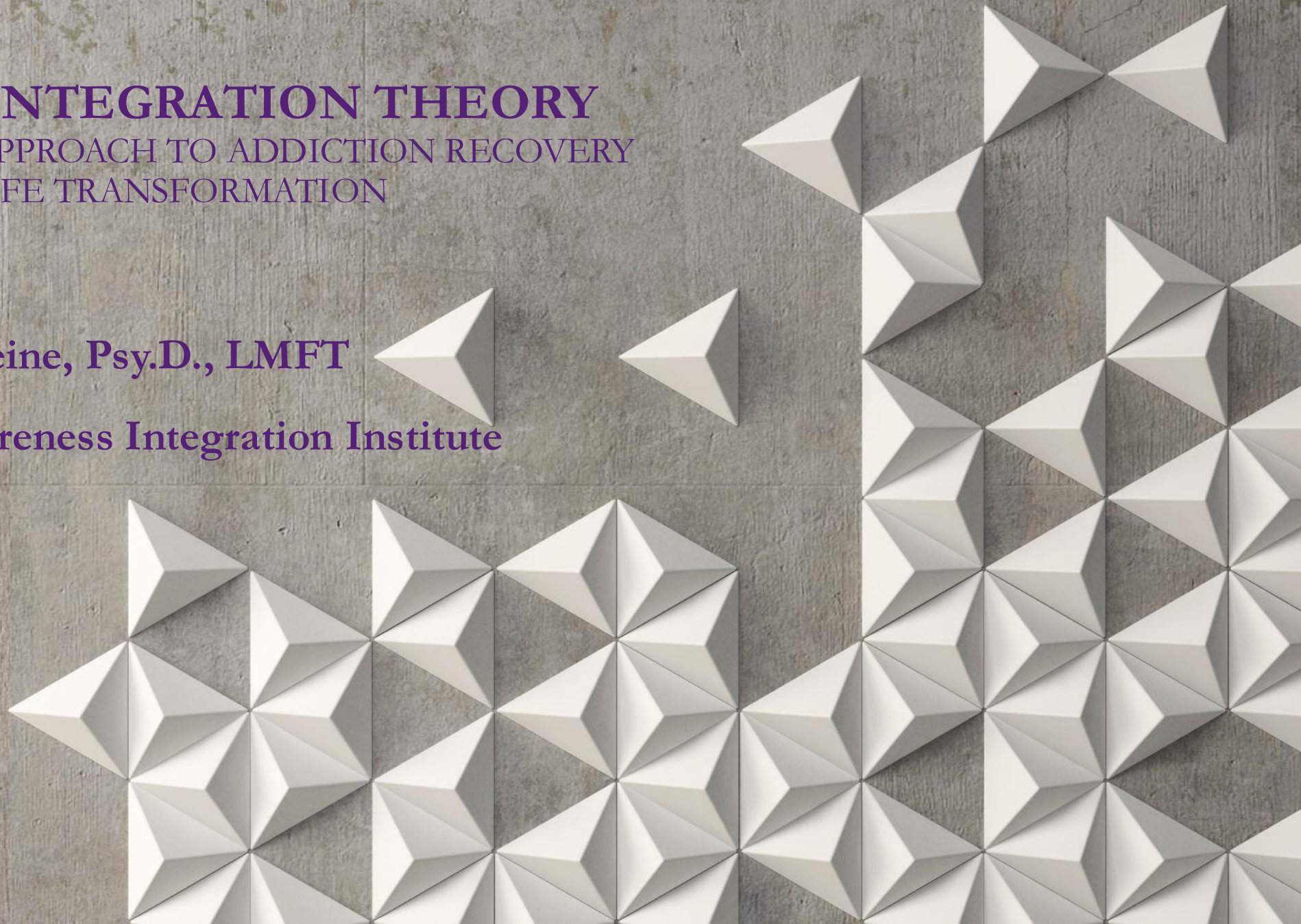


**AWARENESS INTEGRATION THEORY**  
A COMPREHENSIVE APPROACH TO ADDICTION RECOVERY  
AND LIFE TRANSFORMATION

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**International Awareness Integration Institute**



# CAUSES OF ADDICTION

Brain development in the uterus and during childhood

Limbic System – Emotional Brain

Active Dopamine system – Desire, yearning, attachment

Active Opioid system – Pleasure- reward – innate or extrinsic

Adverse Childhood Experiences (ACEs) - physical, sexual, and emotional abuse, as well as other forms of neglect and/or exposure to school, family, and community violence

Early usage of mind-altering substances

# EMOTIONAL DYSREGULATION

Non healthy attachment to primary caretaker

Primary caretakers use, abuse, and dependency to substances

Non management of feelings such as fear, anxiety, shame, sadness, resentment, and anger

Association of use of drugs with existential purpose

Compartmentalization – keeping negative and positive feelings in two hemisphere, as a result, the afflicted individual fluctuates between idealized and degraded perceptions of himself, other people, and the world in intimate relationships and other aspects of life.

