



Untethering from Cognitive Distortions with Acceptance and Integration Training

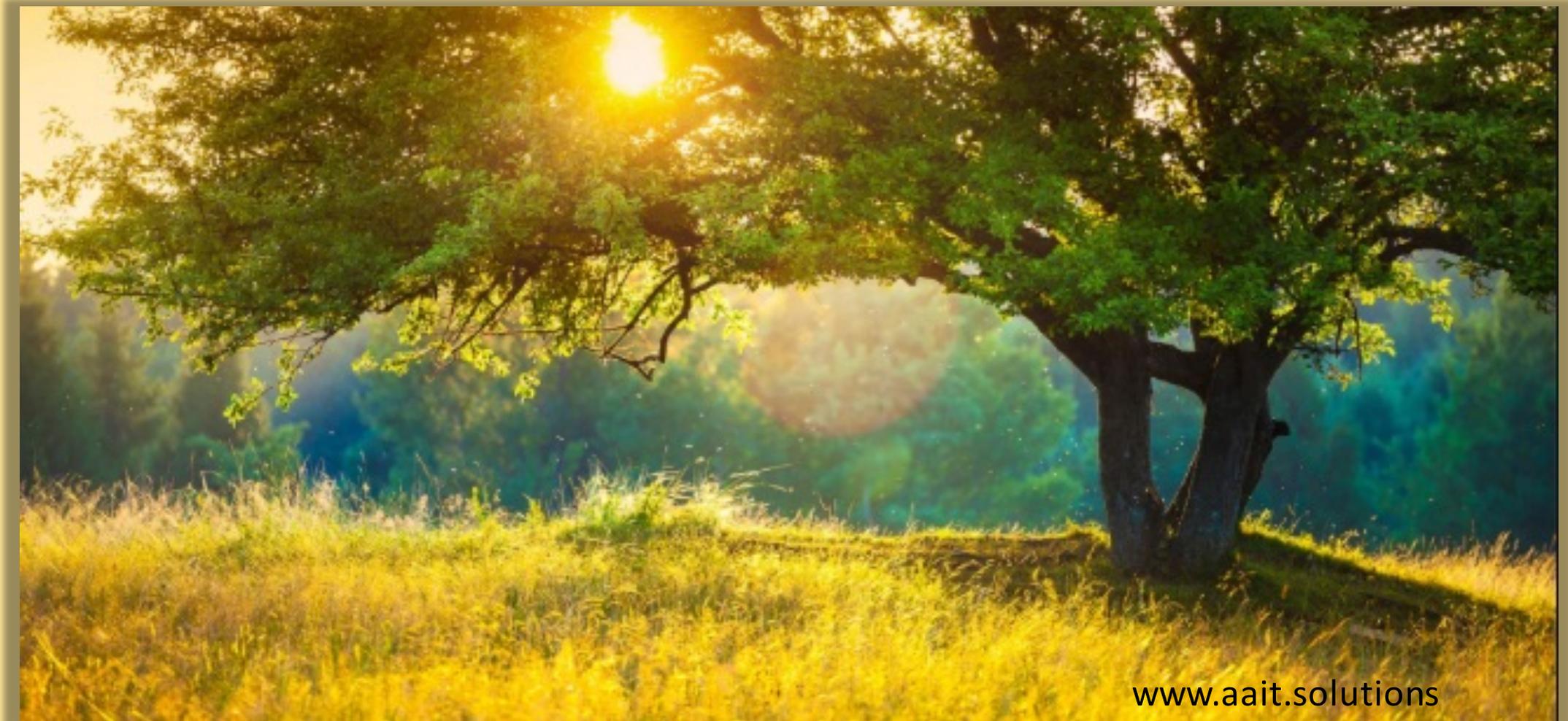
presented by

Melanie McGhee, L.C.S.W.



Acceptance and Integration Training

Helping ourselves and our clients wake up from the bad dream of who we think we are, shifting identification from the conditioned self to the true self.



The true self is not encumbered by the
limitations of a narrative.
The true self is a being.

