal setting
- Action Plan





# Awareness Integration: A New Therapeutic Model

Foojan Zeine, Psy.D., LMFT Founder & CEO - Personal Growth Institute

## RESULTS:

## ***Psychotherapy 10-30 sessions***

**76% decrease in depression**

**60% decrease in anxiety**

## 43% increase in self-esteem

**20% increase in self-efficacy**



## **Awareness Integration: An Alternative Therapeutic Methodology to Reducing Depression, Anxiety, While Improving Low Self-Esteem and Self-Efficacy in Separated or Divorced Individuals**

PI: Foojan Zeine, Psy.D., LMFT Founder & CEO - Personal Growth Institute, Inc.

Co-PIs: Nicole Jafari, Ed.D. Department of Human Development at California State University, Long Beach; and Fatemeh Haghighatjoo, Ph.D., Founder of Nonviolent Initiative for Democracy, Inc.

### ***RESULTS:***

#### ***6 HOUR WORKSHOP SETTING***

***27.5% improvement in depressive moods***

***37% less feeling of anxiousness & anxiety***

***15% increased self-esteem***

***13% boost in self-efficacy.***



# Awareness Integration: A Non-Invasive Recovery Methodology in Reducing College Students' Anxiety, Depression, and Stress

Foojan Zeine, Psy.D., LMFT Founder & CEO - Personal Growth Institute, Inc.; Nicole Jafari, Ed.D. Department of Human Development at California State University, Long Beach; Mohammad Forouzesh, Ph.D., *College of Health and Human Services, California State University, Long Beach. CA.*

## ***RESULTS:***

## ***As a self help process and Journaling***

## 68% Decrease in Depression

## 21% Decrease in Anxiety



# Current Pilot Studies

Gem Educare – Pre school

Crete Charter School – 1-6 K

CSULB









# Principal #1

- ❖ Reality is the experience of the observer/perceiver.
- ❖ Every human being observes/perceives and creates reality based on their state of being, beliefs, emotions and behavior.
- ❖ Human beings are co-creators of Reality.



# Principal #2

**Every human being has the capability and potential to learn the skills to have an**

- ❖ **Enjoyable,**
- ❖ **Happy,**
- ❖ **Functional,**
- ❖ **and Successful Life.**





# Principal #3

**These skills are learned through**

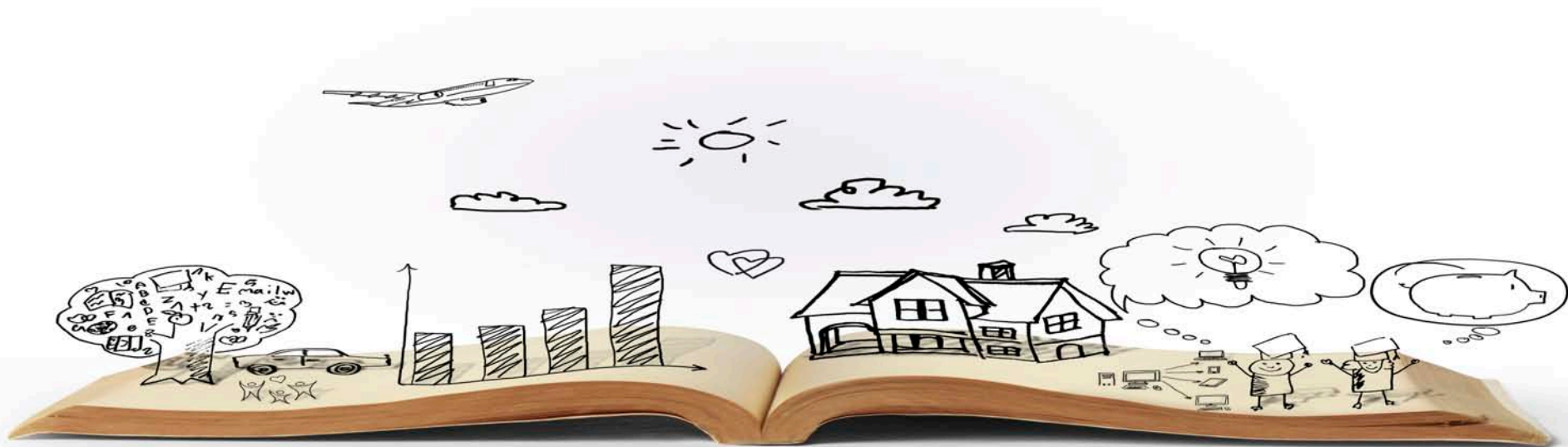
**Physical and psychological development, one's own experiences, mirroring parents, teachers, peers, media, and culture.**



# Principle # 4

The human mind perceives and creates meaning internally for all external stimuli which results in a subjective reality that may vary from actual events and realities of others.