3

# ADDICTION FACTORS

Substance addiction requires the convergence of 3 factors:

- **Sensitive organism**
- **Chemical with addictive potential**
  - **Stress**

Placing a high value on medications, activities, and events that bring immediate relief.

Long-term effects will be less important

Situations or activities that are likely to deliver happiness to the normal person are discounted since they have not been gratifying in an addict's life.

# SIDE EFFECTS

Depression

Anxiety

Shame

Loss of functionality

Loss of relationships

Loss of self

# TREATMENT

Individualized based on:

Level of one's addiction

Substance of choice

Living environment

Skill ability

Past traumas

Emotional resilience

Family support

# TREATMENT

## MODIFICATION OF EXTERNAL

Living environment

Family relations, involvement, Education

Functional vs. non-functional behaviors

## MODIFICATION OF INTERNAL

Beliefs

Memories

Mind states

Traumas

Emotions

Impulses



AWARENESS  
INTEGRATION  
THERAPY



# AWARENESS INTEGRATION THEORY(AIT)

A multi-modality psychological and educational theory that

- Enhances self-awareness
- Releases past traumas and/or psychological blocks,
- Promotes clarity and positive attitude to learn
- Implement new skills for an effective, productive, and successful life



Face to Face Psychotherapy: 10-30 Sessions

76% Depression, 60% Anxiety, 43% Self-esteem

Self Help Modules: 10-15 Weeks Guided Journaling

68% Depression, 21% Anxiety

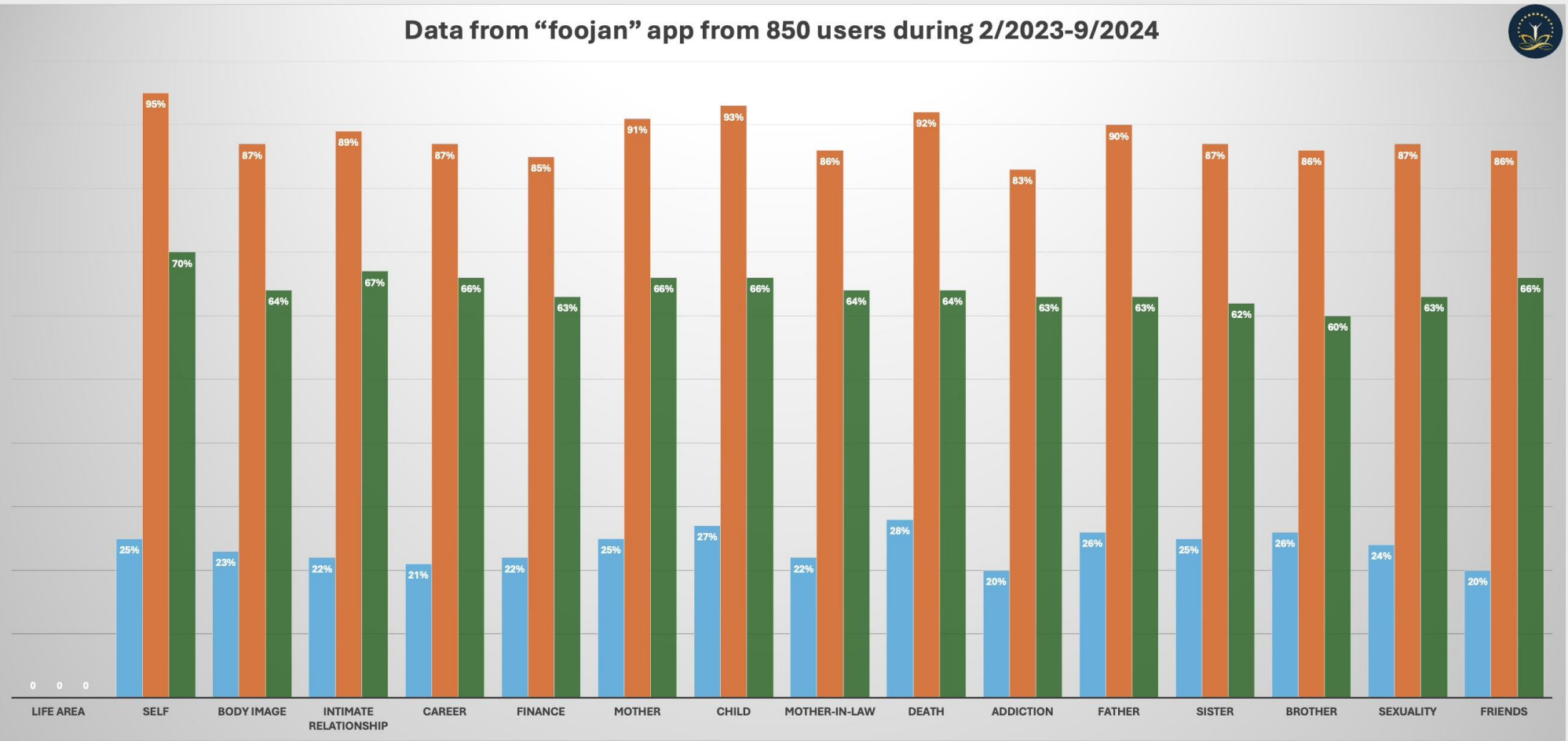
Online Psychotherapy: 12 Sessions

66% Depression, 71% Anxiety, 66% Trauma



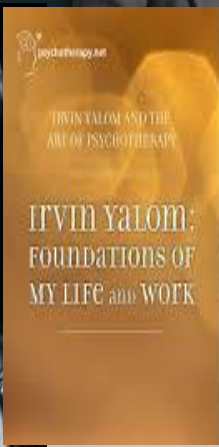
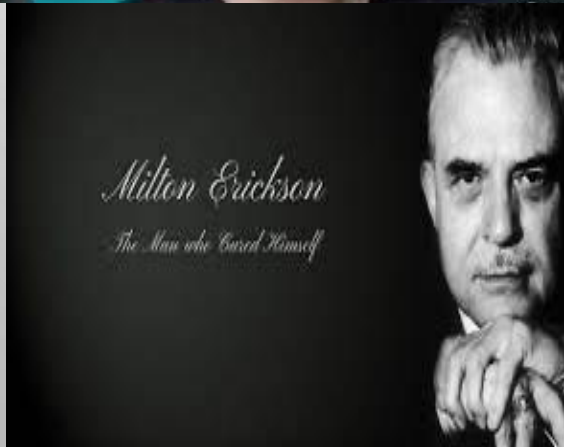
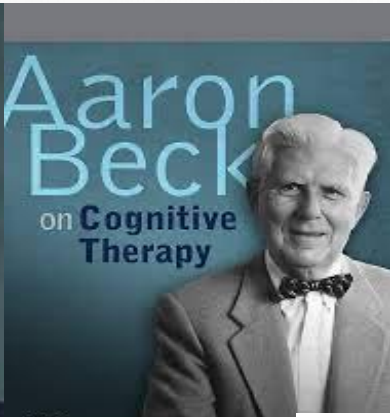