False Conditioned Self

Traumas

Early decisions

Injunctions

Scripts

Identities

Wounds

Limiting Beliefs

Mental Illness

Cognitive Distortions

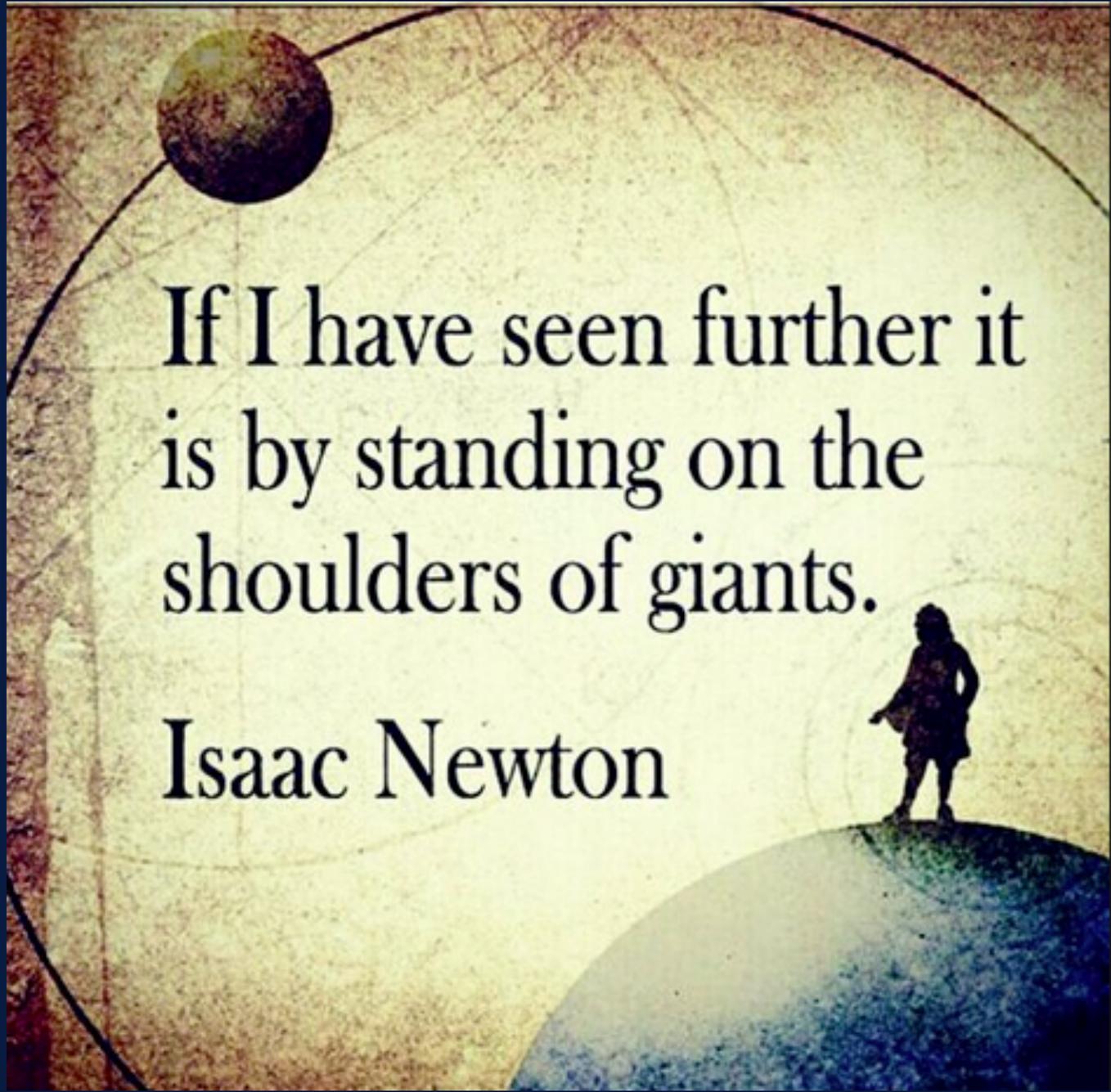
Etcetera



Untethering from Cognitive Distortions with Acceptance and Integration Training.

Educational Objectives:

1. Identify 3 principles of Acceptance and Integration Training.
2. Demonstrate a technique for breaking free from cognitive distortions.