Through the invented reality one creates formulas, beliefs, and personal identities that relate to self, others, and the universe at large.



# Principle # 5

Human beings store experiences cognitively, emotionally, and somatically.

The un-integrated experiences await integration.

Negative core beliefs, including the emotions that are produced by them and the area of the body experiencing the emotions at the time of the original incident, repeatedly resurface in automatic thinking.



# Principle # 5

These negative core beliefs create a withholding and survival based attitude.

This attitude is triggered by an event and creates a result that prohibits the individual from achieving optimal potential beyond survival, even when there is no real threat. This attitude holds back one's ability to live a fulfilled life.



# Principle #6

As the un-integrated belief-emotion-body state is attended to, released, and integrated into the whole system, neutral and positive attitudes, beliefs, and emotions can be experienced.



# Principle #7

Through self-awareness, integration of one's experiences, and the creation of conscious choices regarding beliefs, emotions, and actions, one can choose a positive attitude for the creation of a new and positive reality and therefore produce intended results.





# Principle #8

New skills can be learned and practiced in a neutral and positive environment to enhance life's capabilities, experiences, results, and relationships.





# Principle #9

Conscious intentionality and envisioning of a desired result in combination with effective planning and timely scheduled action plans raise the probability of achieving the desired results in all areas of life.







# INTERVENTION

## SIX PHASES





# Areas of Life

- People at large, unknown people in the world
- Acquaintances
- Career/Job
- Money/Wealth/Finance
- Friends
- In-Laws
- Siblings
- Children
- Past Romantic Relationships
- Sex
- Current Romantic Relationship/Mate/Spouse
- Significant caretakers/Grandparents
- Father
- Mother
- Relationship between parents
- Self
- Nature
- Universe
- God/Higher Power/Spirituality
- Death
- Other significant areas/person related to the client (e.g. Illness)

# PHASE 1

This set of questions is aimed at creating awareness of the individual's perceptions, emotions, and behaviors in relation to one's external environment and how these constructs impact one's life.







# PHASE 1

1- What do you think of (add the area of life) ?

2- How do you feel about ----?

3- How do you behave toward -----?

4- How does the way you think, feel, and behave toward -  
----- effect/ impact your life?

# PHASE 2

This set of questions encompasses three functions:

- A: To create awareness of the individual's projections of others' opinions and feelings about oneself,
- B: To enhance the ability to observe other's behaviors toward oneself and the meaning created based on those behaviors,
- C: To identify ways in which these constructs impact one's life.
- This phase is only relevant to areas where one deals with other people.



# PHASE 2

5- How do you assume (add the person from the area of life) think about you?

6- How do you assume ----- feel about you?

7- How do you assume/ observe ----- behave toward you?

8- How does the way you assume about -----'s thinking, feeling, and behaving toward you affect your life?

# PHASE 3

This set of questions is aimed at creating awareness of one's beliefs, emotions, and behaviors about the self in relation to each area of life, considering the identity that interacts towards and responds to various areas of life.



WHAT MATTERS MOST  
IS HOW YOU SEE YOURSELF.



# PHASE 3

9- As you see yourself among (the area of life), what do you think about yourself?

10- As you see yourself among ----, how do you feel about yourself?

11- As you see yourself among -----, how do you behave toward yourself?

12- How does this way of thinking , feeling, and behaving toward yourself impact your life?



# PHASE 4

The client is assisted in simultaneously experiencing the connection between thoughts, formulas, schemas with emotions, and body areas that maintain and reflect intense emotions.

This process also links the associated memories to the belief system. Irrational thoughts, decision makings, beliefs, formulas, and schemas can be challenged, reframed and replaced with realistic and positive thoughts and beliefs.

# PHASE 4

13- When you say "I am --- (take the negative core belief from 9),

How do you feel?

Where is the feeling in your body?

From 0 (none) to 10 (most intense) what is the amount of the intensity of that feeling being felt in the specific areas of your body?