Data from “foojan” app from 850 users during 2/2023-9/2024



■ Pre-survey  
■ Post-survey  
■ % of Improvement

# THEORIES AND INTERVENTIONS THAT GAVE RISE TO AWARENESS INTEGRATION THEORY





**AWARENESS INTEGRATION THEORY**  
**9 PRINCIPLES**

AWARENESS  
INTEGRATION

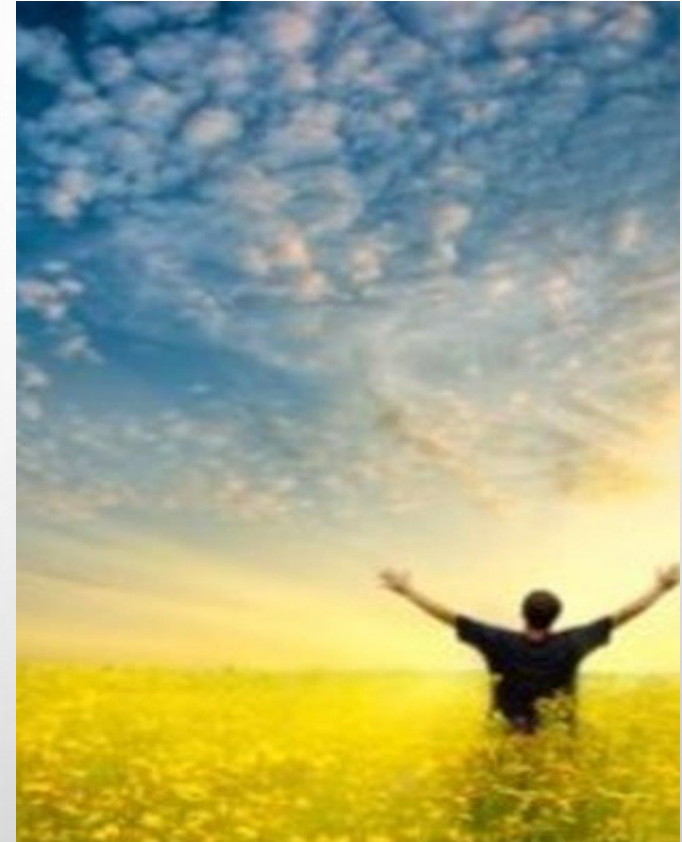
# AIT PRINCIPLE 1

*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 behaviors. In this way, human beings are co-creators of their reality.*



## AIT PRINCIPLE 2

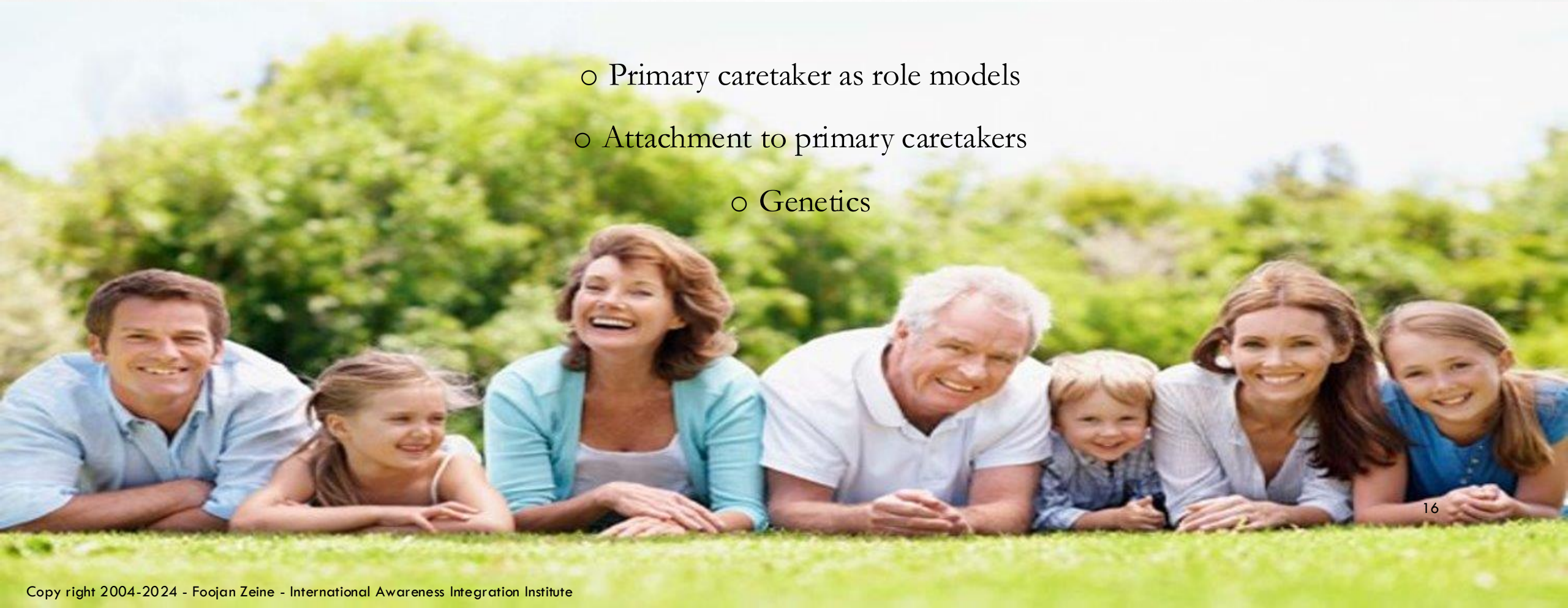
*Every individual possesses the capacity and potential to acquire the skills necessary for a fulfilling, joyful, functional, and successful life.*



