Submitted for the Amsterdam ESTD 2016 Congress:

ESTD Symposium 1. Lifespan Integration for trauma treatment

Lifespan Integration (2002, Peggy Pace) is a therapy for trauma, attachment and dissociative disorders. It uses a chronological list of life events (a "Time Line" built by the client) to help the client connect past trauma to present reality, through a body experience of time.
Three clinical applications will be presented.

Lifespan Integration : a new and powerful therapy for trauma and dissociation - Dr Catherine Clément

In 2002 Peggy Pace discovered a new therapy for trauma, attachment disorders and dissociation, Lifespan Integration. This therapy helps clients to heal deeply and as gently as possible through the powerful healing capacity of what she named the client's Timeline, which is a chronological list of life events. This list covers the client's lifespan from his first explicit memory to the present. The activation of neural networks through many repetitions of the Timeline allows integration of traumatic events, or, more widely, life history held in these networks. As Pierre Janet stated in 1889 « Mental health is defined by a high level of integration ».
For this Timeline to be fully effective, the therapist must be attuned, grounded and coherent throughout the sessions.
Since 2002 Pace has developed eight different protocols all based on the use of this Timeline and the therapist's solid, coherent presence.
Lifespan Integration is a body-mind therapy, effective with a wide range of disorders from anxiety, depression, bipolar symptoms to DID ; LI seems to work at that very deep level bringing around an earned secure attachment.
Our presentation will explain how the neuroscience of trauma and dissociation can help us understand how Lifespan Integration can heal disorders stemming from attachment, trauma or dissociation.

Treating PTSD with Lifespan Integration - Joanna Smith

In PTSD, a client is suffering from the fact that her body reacts as if she did not know that the traumatic event is over. Lifespan Integration (LI) treatment allows the client's body-mind system to integrate past trauma by "proving" to the body the traumatic event is over.
Treating PTSD with LI consists in repeating several times the Time Line, a list of events between the traumatic event and now. In this presentation, we will use a clinical example of a car accident PTSD, assessed before, during and after 3 sessions of LI therapy with the Impact of Event Scale, Revised (IES-R), to show how LI can help a client process and integrate trauma.

Using Lifespan Integration with pre-verbal trauma - Anandi Janner Steffan, Dr ès sciences

Clinical observations show that Lifespan Integration (P. Pace, 2003) targets the integral body-mind system and permits the map of self in space and time to amend. This presentation focuses on clearing preverbal trauma (simple or complex) in adult patients

as well as children, showing the step-by-step resolution from shut down or distress to integration.

Preverbal development is defined as including the intrauterine period, actual birth and up to the two year old infant. The traumatic memory – due to neglect, abandonment, violence, abuse, the parent's deficient attachment pattern - is accessed via the patient's symbolic representation and body sensation. This also applies when the early life history is unknown.

Through multiple repetitions of the early developmental stages plus the explicit memory timeline the neural networks are activated. The therapist's attunement to his patient regulates the gradual release of the inherent somatic and emotional charge. The person's healthy defense system is activated thus creating the natural non-rigid boundaries.

Based on my clinical work I will develop the advantages Lifespan Integration offers when dealing with single known traumatic events, chronic traumatic events, or unknown traumatic events based on clients' presenting problems and issues in present everyday life.