

Embodied Cognition in the Therapeutic process of Lifespan Integration (LI) therapy

Lifespan Integration (LI) therapy, formerly known as Life Cycle Integration (LCI) in the French-speaking world, is a recent psychotherapy requiring research regarding its effectiveness. The principle of this therapy is the integration of a set of memories into long-term memory in order to make the traumatic memory less intense and thus integrate it into the life story. Considering that bodily sensations felt when recalling an event influence the perception of this event, LI therapy is centered on the body. In this article, we explore the place of embodied cognition in the therapeutic process of LI therapy based on the study of Héloïse's therapy. According to the paradigm of Change Process Research, we study how Héloïse manages to better take into account the different signals sent by her body. We observe an improvement in emotional regulation, assessed with the DERS-f (Difficulties in Emotion Regulation Scale, French version). The concept of embodied cognition illuminates a central dimension of this new psychotherapy.