# AIT PRINCIPLE 3

*Skills are learned through physical and psychological development; personal experiences; and mirroring parents, teachers, peers, media, and culture.*

- Primary caretaker as role models
- Attachment to primary caretakers
- Genetics





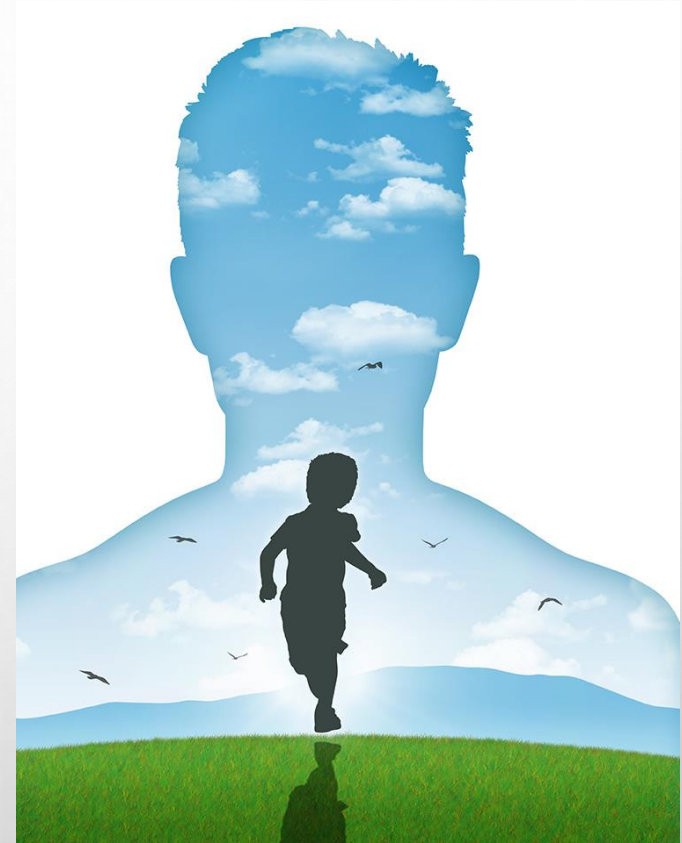
# AIT PRINCIPLE 4

*The human mind perceives and creates meaning internally for all external stimuli that results in a subjective reality that may vary from actual events and the realities of others. Through the invented reality, one creates formulas, beliefs, and personal identities that relate to self, others, and the universe at large.*



# AIT PRINCIPLE 5

*Human beings store experiences cognitively, emotionally, and somatically. The unintegrated 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 patterns. 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.*