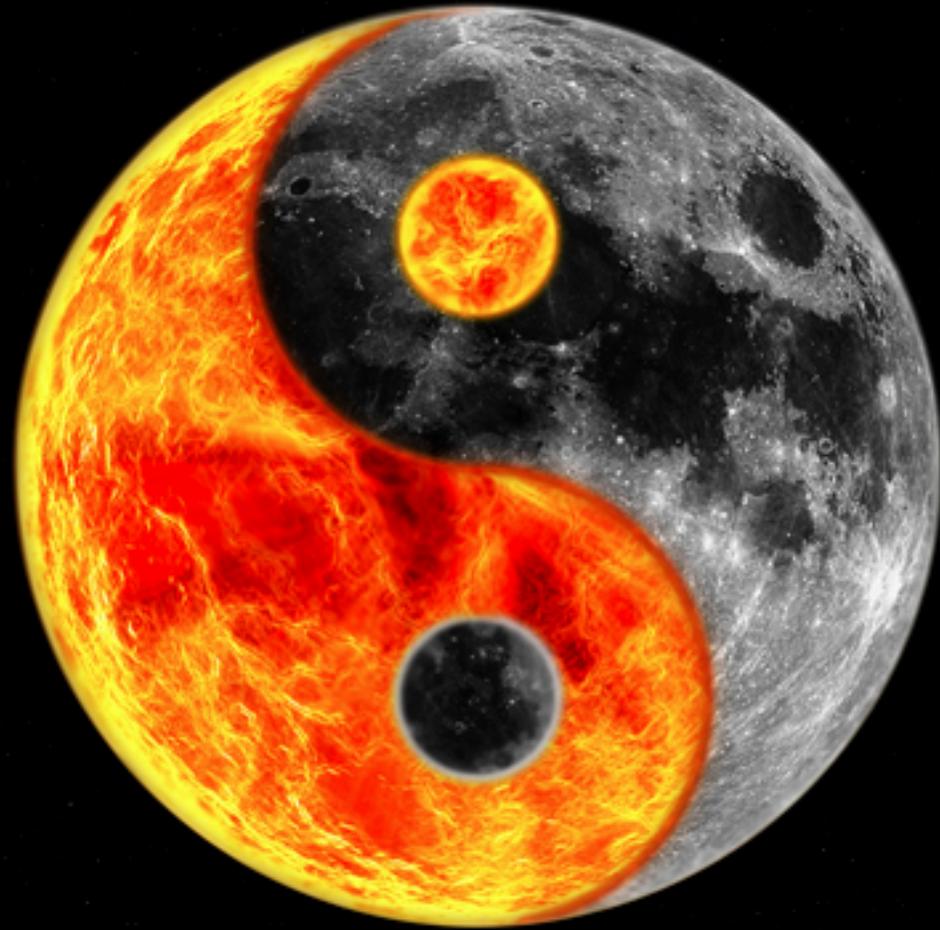
If I have seen further it
is by standing on the
shoulders of giants.

Isaac Newton

AAIT is Informed by the Confluence of Four Streams of Knowledge



- Redecision Therapy
- Self Acceptance Training & Hypnosis
- Nondual Philosophy
- PEAT (Prime Energy Activation and Transcendence)



All variety of things are manifestations of one thing and only appear to be two.



*“There are two
fundamental
possibilities for us
as conscious human
beings: dualistic
and unified
consciousness.”*

~ Zivorad M.
Slavinski



Skepticism / Curiosity

A close-up shot of a young girl with her hair styled in two braids, each tied with a light blue ribbon. She is wearing a white dress with a blue checkered collar. Her expression is one of worry or concern, with wide eyes and a slightly open mouth. The background is a soft, out-of-focus landscape with green and yellow tones. The entire image is framed by a yellow border.

