

Reflections on attending the Advanced NVR training

I attended the Advanced Integrative Therapy (AIT) training in West Midlands in November 2017. The AIT training consisted of three days with Michelle Shapiro, Clinical Psychologist and AIT therapist and trainer.

In my current role as a Systemic Psychotherapist in CAMHS, I work with young people and families who have experienced acute and multiple trauma.

AIT is a therapeutic approach designed to treat trauma charge from current and past events. The AIT principles assume a connection between current trauma and early childhood experience of trauma. The AIT method is aimed at treating both current and early childhood trauma charge as well as the connection between the two.

Part of the training was learning to recognise trauma and how it affects individuals. Before learning the treatment techniques, we spent some time working on how to identify current and past trauma.

AIT follows a certain protocol for the treatment of trauma, which we learnt during the AIT Basics course. This involves clearing trauma through the body's energy centres. AIT also works with core beliefs that are created as a result of trauma and which sustain the on-going experience of trauma. Furthermore, this course covers the Muscle-testing technique, the Instantaneous AIT technique and the AIT covenant which is a pre-treatment chart used to prepare the treatment recipients for the work.

This course is experiential. The three days consisted of considerable practice time, working on the participants own experience and working in pairs by applying the method on one another so that we can both practice the skills and experience the therapeutic benefits.

AIT can be helpful when working with young people who have experienced trauma but also useful in working with their parents. Often parental trauma is triggered when parents are dealing with their child's mental health difficulties. Providing trauma treatment for the parents/carers enables them to deal with the issues concerning their children in a compassionate and responsive way.

Thanks to FPSA for supporting me to access the AIT course which was incredibly useful to me and the families I work with.

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11th May 2018