Note:

Core Belief \_\_\_\_\_

Feeling \_\_\_\_\_

Body \_\_\_\_\_

Intensity \_\_\_\_

# PHASE 4

Guide the client:

“Focus on (name the part of the body that the feeling is being felt in), and allow the feeling (state the particular feeling that is felt in that part of the body), and the muscles of (the part of the body) to take you to the first memory or any other memory that you felt (state the feeling) and decided (state the negative core belief as “I am---”).

Tell me your experience

# PHASE 4

In this integration process, one allows the self to release negative core beliefs, hidden intentions, shadows, and bottled up emotions stored in the body. This process also allows one to become aware of one's ability to be with, tolerate, and manage emotions effectively.

Bringing the present moment's reality to the past stuck reality to integrate and raise that part toward the current self.

Please grant me the  
serenity to accept  
these parents that I  
**cannot change...**



*you*beauty.com



# PHASE 4

In this phase, the core negative belief, the emotion(s) triggered by and/or attached to it, and the location in the body where the emotion is felt are pathways leading to the release of charged emotions. The convergence of these three paths allows associated memories and original memory to integrate and release the emotional charge. When integration happens, one may form neutral and/or positive attitudes about self, others, and the world at large.

# PHASE 4

The AI model holds a flexible structure so that psychotherapists from all orientations and theoretical backgrounds can use multi-modality interventions of their choice within the system when deemed necessary.

Some interventions among many that can be utilized are: EMDR for releasing traumatic experiences, Transactional Analysis for distinction and integration of various parts of self, Inner Child techniques for re-parenting the wounded parts, and the Sedona technique for releasing emotional charge.

I'm going to need a therapist  
to help me recover from  
being your therapist.



som<sup>ee</sup>cards  
user card





# Areas of Life

- God/Spirituality
- Universe
- Nature
- Self – Body & Psyche
- Mother
- Father
- Mate
- Sex
- Children
- Other significant caretakers/Grandparents
- Siblings
- In-Laws
- Friends
- Money/Wealth
- Career
- Acquaintances
- People in the world at large

# PHASE 5

Questions are asked toward exploration of the values that one chooses to live by in the above mentioned area of life.

A commitment to think, feel and behave from the intention of actualizing the chosen value system brings forth a chosen attitude and a chosen identity to live by.



# PHASE 5

- Who are you in relation to ----?
- Who do you intend to BE?
- What thoughts / beliefs do you choose to have?
- How do you behave?
- How do you feel?
- Where is in your body?  
From 0-10
- What are your goals regarding your relationship with People?
- A time lined, tangible action plan may be written for each goal.





WHO I CHOOSE TO BE . . .

# PHASE 5

From this new commitment, short and long term goals are identified, time lined and tangible action plans are set toward a desired outcome.

In this process, the skills that one has already acquired and the skills that are needed to be learned will be identified, learned, and practiced toward the actualization of the desired goal.

S

M

A

R

T

SPECIFIC

MEASURABLE

ATTAINABLE

RELEVANT

TIME-BOUND



# ACTION PLAN



# PHASE 6

An accumulation of

- **Values** - love, integrity, courage
- **Emotions** - happiness, excitement, all appropriately regulated to the situation
- **Behaviors** - caring, responsible, and expressive

are chosen as an identity to operate from and live by.

[illegible]

A word cloud featuring various positive values and virtues. The words are arranged in a dense, overlapping manner, with some words being significantly larger than others. The colors of the words include shades of purple, blue, green, and brown. The words are oriented in different directions, including horizontal, vertical, and diagonal.

Love  
Integrity  
Respect  
Excellence  
Trust  
Happiness  
Raven  
Sworth  
Creativity  
Teamwork  
Forgiveness  
Endurance  
Compassion  
Friendship  
Peace  
Joy  
Perseverance  
Support  
Wonder  
Generosity  
Faith  
Inclusiveness  
Community  
Resilience  
Fun  
Honesty  
Humility  
Energy  
Justice  
Tolerance  
Fairness  
Confidence  
Progression  
Understanding  
Ambition  
Grace  
Stamina  
Thankfulness  
Encouragement  
Consideration  
Leadership  
Discipline  
Patience  
Individuality  
Foundations  
Wisdom  
Success  
Inspiration  
Independence  
Commitment

# PHASE 6

A **collage** of pictures and words can be created for the declared vision of self as well as goals for each area of life to be posted in areas that are more visible during the day for reinforcement of the vision.





# life reset

The Awareness Integration Path to Create the Life You Want



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