Toto, I've got a feeling we're not in Kansas anymore



Acceptance + Integration = FREEDOM

Acceptance and Integration Training Theory

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

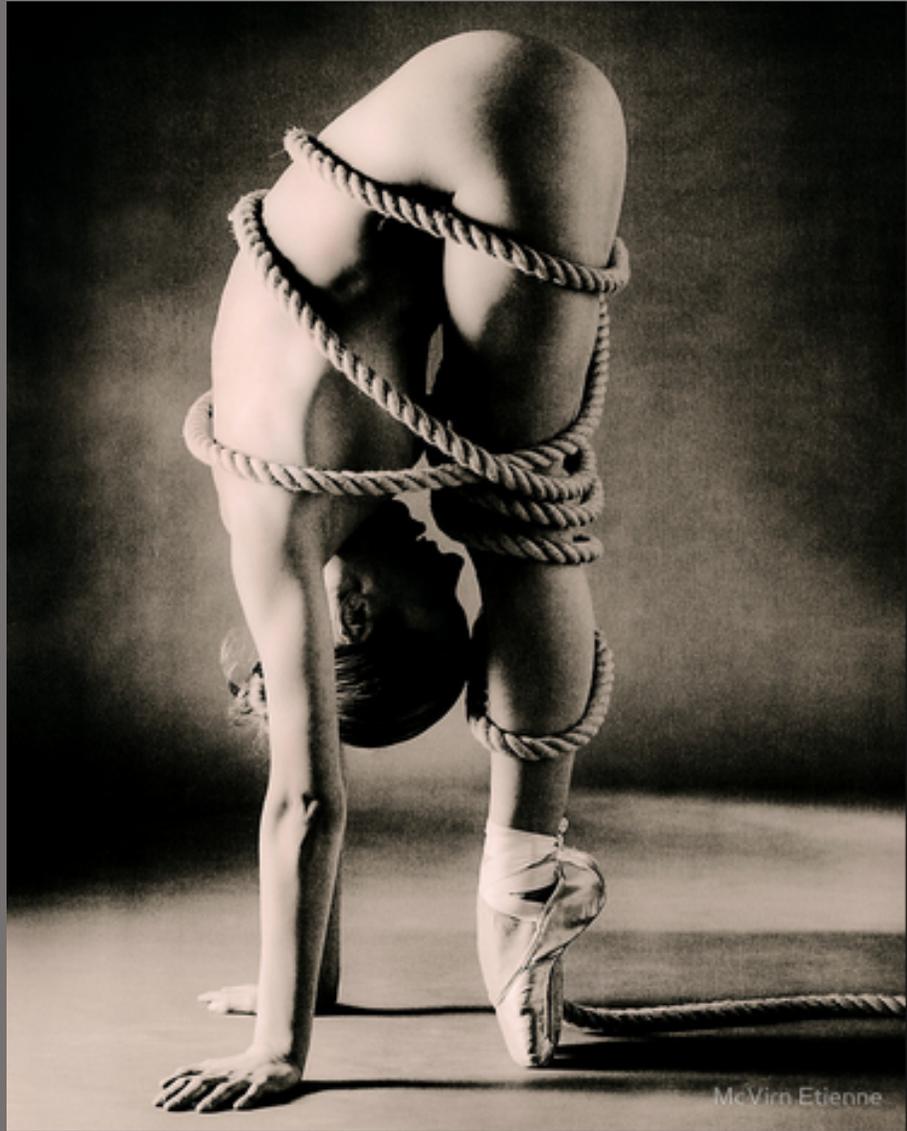
Such integration results in greater acceptance of self, others and situations. The integration process produces an increased sense of freedom and an ability to make skillful choices in response to previously problematic triggering situations.

