

Q: What is AIT?

A: "Awareness Integration Theory (AIT) offers a transformative framework by integrating cognitive, emotional, behavioral, and somatic interventions. Adaptable to psychotherapy, telehealth, educational systems, and mobile apps, AIT enhances self-awareness, emotional regulation, and overall well-being. Grounded in psychology and neuroscience, AIT incorporates Cognitive Behavioral Therapy (CBT), Humanistic/Existential Theories, Emotion-Focused Therapy (EFT), Psychodynamic Therapy, Solution-Focused Therapy, trauma-informed practices, and mindfulness.

Empirical studies show AIT's effectiveness in reducing symptoms of depression, anxiety, and PTSD while boosting self-esteem and self-efficacy. The Personal Growth Institute's research found AIT sessions decrease depression by 76% and anxiety by 60%, with self-esteem increasing by 43% and self-efficacy by 20%. In workshops, separated or divorced individuals saw a 27.5% improvement in depressive moods, a 37% decrease in anxiety, and boosts in self-esteem (15%) and self-efficacy (13%).

Telehealth studies during the COVID-19 pandemic showed anxiety reductions of 50% and self-esteem increases of 60%. Another study found decreases in depression (66%), anxiety (75%), and PTSD symptoms (66%).

AIT's six-phase intervention process fosters self-awareness, discovery, empowerment, and deep, lasting change. It examines thought patterns, feelings, behaviors, and their impacts, identifying and dismantling negative core beliefs. AIT promotes accountability and responsibility, fostering empowerment and fulfillment, and integrates healthy values and actions from past experiences. It establishes tangible goals and systematic action plans, ensuring sustained healthy thought and behavioral patterns for a fulfilled life."