

THE EXTRAORDINARY PHENOMENON OF
LIFESPAN INTEGRATION: PROCESSING
TRAUMA, CONNECTING SELF-STATES, AND
INTEGRATING EXPERIENCE WITH A TIMELINE

- MANDY ROLAND-SMITH



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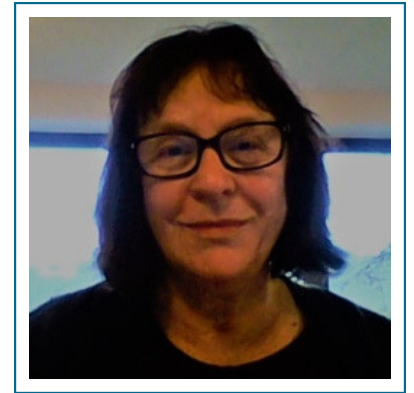
Resource Guide

About Mandy Roland-Smith

I trained as an Art Therapist in 1980 and started my therapy career in a therapeutic community for young people. Subsequent trainings in counselling and psychodynamic psychotherapy led me to becoming an Integrative Psychotherapist, working on a sexual abuse project in a counselling centre, running a private practice and seeing students in a university counselling service.

I trained in EMDR and Sensorimotor Psychotherapy (Trauma), then I discovered Lifespan Integration (LI), and it brought everything together in one sort of therapy. I moved from working in a traditional way to using LI with nearly all my clients. Like the man who bought the razor factory because he was so impressed by it, I felt so passionately about LI that I became a supervisor and the trainer in the UK.

In addition to LI, my passions are painting, film, fishing, and good meals with friends.



**Mandy Roland-
Smith**



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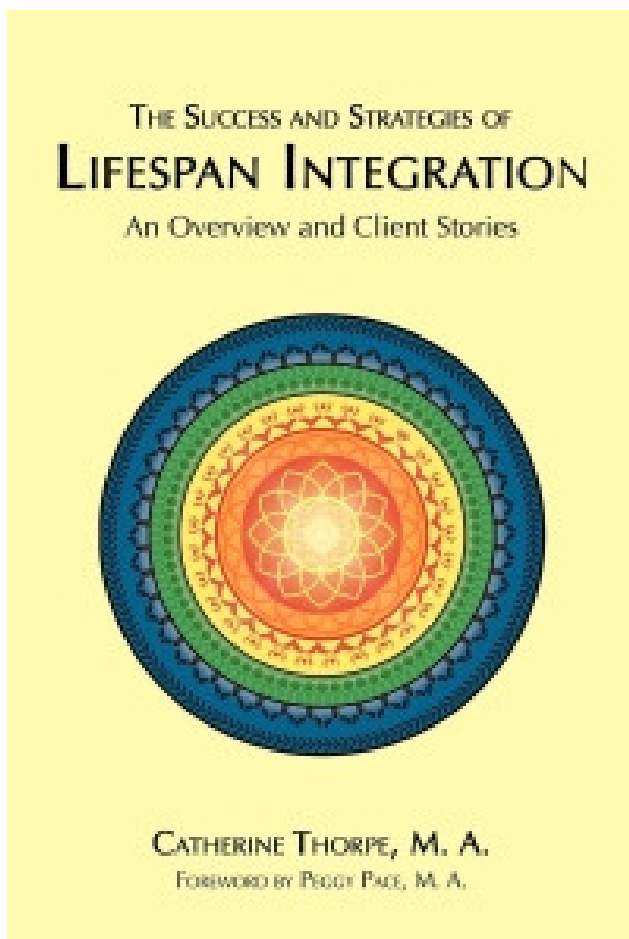
lifespanintegration.com

