



Dedicated to:



...with great appreciation

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**AWARENESS
INTEGRATION
MODEL**[®]

Release Traumas Through Shifting Belief Systems With
Awareness Integration Model

Foojan Zeine, Psy.D., LMFT

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Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professional standards.

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Educational Objectives

1. Explain the theoretical foundation of Awareness Integration Model.
2. Identify the principals of the model.
3. Practice intervention approach.

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Trauma

- Webster dictionary defines Trauma as a “deeply distressing or disturbing experience”.
- Trauma occurs when a person is exposed to or closely witnesses life threatening injury or severe illness, or violence.
- When a person is faced with a situation which either physically or psychologically feels powerless and therefore either freezes or feel overwhelmed and shut down.

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Symptoms of Big T’s

- Big T’s (Life endangered, assaults, rape, natural disasters)
- Flash backs
 - Nightmares
 - Distressing and intense memories
 - Physical reactions to triggers that are like the traumatic events

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Symptoms of Little t's

Little t's (perceptual, within relationships)

- Continuous obsessive thought process
- Reenactment of survival-based attitudes
- Self or other blaming
- Negative feelings about self and others
- Isolation
- Negative thought process and affect
- Inability to think positive or feel joy

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Peter Levine in his book *In an Unspoken Voice* states:

“a precondition for the development of posttraumatic stress disorder is that a person is both frightened and perceives that he or she is trapped. The interaction of intense fear and immobility is fundamental in the formation of trauma, in its maintenance and in its deconstruction, resolution, and transformation.”

“The effects of unresolved trauma can be devastating. It can affect our habits and outlook on life, leading to addictions and poor decision-making. It can take a toll on family life and interpersonal relationships. It can trigger real physical pain, symptoms, and disease. And it can lead to a range of self-destructive behaviors. But trauma doesn't have to be a life sentence.”

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Awareness Integration Model (AIM)

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 Life. (Future)



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Awareness Integration Model (AIM)

Integrates cognitive, behavioral, emotional and body-mind techniques to create *AWARENESS* into a person's life patterns of thinking, feeling, and behaving toward self and others.

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.




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Awareness Integration Model (AIM)

The AIM model is created in consideration of all the areas that one faces and relates to in one's span of life.

The interventions 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.



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International Journal of Emergency Mental Health and Human Resilience,
Vol. 16, No. 60-65, pp. ISSN 1522-4821

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



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Mental Health in Family Medicine (2017) 13: 451-458 ©2017 Mental Health and Family Medicine Ltd

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

PI: Fojuan 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 Haghajajoo, 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.



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TOJET: The Turkish Online Journal of Educational Technology – November 2017, Special Issue for IETC 2017 www.tojet.net/special/2017_11_1.pdf (Pg. 105-114)

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

Fojuan 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 Fouzesh, 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



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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.



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Principal #2

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

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



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Principal #3

These skills are learned through

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



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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.



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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.

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.

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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.



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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.



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Principle #8

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



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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.



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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

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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.



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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?

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PHASE 2

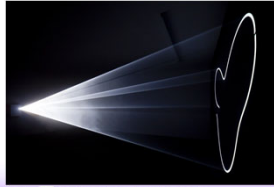


This set of questions encompasses three functions:

To create awareness of the individual's projections of others' opinions and feelings about oneself,

To enhance the ability to observe other's behaviors toward oneself and the meaning created based on those behaviors,

To identify ways in which these constructs impact one's life.



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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?

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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.



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PHASE 3

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

It is important to identify negative core beliefs to heal in Phase 4

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?

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PHASE 4

This process is to take the Negative Core Belief (identified in Question #9) and search for the incident in the past that has fostered that belief.

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.

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PHASE 4

13- When you say "I am ---(take the negative core belief from question # 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 ____

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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"

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PHASE 4

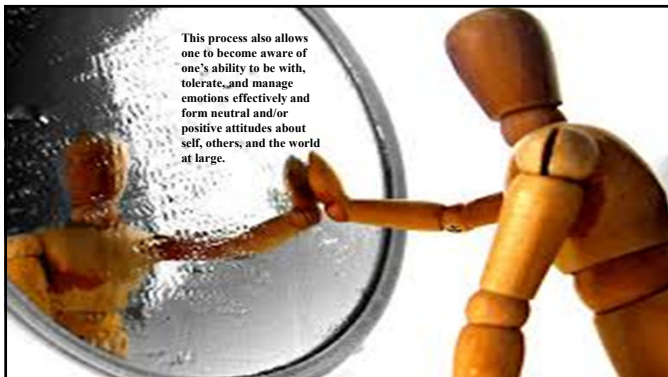
In this phase, the core negative belief, the emotion(s) triggered by and/or attached to it, and the location in the body where the emotion is felt are pathways leading to the original memory (Little t) where the core negative belief was constructed.

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

This integration process allows the self to release negative core beliefs and bottled up charged emotions stored in the body.

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PHASE 5

Questions are asked toward exploration of the values that one chooses to live by in the in every 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.




Who do I choose to be?

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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.



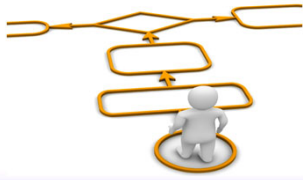
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PHASE 5

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


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



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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:

I am -----


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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.

Other symbols may be used as an external feedback to create a structured reminder of the Intended Self.



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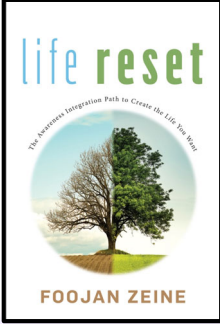
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Limitations of the Research and Potential Risks

- We have had 3 formal research studies and we need more
- This model has not been used with extreme mental health diagnosis such as schizophrenia or psychosis
- Phase 4 may not work efficiently with clients with ADD or ADHD
- With clients with chemical dependency issues, may be more useful after the first recovery phase.
- Potential risk could be that the client may be flooded with memories for a short period of time.

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