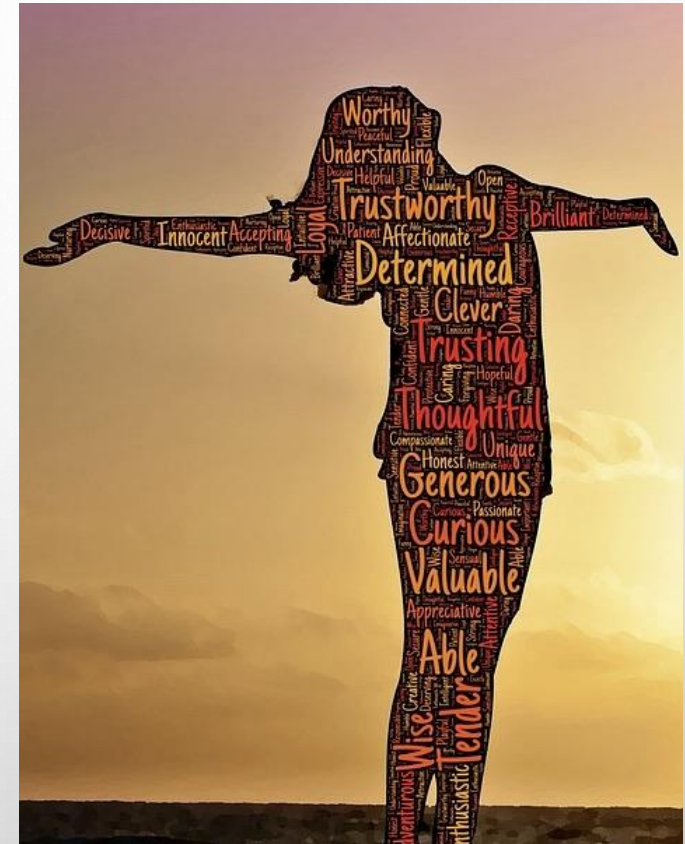
# AIT PRINCIPLE 6

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



# AIT 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, positive reality and, therefore, produce intended results.*



# AIT PRINCIPLE 8

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



## AIT 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.*



# AIT ACROSS ALL AREAS OF LIFE

- **Strangers:** people whom the client does not know personally, but are on earth and living around him, such as people on the street, in the neighborhood grocery store, coffee shop, or restaurant; countrymen; those with a different religion, different race, different culture, and so forth.
- **Acquaintances:** family members of friends or co-workers, friends of friends, or people that the client knows, but who are not part of his close circle.
- **Extended family:** grandparents, aunts, uncles, cousins and their extended families, in-laws and their extended families. Friends: best friends.
- **Career:** client's view on the career versus a job position; relationships with boss, co-workers, employees, and customers; school or educational background; and so forth.
- **Money:** ideas about wealth and poverty, income productions, power over creation (management of income), expenditure management and styles, retirement.

- **Siblings**
- **Children**
- **Sex**
- **Past intimate relationship** history including long term relationships,
- **Marriages**, divorces, first fling, first crush, and so forth. Current intimate relationship/marriage.
- **Caretaker**/significant person in life.
- **Father**
- **Mother**
- **Relationship between parents** as the client was growing up and now.
- **Self:** includes body image, illnesses, addiction, depression, or mental conditions.
- **Nature**
- **Universe**
- **God**/Higher power/religion/spirituality.
- **Death**



# AIT MECHANISM PHASE I

- RELATION FROM ONE  
TOWARD OTHERS

- ❖ THOUGHT
- ❖ EMOTIONS
- ❖ BEHAVIORS
- ❖ EFFECT OF ATTITUDE  
IN ONE'S LIFE AND  
OTHERS





## AIT MECHANISM PHASE II

- ONE'S PROJECTION OF OTHER'S RELATION TOWARD SELF

- ❖ THOUGHT
- ❖ EMOTIONS
- ❖ BEHAVIORS
- ❖ EFFECT OF ATTITUDE IN ONE'S LIFE AND OTHERS

WHAT MATTERS MOST  
IS HOW YOU SEE YOURSELF.



# AIT MECHANISM PHASE III

- RELATION TOWARD SELF

- ❖ THOUGHT
- ❖ EMOTIONS
- ❖ BEHAVIORS
- ❖ EFFECT OF ATTITUDE  
IN ONE'S LIFE AND  
OTHERS



# AIT MECHANISM PHASE IV

- INTEGRATION OF TRAUMATIZED OR DISCONNECTED PARTS OF SELF
  - ❖ FINDING NEGATIVE CORE BELIEF
  - ❖ LOCATION OF THE FEELING FELT IN THE BODY
  - ❖ ORIGINAL MEMORY
  - ❖ BRIDGING
  - ❖ HEALING
  - ❖ INTEGRATING



# AIT MECHANISM PHASE V

- ENVISIONING THE FUTURE
  - ❖ CHOOSING STATE OF BEING
  - ❖ SETTING GOALS IN DIFFERENT AREAS OF LIFE
  - ❖ ASSIGNING ACTION PLAN TO EACH AREA