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Reading

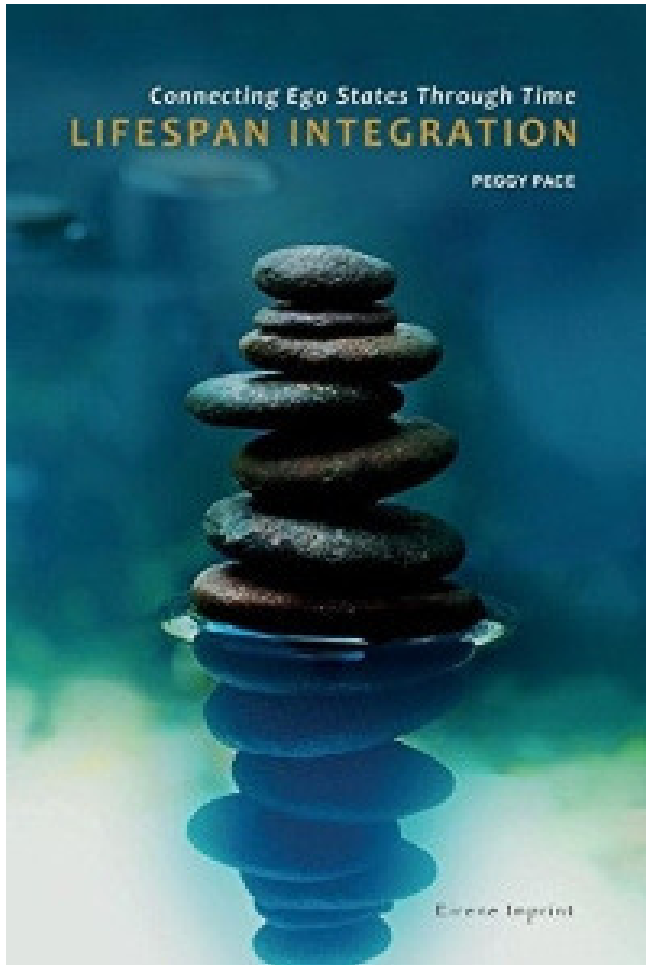


Lifespan Integration (LI) is a new therapy which successfully resolves most clients' concerns more quickly than talk therapy. In *The Success and Strategies of Lifespan Integration*, Catherine Thorpe, MA describes LI, its origins and effectiveness. The method is showing to be unparalleled in the treatment of Posttraumatic Stress Disorder, Anxiety, Bipolar Disorder, Relationship Concerns and many other clinical diagnoses. It is highly effective for therapy with children.

Peggy Pace, MA developed Lifespan Integration in 2002. The method is built upon repetitions of a visual and sensory timeline as the unique change agent of LI. The clinical use of timeline repetitions appears to rewire the brain. As a result, clients innately shift their negative beliefs, resolve their traumas, and move forward in life without the underpinnings of painful memories from the past. With a warm, conversational tone, Thorpe provides the reader an overview of Lifespan Integration and a window into the wonders of LI through client stories.....

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Event Books



This book describes the method which Peggy Pace developed for healing adults and adolescents who experienced trauma or neglect in childhood. Lifespan Integration therapy differs from Cognitive Behavioral Therapy in that LI heals and integrates the body-minds of clients in multifaceted ways. LI therapy clears trauma memory and the defenses against early trauma throughout the body-mind. This is true even for cases when the trauma was pre-verbal and is not explicitly remembered. LI therapy can also be used to increase positive self-regard, to improve affect regulation, and to strengthen the core self. In her book, Pace describes how her Lifespan Integration method can be used to treat Post Traumatic Stress Disorder, anxiety and panic disorders, mood disorders, and eating disorders. In the chapter which discusses using LI to heal Dissociative Identity Disorder, Pace describes how Lifespan Integration therapy brings more coherence to the fragmented self systems of dissociated clients, eventually resulting in a unified self.

The Lifespan Integration book includes a summary of recent discoveries in the field of neuroscience. Pace overviews what is known about how separated selves and self states become integrated within the developing child. Pace proposes in her book that neural integration continues throughout the lifespan, and can be expedited during therapy when the conditions required for neural integration are re-created within the therapeutic setting.....

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