

## Lifespan Integration Birth to Present – Script

*This is a general guideline only. Every client will have a slightly different birth. This script assumes a typical birth in the US prior to ~ 1975. Beginning in the mid 70's newborn babies often stayed in their mother's hospital room instead of down the hall in the nursery.*

*Note the part of speech used here is "you". This is different from standard protocol where the therapist says: "Tell your child self that **she** is safe now."*

*When the client's early needs were not met, the therapist holds the doll representing the client's newborn self. This allows the client to feel like an infant being held. Throughout, therapist should purposefully say "you" or "your newborn self" rather than "he" or "she" when referring to the baby. The client is then able to regress to the feeling state of **being** a baby and **feeling** held, loved, and protected by the therapist.*

### **Script**

Imagine that you have gone back in time \_\_\_\_ years to the scene of your birth. Your mother is in labor in the hospital. It is toward the end of her labor. Your baby self's head is beginning to crown. I am there with you, and we are off to the side watching the doctor attend to your mother. Nod when you can see that.

*[Pause until client nods.]*

Now your mother has another contraction and the doctor manipulates her perineum, and now your head is out. *[Pause until client nods.]*

Now your whole body slides out, and the doctor holds you upside down and clears out your mouth so you can breathe. *[Pause until client nods.]*

Your baby self takes a breath of air into her lungs. The doctor sees that you are breathing on your own, so he clamps the umbilical cord and cuts it. *[Pause until client nods.]*

The doctor tells your mother she has a beautiful baby girl/boy. Now the doctor hands your baby self to me. I look into your eyes as I gently lower you into a bath of warm water. Now I am supporting your baby self in the water, swishing the water over you, gently stroking your skin, as I gaze into your eyes.

*[Pause until client nods.]*

I'd like you to imagine that you are standing right next to me, watching your baby self. If you want, you can help me bathe her. We are not really scrubbing her; we are just allowing her to relax in the water. *[Pause to give time for the client to imagine interacting with her baby self.]* How does she seem to you? *[Pause for response]* How do you feel about her? *[Pause for*

*response]. Some clients will report that they feel they ARE the baby looking up at the therapist. In this case, don't ask so many questions. Simply allow the client to enjoy the feeling of being an infant, and being held by a loving adult who is attuned to them.*

### **Script continued**

Now I am taking your baby self out of the bath, and putting you on a soft towel under some heat lamps. I am blotting your baby self dry and admiring your perfect little body, your tiny toes and feet.

I want you to imagine that you are standing beside me. Now please tell your baby self: "Welcome to the world, little one." Tell her that she is precious and perfect and lovable, and you are so happy she is here.

*[Client may not be able to say these words to her baby self. If client balks at this, then the therapist tells the client that therapist will tell the baby that she is precious and perfect and lovable.]*

Now I am putting a diaper on your baby self, and rubber pants and a T-shirt and nightgown. I am swaddling you in a blanket, all snug and secure. Now I am picking you up and holding your baby self close to my heart. I am going to bring your baby self to your peaceful place, so could you please lead the way and I will come right behind you, holding your baby self. Let me know when we are at your peaceful place.

*[Pause for client to nod.]*

Where did you take us? *[Pause while client describes her peaceful place.]*  
*[The following description goes with a warm beach as peaceful place.]*

Now imagine that I am holding your baby self, sitting in a comfortable chair in the shade. We are looking out at the ocean..... Imagine that you are sitting close to us. Take a moment to connect to the peace of this beautiful place. [pause briefly between each statement] Hear the sound of the ocean waves as the surf washes in, and then goes out again. In... and out...., and feel the warm sand on your toes..... Feel the warmth of the sun on your skin..... Breathe the fresh moist air..... Hear the birds calling to each other. I am holding your baby self close to me, and allowing her to connect to the peace and beauty of this place. She is safe here. I love to feel her soft body close to my heart. I am watching her breathe. She is so precious. Her skin is so soft. I love watching her face. Now can you come close to me and connect to your baby self? Look in her eyes and tell her she is precious and perfect and you are so glad she has been born. Tell her she will grow up to be an important part of you and you are going to show her the story of her life and how she will grow up. Let me know when you are ready to begin showing her her life. *[Pause for client to nod.]*

Now you are going to show your baby self what really happened after she was born. As I go over the stages of development, you will not remember

what happened. I want you to try to 'see' or feel yourself at each stage, and you may feel sensations in your body.

Imagine the scene of your birth again. After the doctor clamps and cuts your umbilical cord, he hands you to a nurse. The nurse scrubs you clean and weighs you. *[Pause for client to nod.]* She pricks your heel to get some blood and she puts stuff in your eyes that stings. *[Pause for client to nod.]* Then she puts a diaper on you and dresses you and swaddles you in a blanket. Now the nurse takes you down to the baby nursery. She puts you in a little box in the baby nursery and leaves you there, all alone. *[Pause for client to nod.]*

After what might seem like a very long time, the nurse brings you to your mother, and your mother holds you. Perhaps she feeds you. *[Pause for client to nod.]* After a while the nurse comes to take you back to the baby nursery. This is how it is for your first few days. The nurse brings you to your mother when it is time to eat, and the rest of the time you are alone in the nursery.