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



Kintsugi ~ The Art of Precious Scars



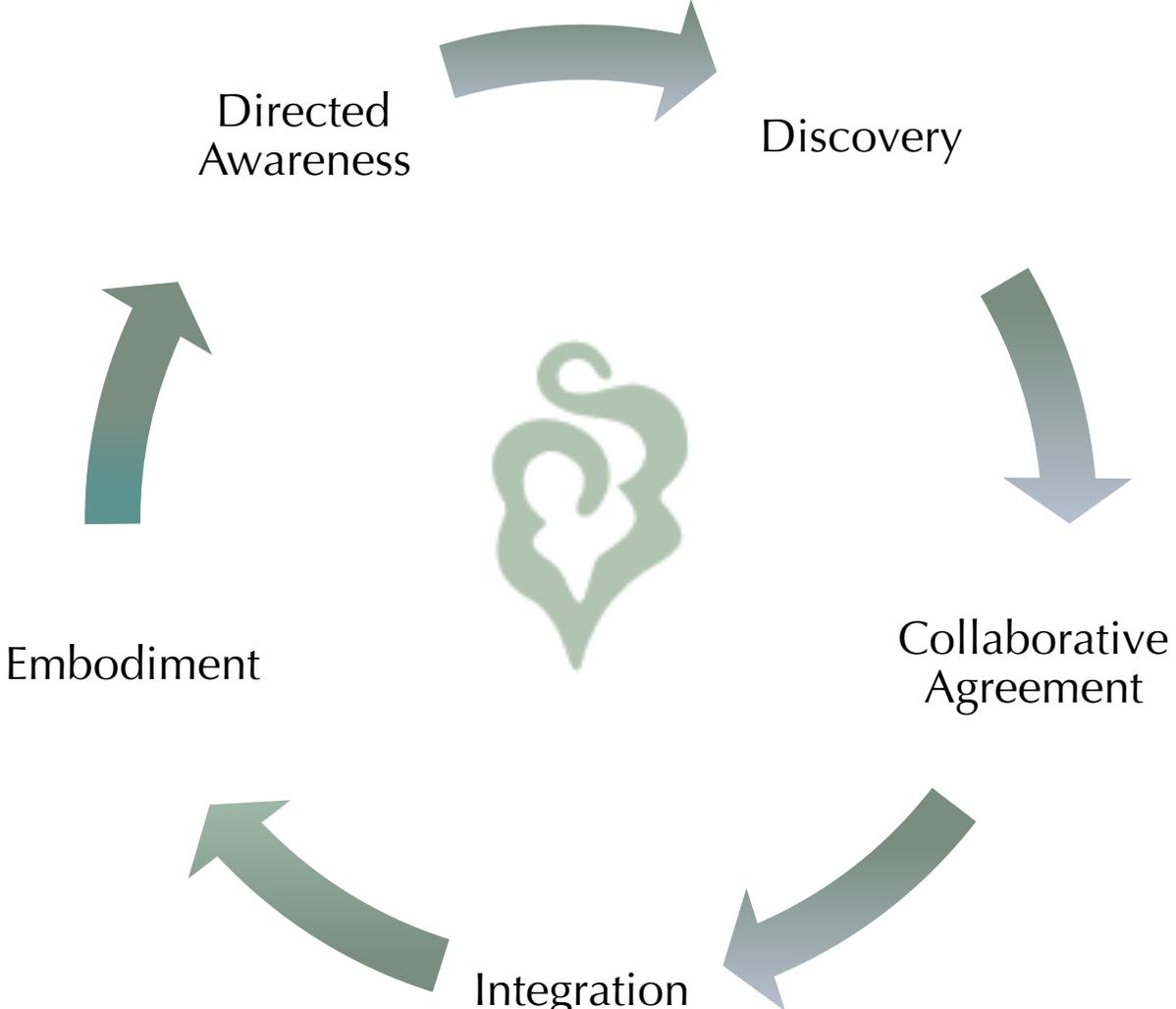


THOUGHTS, IMAGES, EMOTIONS AND SENSATIONS (TIES)
CHARGED TIES – tethers us to limited states



Mini-Case Study

Phases of Acceptance and Integration Training





Principles of Acceptance and Integration Training

The integration of two opposing states can alleviate psychological suffering.



The non-dual states of empty consciousness are an indication and mechanism of transformation.

Cultivating an awareness of these states contributes to decreased reactivity and increases in present focused attention, compassion and more skillful choices.





Recognizing Self Limiting Cognitive Activity

IVANA END OF WORDS:

1. Identify the sub-optimal thought or feeling.
2. FEEL _____ thought or feeling (TF).
3. Ask, "What's bad about HAVING this thought/ feeling _____?"
4. Feel the TF. Ask, "what's good about HAVING the TF _____?"
5. Feel the TF. Ask, "what ELSE is bad about having the TF _____?"
6. Feel the TF. Ask "what ELSE is good about having the TF _____?"
7. REPEAT steps 5 and 6 until your clients has no more words to describe, it feels like reaching for words. There is a bit more inner spaciousness.
8. Ask about the original TF. Does it feel like air or earth?

If it feels like air, no longer charged, fill the space where the TF used to live with light, forgiveness, thankfulness. If it feels like earth, continue working from other relevant points of view. Or use IEW, what could be bad about being free of the charged TF, what could be good about being free of TF



Universal Process Basic Instructions

Developed by Zivorad M. Slavinski

Example Script

1. *Find an experience of _____, feel _____. Describe it briefly. Take a breath.*
2. *Find an experience of _____, feel _____. Describe it briefly. Take a breath.*
3. *Find an experience of _____, feel _____. Describe it briefly. Take a breath.*
4. *Find an experience of _____, feel _____. Describe it briefly. Take a breath.*
5. *Feel _____ and _____ at the same time while taking a full focused breath.*
6. *What is happening between them?*
7. *Repeat steps 1 – 6 until you reach integration, usually after 2 - 4 rounds.*
8. *Ask test question, “Can you feel them separately? Can you feel one without the other?”*

Integration happens when:

- Polarities disappear, in this moment, you can't find the polarities in your consciousness.
- They merge and cannot be experienced separately

A faint, light-colored watermark of a stylized figure, possibly a person or a deity, is centered in the background. The figure has a long, flowing, wavy tail or skirt that extends downwards and outwards, and a head with a small, curved element. The watermark is semi-transparent and blends with the dark green background.

Limitations, Risks and Evidence

Next Steps

- Practice. Practice. Practice.
- Join our Facebook Community – [AAITCommunity.com](https://www.facebook.com/AAITCommunity)
- Continue learning – AAIT Essentials, February 22 – 24, 2019
- Apply for the AAIT Fellowship Training Group, 2019- 2020

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