

LIFESPAN INTEGRATION ORIGIN AND BENEFITS



Lifespan Integration (LI) is a revolutionary body-based therapy that heals by restructuring and integrating neural systems in the mind and body. It is a right-brain therapy and works very differently from traditional left-brain psychotherapy. LI works by utilizing the right brain's ability of creative imagery and emotional connections, along with the use of a Timeline.

The Timeline is a list of chronological memory cues from earliest to present. The timeline allows the brain to “connect the dots” through the various years- causing cognitive and emotional integration of self. Neural networks that “fire together, wire together.” The Timeline solidifies the healing process and is the key to Lifespan Integration Therapy and healing.

LI was originally developed to help adults who were traumatized or neglected as children. It has been found to be very effective with people of all ages with many presenting problems and challenges. LI can be used to clear trauma and/or to build self-structure. Outcomes are:

- Clearing of PTSD trauma and associated symptoms – flashbacks, nightmares and sleep disturbances, exaggerated startle response and hypervigilance
- Clearing of childhood trauma (physical, verbal, emotional and sexual abuse) and associated symptoms
- Integration of self through connecting memories across the lifespan creating a more solid core self (increased self-esteem, emotional regulation and coherence)

Two Fundamental Outcomes of LI: Emotional Resilience and Empowerment.

Clients and therapists alike consistently report the following benefits when participating in Lifespan Integration therapy:

- Healthier reactions to stress/difficult situations.
- Increased self-compassion and self-esteem.
- Respond to current stressors in more age-appropriate ways
- Enhanced ability to enjoy life and intimate relationships
- Subtle positive shifts in thinking, feeling and behaviors → empowerment
- Considerably improved ability to regulate emotions

Statements from FBH clients participating in LI. The results are stable. Quality of life continues to improve over time.

- PTSD Relief: “(LI) balanced me. I’m calmer, better able to deal with stuff. It chilled out my life. I have become more vulnerable, relaxed, receptive and positive.”
- Emotional Reactive Reduction: [40-year-old female client sexually abused as a child] - “He (volatile landlord) always triggers me. I talked to him three times last week and didn’t get emotionally reactive at all. I had a calm conversation and a positive interaction. It was a huge change for me!”
- Subtle, Spontaneous Positive Shifts: “I drove my friend to an event... I never do that...I would never do that!”
- See Life in More Positive Ways: “My memories have become more positive, even the bad memories are more positive. I can see them differently now, the silver lining in the cloud...there’s a purpose for everything. I have changed my view of past negative memories-seeing them for what they are, not just how I reacted”
- Fear Reduction: [client struggling with anxiety] “I’ve moved past things I’ve subconsciously held onto. The way I interact with myself and others has greatly improved.”
- Ability to Forgive: “After all these years...I can forgive myself.”
- Healing: “My life is like a tower of jenga, pieces of it are being taken out and now I’m rebuilding that tower with new awareness and acceptance.”

For more information, please visit: www.lifespanintegration.com