

Forgiveness Therapy in the Relief of Discomfort

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understanding the individual begins the process of recovery. This recovery many times progresses to resolution of a particular problem but, at the same time many clients return with familiar symptoms. It has been noted over hundreds of client records that forgiveness work is the key to lasting resolution, utilizing some form of forgiveness process is crucial to lasting resolution [4,5,11].

Many patients suffer from grievances for years. These sufferings many times lead to long lasting physical and/or psychological problems. Anger and depressions create harmful effects if not relinquished quickly. Aside from the effects of anger, depression, resentment and other negative feelings, the loss of joy, peace and tranquility as well as love and intimacy are lost during these times. The loss of these emotions and feelings is many times as devastating as the trauma itself [1,8]. Working with these clients has shown the power of forgiveness help the individual toward lasting healing. Those patients that did forgiveness work had successful resolution. Those that did not have sustained resolution were those who still need to work through the forgiveness process [1,2]. It is interesting to note that there are a number of individuals that despite all the therapeutic intervention will relentlessly hold on to anger, hatred and resentment. These individuals are seemingly driven by those forces and it has been my experience that some will hold on to those feelings until death.

When working therapeutically with clients that hold on to resentment and not let go, using death bed therapy has been beneficial for some (not all) to be able to forgive and let go [13]. Death bed therapy involves using the hypnotic phenomena of Age Progression. Age progression involves suggesting to the subject they are progressing forward in time (similar to age regression only now moving forward). The subject is progressed to a point in the future where they realize death is imminent. When this point is reached the individual is again suggested to let go of the negative feelings and emotions and be free of those bonds. Unfortunately there are some still refuse to let go.

It is also interesting to note that when working through past events both the ISE and SSE's, that an individual may find it not only necessary to forgive others (the perpetrator) but also to forgive themselves. The client/patient finds that they have feelings of guilt or anger with themselves for "letting themselves get into that situation" or "I must have done something to bring this upon myself" or perhaps "I caused this to occur". This self-forgiveness is many times overlooked by practitioners. If not resolved those feelings of self-guilt will fester and boil over sometime in the future [4,14].

One method of doing self-forgiveness work is to use ego state therapy [11]. This involves utilizing the ego psychology as described by Paul Federn and further developed by John and Helen Watkins. The hypnotized patient is deepened using a fractionation technique [8,11]. The subject is then asked while in hypnosis about the part of him/her that may feel some conflict with themselves. The part or ego state is then asked to simply announce its presence with verbalization of "I'm here". This may at first seem unnerving to both therapist and client and perhaps a better method to use at first (to avoid crating artifact) is to simply have the individual imagine going down a safe stairway, with sturdy handrails and anti-slip treads. Suggest to the client that at the bottom they will enter a room through a doorway. In the room they see a plush comfortable chair in front of them. The subject is then suggested to imagine anyone involved with their feelings of guilt. At this point it is not unusual to have the individual age regress to a childlike ego state and describing themselves as a certain age, wearing certain clothing etc. When this occurs that particular ego state has a need and wants to be heard by the therapist [11]. Some individuals

may prefer a "safe room" or "safety cocoon" if they have some trepidation or fear about this. In any case, it is important to assist the client to a point where they realize self-forgiveness is needed. They will come sti R e M-M witT Mx no ! ps sug fMieeve 1 Mtt' t' t' fUationi themselves numbS One nec wit thi qles! a b

Effects of Negative Affect

It has been demonstrated that negative affect states lead to physical calamity [1,2]. If this negative affect is not remediated negative effect is sure to occur. Hurt feelings, anger, hatred, resentment become a powerful engine idling beneath the surface. This powerful engine goes unnoticed many times yet is causative in so many "psychosomatic