TRANSFORMING CANCER WITH ADVANCED INTEGRATIVE THERAPY: MULTICAUSAL CANCER PREVENTION AND TREATMENT

With Asha Clinton, MSW, PhD

FIRST THE NUMBERS:

• 1 in every 2 men get cancer in the US today!!
• 1 in every 3 women get cancer in the US today!!
• THAT’S 1 OF EACH 2.5 PEOPLE!!

MORE NUMBERS:

• The number of new cancer cases in the US in 2015: 1,658,370.
• Estimated deaths from cancer in the US in 2015: 1,003,850.
• For cancer in the United States the average five-year survival rate is only 66%—34% of patients die within 5 years.
• The financial costs of cancer: about 1.16 trillion US dollars per year as of 2010.

THESE ARE NOT GOOD ODDS FOR US OR OUR CLIENTS!!!!!!
If you’d like to help improve them, please sit back and listen.

WHAT IS CANCER?

• “A group of diseases involving abnormal cell growth with the potential to invade or spread to other parts of the body.”
• Over 100 cancers affect humans.”

HOW IS CANCER USUALLY TREATED?

<table>
<thead>
<tr>
<th>TRADITIONAL ALLOPATHIC METHODS:</th>
<th>INTEGRATIVE METHODS:</th>
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<tr>
<td>Surgery</td>
<td>Acupuncture</td>
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<tr>
<td>Chemotherapy</td>
<td>Chiropractic</td>
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### Radiation

**NEWER ALLOPATHIC METHODS**
- Immunotherapy
- Genomic testing
- Hormone therapy

**Mind-body medicine**
- Naturopathic medicine
- Nutrition therapy
- Oncology rehabilitation
- Pain management
- Spiritual support

### SOME ALTERNATIVE CANCER TREATMENTS

<table>
<thead>
<tr>
<th>Alpha Lipoic Acid</th>
<th>Hydrogen Peroxide Therapy</th>
<th>Oxidative Medicine</th>
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<tr>
<td>Autohaemotherapy</td>
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<td>Antioxidant Therapy</td>
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<td>Biological Lymphatic Detox</td>
<td>Indole-3-Carbinol</td>
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<td>Dietary Modification</td>
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<td>ECGC</td>
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<td>Environmental Detox</td>
<td>Lymphatic Drainage Glutathione</td>
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<td>Enzymatic Therapy</td>
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<td>Germanium</td>
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<td>Graviola</td>
<td>Ondamed</td>
<td>Vitamin C Therapy, High Dose</td>
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<tr>
<td>Heavy Metal Chelation</td>
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<td>Vitamin D Therapy</td>
</tr>
</tbody>
</table>

### AND RELATIVELY LITTLE KNOWN AND USED PSYCHOSPIRITUAL APPROACHES:

- Spiritual support
- Therapy focused on coping
- The work of Lawrence Leshan, the Simontons, and Bernie Seigel, the beginning of treating cancer psychologically
- Newer approaches: Temoshok and Dreyer, Tom Laughlin, and
- Ait cancer prevention and treatment
• WITH ALL THESE METHODS IN USE, 1 IN 2.5 PEOPLE STILL GET CANCER, AND MILLIONS DIE FROM IT!!

• BUT:
THE CENTERS FOR DISEASE CONTROL SAY THAT 85% OF ALL ILLNESSES IN THE US HAVE EMOTIONAL-- READ PSYCHOLOGICAL-- CAUSES. THAT’S WHERE AIT COMES IN.

IMPORTANT IMPLICATIONS FROM THE AIT PERSPECTIVE:

• Cancer and other diseases have multiple causes, some of which are psychological
• And some of which are spiritual.
• Because we don’t routinely treat the psychological and spiritual causes of disease, fewer people get well and more people suffer a lot.

