



LIFESPAN INTEGRATION

Connecting with the now, with yourself, with others, and with life

What is Lifespan Integration?

Lifespan Integration (LI) is a powerful mind-body technique, which through a variety of protocols, brings health, healing and neural integration.

Trauma Resolution

By helping individuals process their past in a safe, structured manner, Lifespan Integration works to heal emotional wounds and strengthen the ability to face present-day challenges. It's a trauma-informed therapy that does not re-traumatize, but instead focuses on integration and growth.

Emotional and ANS Regulation

Clients no longer reach outside of themselves to regulate, but can internally regulate in the face of the daily ups and downs of life.

A Loving and Compassionate Connection to Self

Clients internalize love and compassion for self which shifts patterns of shame, guilt and negative beliefs about self.

Attachment Repair

Core attachment needs are met and integrated, moving clients toward earned secure attachment.

How does Lifespan Integration work?

A timeline of life events, developed with therapist support, helps regulate the client's nervous system through various LI protocols. Clients can then better understand that difficult events and memories have passed. As a result, coping strategies developed in the past no longer need to be used in the present.

Learn more about Lifespan Integration

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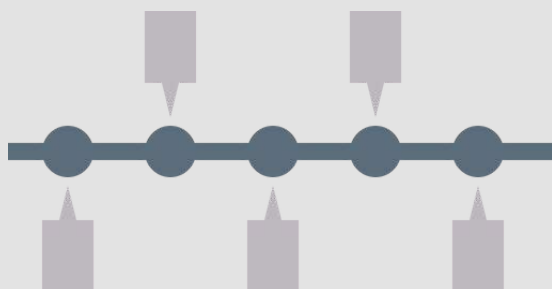


What is Lifespan Integration?

Lifespan Integration (LI) is a powerful mind-body technique, which through a variety of protocols, brings health, healing and neural integration to a person.

How Does LI Work?

A timeline of life events, developed with therapist support, helps regulate the client's nervous system through various LI protocols. Clients can then better understand that difficult events and memories have passed. As a result, coping strategies developed in the past no longer need to be used in the present.



Learn More About Lifespan Integration

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