Bringing Depth into Brief Therapy
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Awareness Integration (AI)
A multi-modality psychological model that enhances self-awareness, releases past traumas and/or psychological blocks, and promotes clarity and positive attitude to learn and implement new skills for an effective, productive, and successful 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, relates and acts toward the world as that identity, and creates results toward supporting the decided upon self-identity.

Awareness Integration (AI)
Through the AI model's techniques, a person has the opportunity to bring forth the origination of the decision-making regarding the self and the world, to heal the original and/or other events that have led to the creation and sustainment of a negative core belief and irrational formulas/ schemas, and to choose a more positive or workable belief about the self and the world.

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
How we came to establish this work
Contemporary work that we have utilized and incorporated
Cognitive Behavior
Emotion Focus Therapy
EMDR
Attachment
Existential / Humanistic
Hypnosis
Body & Mind
More
Era of Integration
Obstacle
A certain incident / trauma that is felt significantly producing pleasure or pain in the body, allows for a creation of a generalized and fixated core belief with it’s own set of emotions, sensations and behaviors that reinforces the core belief. The accumulation of various core beliefs becomes the foundation for one’s identity in different areas of life. The compartmentalization of the core belief it’s network system of thought, emotion, sensation and behavior; limits one to react to an on going life from a past automated and at times outdated and un-workable attitude and behaviors.

Process
Through a series of sets of questions the therapist allows and promotes **AWARENESS** toward one’s belief, thoughts, emotions, body sensations and behaviors from one toward the external world; toward the assumptions/ projections about the external world’s impact upon one; the identity that one operates from in different areas of one’s life; identifying and re-experiencing original memories that have induced core beliefs responsible for one’s identity; releasing the stored negative charge from the memories; **INTEGRATION** of compartmentalized areas and creation of new relationship intra-psychically between different parts of self; Allowance for choosing new identity, beliefs and behaviors

Change
Awareness Integration ® Model believes that when one Becomes AWARE (observes, experiences & examines) of Identity created, beliefs, meanings, emotions, and behavioral patterns in different areas of one’s life; Heals the past perceived and/or actualized past traumas; And INTEGRATES intra-psychically, then... Can be responsible and accountable to choose and operate from an intended identity, belief, and action; Learn new skills; Set up goals; Set forth actions plans toward the desired goals And live a fulfilled life.

Why Necessary
Structure
All areas of life
Responsibility
Accountability toward the identity
Deep therapeutic work faster
Trauma Releasing
Clearing the background before teaching new skills
Creating a new chosen identity
Vision of the future
Skill building
Goal setting
Action Plan

PILOT STUDY
14 participant
    • (1 was deleted due to incompleteness of data)
Beck Depression Scale
Beck Anxiety Scale
Rosenberg Self-Esteem Scale
General Self-Efficacy Scale

DEPRESSION
score lowered approximately 15.3 points. Or 76%

ANXIETY
score lowered 9.5 points or 60%

SELF – ESTEEM
score increased 7.9 points or 43%

GENERAL SELF-EFFICACY
score increased 5.9 points or 20%

Principles

Principle # 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.

Principle # 2
Every human being has the capability and potential to learn the skills to have an enjoyable, happy, functional, and successful life.

Principle # 3
These skills are learned through physical and psychological development, one’s own experiences and 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
Client will be directed toward a path with different phases of structured set of questions
Each phase with it's own sets of questions aims at a particular intention and awareness
Client will be directed through all the phases and explore different areas of their life

INTERVENTION
If and when a client presents with a negative core belief and experiences high intensity emotion attached to the belief, then there is an intervention to connect mind, emotion and body sensation and release the emotion, traumas and associated negative beliefs.

INTERVENTION
As the client is guided forward through the areas of their life, the intention is awareness of their own thoughts, emotions, behaviors and the impact of that behavior on themselves and others; identifying actual traumas and perceived traumas; clearing the held unworkable and unhealthy meanings and emotions; becoming accountable for the decisions that they have made and the identity they have created; and integrating with the present moment.

INTERVENTION
As the client is guided back through the relevant present areas of their life, the intention is to create a new chosen identity, short term and long term goals and action plans, build new skills and create an accountability plan to achieve their desired results.

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 ------ 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 area of life.
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
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.

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
At times, an original core belief, due to repeated patterns, has become part of a more complex formula. For example, a negative core belief of "I am unlovable" fits itself into a formula of "If I pretend that I am sick, my mom and dad will pay attention to me, and then I am loved and special." Cognitive challenging and reality check for dismantling these unrealistic and unreasonable formulas and negative core beliefs are necessary. The result of this challenge distinguishes the event as one recalls and the added meanings that one has attached to the event.

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
Note:
Core Belief: ___________________
Feeling: __________
Area of Body: __________
Intensity 0-10: ________

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
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.

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
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.

PHASE 5
Who are you in relation to People? Who do you intend to BE?
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.

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 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.
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.