



An Integrative Approach that Brings Depth into Brief Therapy

By Foojan Zeine, Psy.D., MFT

"The Awareness Integration model is amazing. It's the only model that allows a client to work on deep issues fast and gets great results. I as a therapist enjoyed working this model and was fortunate enough to experience the deep work by done Dr. Foojan Zeine, which ended in great result in my life." Statement from a therapist who has taken the AI model workshop.

"The Awareness Integration Model has helped me to understand and accept all aspects of my psyche including the dark and shadow sides. It acted as an emotional cleansing for me. I learned how to experience my emotion and how to deal and manage them. Through this model I came back to my core self with love. I recommend this model for every one who wants to learn how to and come to terms with who they are within." Statement from a client who has worked with the AI model.

Awareness Integration is a new model in the field of psychology synthesizing numerous concepts from cognitive, behavioral, emotional, and body-mind theories. This model proposes to enhance self-awareness, increase self-esteem, release past traumas and/or psychological blocks, reduce the symptoms of anxiety, symptoms of depression, and promote a clear, realistic, and positive attitude to learn and implement new skills for on effective, productive, and functional life.

This model through open structured questions and deepening interventions that connects the core belief, emotions and the location of the body that the emotion is stored and the relevant and/or original memory. Allows for the release and then integration. A pilot study indicated a 76% decrease in depression, a 60% decrease in anxiety, a 43% increase in self-esteem, and a 20% increase in self-efficacy.

Saturday August 29 & Sunday August 30, 2015

Online Live Course 9 AM-6 PM

Course Fee: \$ 500

Early Bird Price \$395, until July 29, 2015 - 15% discount for a group of 5 or more For

Registration please call [818-648-2140](tel:818-648-2140) or foojan@foojan.com
www.awarenessintegration.com