

Attachment Systems and Psychotherapy: An Internal Secure Caregiver to Heal and Protect the Parts of Our Clients: InCorporer Method

Authors : Julien Baillet

Abstract : In light of 30 years of scientific research, InCorporer Method was created in 2019 as a new approach to heal traumatic, developmental, and dissociative injuries. Following natural nervous system functions, InCorporer aims to heal, develop, and update the different defensive mammalian subsystems: fight, flight, freeze, feign death, cry for help, & energy regulator. The dimensions taken into account are: (i) Heal the traumatic injuries who are still bleeding, (ii) Develop the systems that never received the security, attention, and affection they needed. (iii) Update the parts that stayed stuck in the past, ignoring for too long that they are out of danger now. Through the Present Part and its caregiving skills, InCorporer method enables a balanced, soothed, and collaborative personality system. To be as integrative as possible, InCorporer method has been designed according to several fields of research, such as structural dissociation theory, attachment theory, and information processing theory. In this paper, the author presents how the internal caregiver is developed and trained to heal all the different parts/subsystems of our clients through mindful attention and reflex movement integration.

Keywords : PTSD, attachment, dissociation, part work

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