Now you are almost a week old and someone comes to bring you and your mother home from the hospital. Imagine yourself about 5 days old coming to your home for the first time and meeting *[the other people who live there]*. *[Pause for client to nod.]*

Now you are about one month old, looking around, not very coordinated yet. *[Pause for client to nod.]*

Now you are about two months old. You are old enough to smile and to imitate people. You can recognize faces and voices. *[Pause for client to nod.]*

Now you can babble and giggle. You can grab things and put them in your mouth. You can pull off people's glasses and grab their earrings and necklaces. *[Pause for client to nod.]*

Now you can roll over and scoot a bit. You are trying to crawl. *[Pause for client to nod.]*

Now you can crawl across the floor to get something that interests you. You can sit and play with things. *[Pause for client to nod.]*

Now take a moment to go back to the beach. Connect to the peace there, and check on your baby self. Imagine that you are coming over to me where I am holding your baby self. Try to connect with her. Look into her eyes and feel your love for her. *[Pause for client to nod.]*

She is so precious. I love holding her close to my heart and watching her face. She is so beautiful - such a miracle. *[Depending on what client has reported I describe my interactions with client's newborn self and simultaneously I attend to the doll in the way I am describing. This way client will see/feel me caring for her baby self whether her eyes are open or closed.]*

Now you are pulling yourself up to a standing position, and you are practicing walking while holding onto furniture or someone's fingers.

*[Pause for client to nod.]*

Now you are letting go of the furniture and taking a few steps on your own. When you lose your balance and fall down, you crawl over to something and pull yourself up again.

*[Pause for client to nod.]*

Now you can walk without falling. You are walking and even running. You are exploring and getting into things, climbing up on things. You are using words like: 'doggy' and 'more' and 'bye bye'.

*[Pause for client to nod.]*

Now you are talking in sentences. You are beginning to dress yourself. You are beginning to see yourself as a separate little person. You watch what older people do and imitate them. You like to say "no".

*[Pause for client to nod.]*

Take a moment to go back to the beach and connect with your baby self. Imagine that you are coming close to where I am holding her. Look into her eyes and feel your love for her. Tell her that she is precious and perfect and you are so happy she is here with you. Connect with her in whatever way works best for you, and let me know when you are ready to move on.

*[Pause for client to nod.]*

Now you are almost 3 years old. You can do lots of things for yourself. You are curious about everything and you like to ask "why?"

*[Therapist now begins reading cues, beginning with cue for age 3. Read only the cue, not the age or the year].*

1964 Age 3: Sam pulling you in your red wagon. *[Pause for client to nod.]*

1965 Age 4: First day of preschool *[Pause for client to nod.]*

1966 Age 5: Swimming lessons *[Pause for client to nod.]*

1967 Age 6: Learning to ride your bike *[Pause for client to nod.]*

Now go back to the beach and connect with your baby self. Feel your love for her. Look into her eyes and tell her she is so important to you. She is beautiful and precious. *[Pause for client to nod.]*

1968 Age 7: New baby brother *[Pause for client to nod.]*  
1969 Age 8: Best friend Amy *[Pause for client to nod.]*

*Continue through all the cues, reading one cue per year all the way to the present. About every seven years, (more or less depending on how well the client stays connected), instruct client to reconnect with her newborn self at the beach. After reading the last cue, ask client to think of something which has happened recently. Then ask the client to lead you to her home. Tell her that you will follow her bringing her baby self. Ask her to let you know when you have arrived at her home. *[Pause for client to nod.]**

Would you like to take your baby self now so you can show her where she lives with you? *[If client says 'yes', hand the doll to the client. Client may prefer to have the therapist hold her baby self.]*

Tell your baby self that this is where she lives now. Tell her she is very important to you. Tell her she is never alone because you are always with her. Show her the other people who live there with her. Tell her she is safe now. You are always there to take care of her and protect her. Now tell her you are going to take a little break, and then you will show her life to her again.

*During the break the therapist asks the client to describe her baby self. What is the newborn baby doing in the imagery? Does the baby look like a real baby? Does the client feel that this baby is herself? – or just a generic baby? How well is the client able to connect to the newborn self? Is the client able to gaze into the eyes of her baby self?*

*The break is short, 2 or 3 minutes only. After the break start again at the beginning. Usually 3 repetitions is enough. With BP the emphasis is on establishing a feeling state of contentment, containment, and safety in the client, and then integrating this through the TL.*

*Clients who experienced early trauma may not be able to enter a calm feeling state. Instead these clients may become activated when being led through their birth and early development. Use of LI is NOT recommended for clients with preverbal trauma until the therapist has more experience with LI, or further training and/or supervision.*

*Clients who experienced benign neglect and/or clients whose primary caregivers could not regulate their own emotion can benefit immensely from BP administered by secure, internally coherent therapists who are capable of connecting heart to heart with their clients while remaining calm and grounded.*