MOST IMPORTANT:
MULTI-CAUΣAL TREATMENT

• Many people would benefit from effective multi-causal cancer treatment that treats the
  o Environmental
  o Physical
  o Psychological and
  o Spiritual causes of their cancer and
  o Interfaces well with extant treatments

AIT MULTI-CAUΣAL CANCER PREVENTION AND TREATMENT

• Can be used both preventively and as treatment
• Is administered by ait-trained psychotherapists
• Can easily be used together with both standard and alternative cancer treatments--or by itself.
ADVANCED INTEGRATIVE THERAPY

• Began to develop in 1998
• Ait now consists of 16 3-day seminars that cover the treatment of the body, psyche, and spirit
• Based on the fact that trauma is the basic source of human suffering
• Treats physical, psychological and spiritual trauma to remove physical, psychological, and spiritual wounds, symptoms, disorders, diseases, blockages

ADVANCED INTEGRATIVE THERAPY

• A depth energy therapy that marries analytic, archetypal, cognitive, behavioral, humanistic, body-centered, and transpersonal therapy with the rapid focused movement of energy to provide quick, efficient, gentle, compassionate removal of traumatic after-effects and the suffering they cause.
• AIT treats body, psyche, and spirit because, in a living human being, their separation is only conceptual, and thorough healing usually necessitates treating body, psyche, and spirit.

CONSISTS OF 16+ SEMINARS, FOR EXAMPLE:

• Attachment Treatment
• Multi-causal Illness Treatment
• Historical Trauma Treatment
• PTSD Treatment
• Anxiety Disorder Treatment
• Treating the Wounded Spirit

THEORETICAL BASES:
TRAUMA, INTERCONNECTEDNESS, MULTI-CAUSALITY

• TRAUMA is the cause of human suffering
• The INTERCONNECTEDNESS of everything--environment, energy, body, psyche, and spirit– from quantum mechanics and Buddhism
• Treating the psychological, spiritual, physical, and environmental TRAUMAS that have caused the cancer, its symptoms, and their connection can heal cancer
• MULTI-CAUSALITY

WHAT IS TRAUMA FROM THE AIT PERSPECTIVE?

“... any occurrence which, when it is happening, when we think back to it, or when it is triggered by some present event, evokes painful emotions and/or physical symptoms, sensations, or illnesses, gives rise to negative beliefs, desires, fantasies, compulsions, obsessions, addictions, dissociation, passivity, negativity, primitive defenses, depression, anxiety, delusions, hallucinations, and/or violence, blocks the development of wisdom, love, and other life-enhancing qualities, destroys or limits spiritual connection and development, and fractures human wholeness (Clinton 1999).”

AIT MULTI-CAUSAL CANCER THEORY-- HYPOTHESIS AND EXAMPLE:

• Cancer develops from a group of environmental, physical, psychological, and/or spiritual traumas
• That produce chains of cause and effect that result in cancer symptoms, e.g.:
• Carl’s sexual indiscretions as a religious youth resulted in repressed shame and guilt, which were carried to his prostate gland by neuropeptides. Later his daughter got pregnant at 16. This triggered memories & more shame and guilt in the prostate, resulting in a prostate cell with a few mutations which, in turn, resulted in prostate cancer.

• EXAMPLES OF TRAUMAS THAT CAN BE FUNDAMENTAL CAUSES OF CANCER:
  
  o PHYSICAL AND ENVIRONMENTAL TRAUMAS-- Poor diet, insufficient sleep, the impingement of carcinogens, e.g., cigarette smoke, radiation, toxic chemicals, or heavy metals that result in gene mutations.
  o PSYCHOLOGICAL TRAUMAS-- Early repetitive attachment trauma, e.g., abandonment or lack of love, resulting in emotional repression and the development of the “cancer personality.”
  o SPIRITUAL TRAUMAS-- Traumatic disconnection from the Inner Divine, lack of following its spiritual guidance resulting in a person who has no
direction, mission, or purpose-- and may have little reason to continue living.

THE BIOLOGY OF CANCER AND BIOLOGICAL CAUSES

- Carcinogens-- environmental
- Gene mutation, inherited or not
- Immune system that is too weak to destroy cancer
- Other illness
- Poor nutrition
- Insufficient or poor sleep
- Fight or flight reactions turn off the immune system

FROM TRAUMA TO TUMOR: NEUROPEPTIDES, THE MOLECULES OF EMOTION

“While neuropeptides bring a person’s trauma-based emotional responses to various parts of the body, the body produces cortisol as one response to those stressful emotions…. *Neuropeptides not only bring destructive emotions to various sites in the body, e.g., the energy centers, organs, lymphatic and circulatory systems-- cancer can grow in all of these… (and) their arrival creates changes in the brain and immune system.*”


- Depending on our thoughts and emotions, specific neuropeptides are made in the brain and nervous system, white blood cells, reproductive system, digestive system and heart…. They form a 2-way network between psyche and soma.