# AIT MECHANISM PHASE VI

- ❖ EXTERNAL FEEDBACK LOOP
- ❖ COLLAGE
- ❖ AUDIO
- ❖ SYMBOL



## TRANSFORM YOUR LIFE

with the

Evidence-Based Foojan App

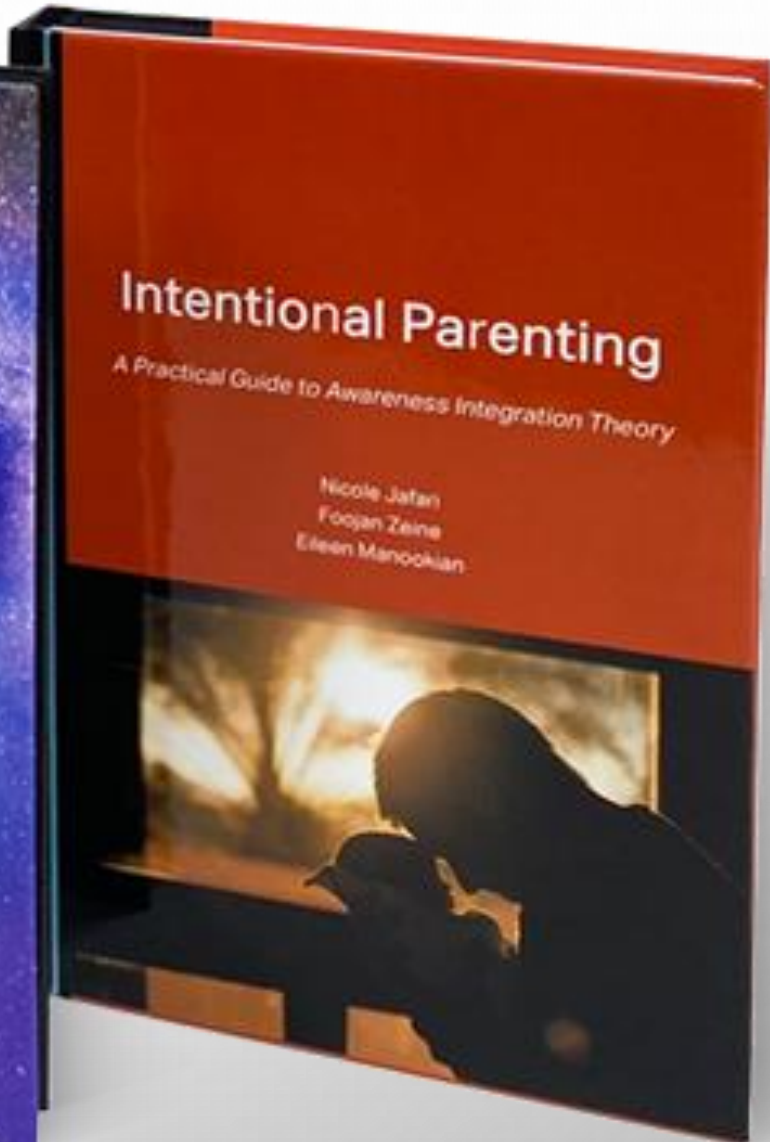
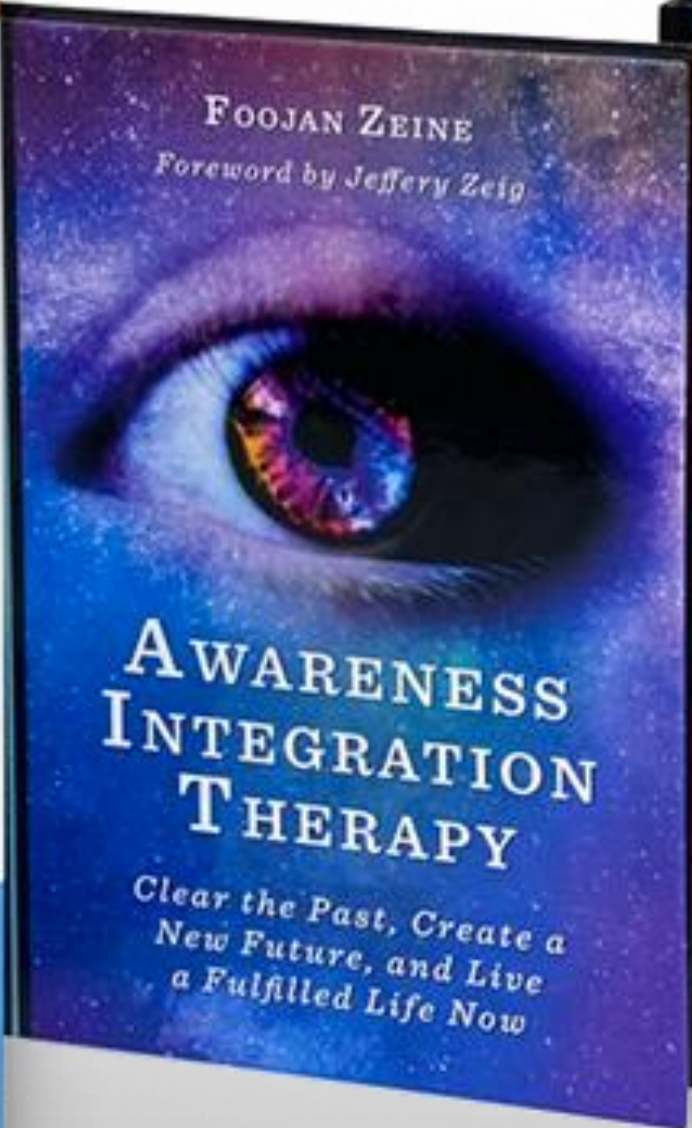
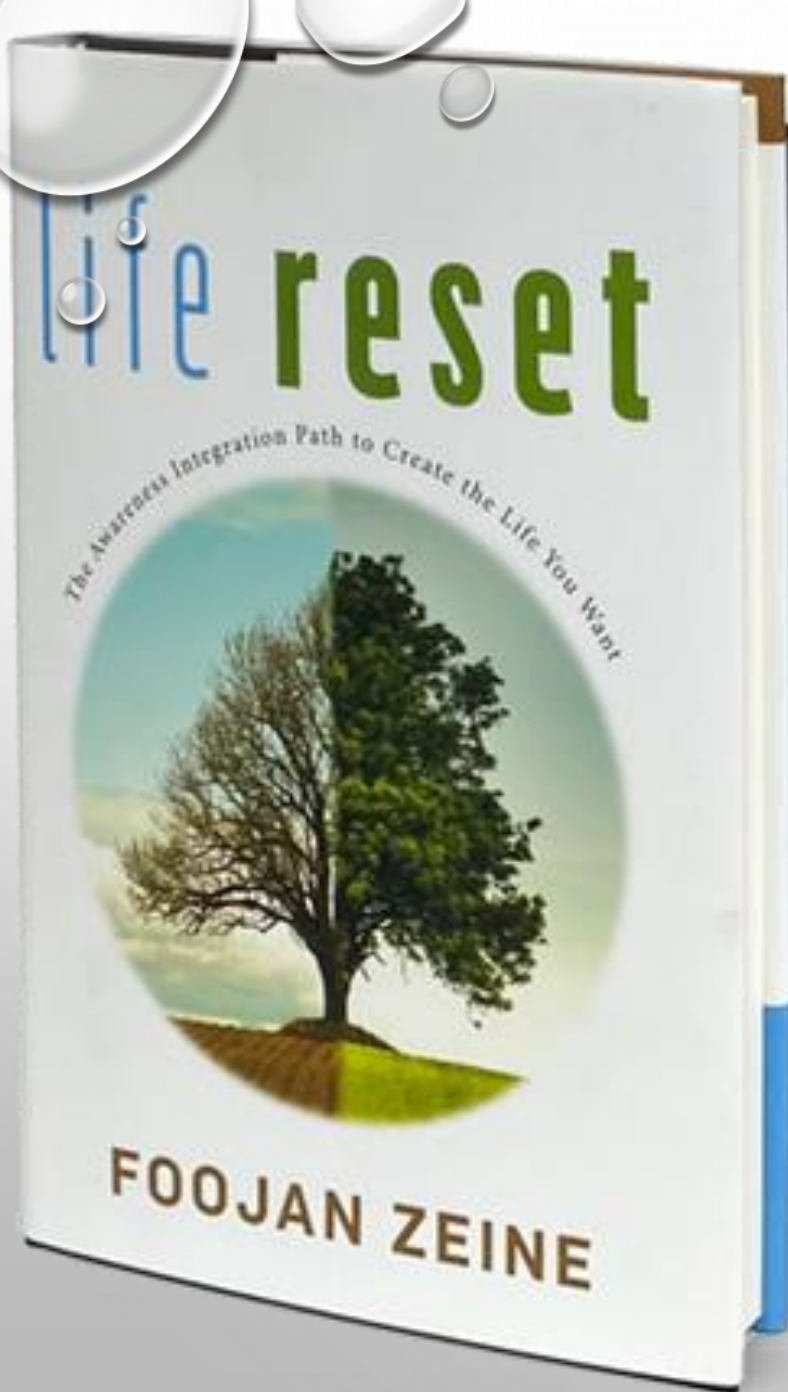
- ✓ Eliminate Stress
- ✓ Reduce Anxiety
- ✓ Decrease Depression

The Foojan App helps you in all areas of your life



Three new life areas added monthly





# Become an AIT certified practitioner

Awareness integration certified professionals will receive:

- Professional recognition
- A listing in the [www.Awarenessintegration.com](http://www.Awarenessintegration.com) certified professional directory
- A listing in the “foojan” app and [www.Foojan.com](http://www.Foojan.com) as a certified AIT professional
- Discounts on future in-person or online workshops
- Invitations to private awareness integration institute events
- Access to exclusive webinars and other online content







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