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There are times when it seems no amount of intention or insight ever leads to change or improvement. You may know what it is you need to be doing and still find you are unable to make a change.

Lifespan Integration and EMDR can bring possibilities for freedom from habitual relational or belief patterns by working with the neural networks of the brain.

## Lifespan Integration

### WHAT IS IT?

Lifespan Integration works at the neural level to re-pattern the old beliefs that are not serving you well in your present life.

From the very beginning of your life you are continually learning. You take in information, have experiences and form beliefs and strategies for making your way through life.

If you look back in your life, you can probably imagine a younger self who got an idea of how the world is from a particular experience. This only becomes a problem if that idea about the world does not actually match up with what "is" today. For example a bad relationship in the past can result in a lifelong struggle with trusting others. Even though you may know logically that someone could be trusted, you can't bring yourself to even venture in that direction.

### HOW DOES IT WORK?

Lifespan Integration uses the innate healing capacity of the body-mind to update old patterns. Although you will feel supported and heard during a session, it is different from "talk therapy" in that it addresses your problems at a very deep level.

During session we will identify a belief source from your past that is affecting you in your present life. You will be guided quickly through sequences of a panoramic view of imagery from your life. Your "younger self" is able to witness that time has passed and can determine that the old belief can be updated. Your brain activity during these guided sequences begins a neurological re-patterning that is an effective

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and essential element to finding relief and opening to new possibilities in your life and relationships.

If you have found yourself puzzled about feeling stuck even when you know exactly what it is you should be doing, Lifespan Integration could help.

## EMDR

### WHAT IS IT?

Eye Movement Desensitization and Reprocessing (EMDR) is a psychotherapy treatment that was originally designed to alleviate the distress associated with traumatic memories.

The goal is information processing, new learning, elimination of emotional distress, and development of cognitive insights.

This therapy method focuses on desensitizing and reprocessing problematic events or memories.

### HOW DOES IT WORK?

The brain has an effective mechanism for processing input so that we are able to move through our days without being overwhelmed.

You might be familiar with this experience: You've just had one of those really awful days and then after a good night's sleep, your memory of that day is not quite as intense or disturbing as the original experience. The natural processing of your brain has changed the distressing aspects of your memory.

There can be moments in life that are so upsetting that the brain can't process information as it usually does. Your memory of these experiences are almost "frozen in time" and can be retriggered. The images, sounds, smells, or feelings that are recalled are as vivid and disturbing as the first time; your original experience.

EMDR accesses the natural brain mechanism for processing experiences. I will use guided left-right eye movements, and /or alternating audio or tactile cues while you just notice and report what comes to mind around the memory. Old traumatic memories can cease to have the same disturbing effect on your way of

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being in the world.

EMDR therapy may make a difference for you in what is stressful and disturbing, those memories or habitual behaviours that are obstacles for a satisfactory life.

An assessment will determine if EMDR is the best course of treatment for you.

"The current treatment guidelines of the American Psychiatric Association and the International Society for Traumatic Stress Studies designate EMDR as an effective treatment for post traumatic stress. EMDR was also found effective by the U.S. Department of Veterans Affairs and Department of Defense, the United Kingdom Department of Health, the Israeli National Council for Mental Health, and many other international health and governmental agencies."

For more information please visit: [www.emdria.org](http://www.emdria.org)