- The existence and function of the molecules of emotion explain how what happens emotionally in a person can directly affect their physical, psychological, and spiritual health!!

PSYCHOLOGICAL CAUSES OF CANCER: TEMOSHOK- TYPE C PERSONALITY

- Emotional repression
- Denial as a coping strategy
- Excessive niceness, pleasing
- Self-sacrifice-- do only for others
- Integrity violation
• Coping mechanisms inadequate given repression, self-sacrifice, and inner truth violation

**PSYCHOLOGICAL CAUSES OF CANCER: LAUGHLIN**

• Subjugating marriage where the controlled spouse is:
  o Terrified of making decisions
  o Can’t live without being dominated
  o Can’t break dependency

• Unconscious conflict in subjugated spouse—stay or leave-- never gets acted upon

• All this raises his/her cortisol level, shuts down immune system

**PSYCHOLOGICAL CAUSES OF CANCER**

• Also:
  o Early repetitive attachment trauma, especially the lack of unconditional love resulting in loss of self-value
  o Traumatic shock, retraumatization and triggering
  o Development of a false self
  o Striving to please in order to be loved

**SPIRITUAL CAUSES OF CANCER: SPIRITUAL TRAUMA**

• Lack of mission and life’s purpose
• Disconnection from the center (the divine in us)
• Inability or refusal to follow the center’s guidance
• Ego damage that makes ego surrender too difficult
• Spiritual blockages, e.g., the inability to pray, meditate
• Having trauma-based, negative conceptions of god
• Projecting a negative parent on the divine
• Religious trauma

**TREATING CANCER ENERGETICALLY:**
3-STEP CANCER TRANSFORMATION
STEP 1
• **STEP 1: EARLIEST ORIGINATING TRAUMA (OR TRAUMATIC PATTERN)**
  TREATMENT: More often a traumatic pattern than a single incident trauma, but can be either.

• **EXAMPLE:** “All the times and ways my father’s drinking made him an angry, threatening presence that could explode into violence at me at any time, shutting my immune system down whenever he was present.”

• **STEP 2: CONNECTION TRAUMA TREATMENT:** Combines Earliest Originating Trauma and the Initiating Trauma (the present situation or symptom requiring treatment, e.g., “My immune system could not protect me from the mutated cell that multiplied into a liver tumor.”)

• **EXAMPLE:** “Because my father’s drinking made him an angry, threatening presence that could explode into violence at any time and shut my immune system down, my immune system could not protect me from the mutated cell that multiplied into my liver tumor.”

• **STEP 3: EMOTION TREATMENT:** Targets the emotions that BOTH the Originating Trauma and the Initiating Trauma have in common
  • **EXAMPLE:** “All my conscious, somatized, repressed, and dissociated anger, rage, and grief because I couldn’t protect myself from my father or from liver cancer.”

**WHY USE 3-STEP CANCER TRANSFORMATION?**

• Because it treats the three most important aspects of a psychological cause-effect relationship:
  - The cause
  - The connection between cause and effect
  - The emotions that cause and effect both produce.
  • By treating this way, we break the connection between cause and effect AND remove the conscious, repressed, dissociated, and somatized emotions so that THERE IS NOTHING LEFT TO CAUSE ILLNESS, not even repressed emotions.

**TO LEARN THIS WORK GO TO**
AdvancedIntegrativeTherapy.org
TO REGISTER:

- **Required:** You have at least a Masters-level degree in a therapeutic profession such as clinical psychology, social work, art therapy, counseling, etc.
- **Required:** Take AIT Basic Seminar first—We’re offering it as a post-conference seminar on Monday and Tuesday. Or look at our website, AdvancedIntegrativeTherapy.org and see when and where else we’ll be offering it.
- **Required:** Take AIT Psychogenic Illness Treatment—times and places on the AIT website, AdvancedIntegrativeTherapy.org.
- **Optional but very helpful:** Take AIT Depth Treatment—times and places on AdvancedIntegrativeTherapy.org.
- **Take AIT Cancer Prevention and Treatment—times and places on AdvancedIntegrativeTherapy.org.**