

Benefits and Limitations of Lifespan Integration for Adult survivors of childhood Munchausen Syndrome by Proxy

Abstract

Aims

While the scientific literature has so far shown interest in all clinical variants of Munchausen Syndrome By Proxy (MSBP), in diagnostic criteria and in theoretical hypotheses to explain its onset, there are few studies on the psychological care of children, or especially adults who experienced MSBP as children. In addition to our literature review of MSBP, this article seeks to present the psychotherapeutic treatment of adult patients who, during their childhood, were victims of this abuse, using Lifespan Integration therapy.

Method

A precise phenomenological description of the conduct of Lifespan Integration sessions will provide an opportunity to understand its different forms. Reiterations of patient life stories, using a timeline, in visual and sensory form, can be effectively used in different ways for early traumas.

Results

This detailed and commented description enables identification of dissociative processes as sequelae of invasive care and emotional deprivation, especially when this was experienced during childhood.

Discussion

In this process of co-construction of patient biographies, we consider it important to achieve emotional stabilization before addressing the trauma. This phase of tuning that is both containing and soothing is a key component of Lifespan Integration therapy, as it enables integration of previously insurmountable mental suffering and the lifting of the paradox whereby, as a child, being cared for was dangerous.

Conclusion

It then becomes possible for these adults to be freed from the unchanging conviction that they are sick, incurably so, and to reorient the repetitive process initially organized by their parents.

<https://www.sciencedirect.com/science/article/abs/pii/S0014385515001152?via%3Dihub>