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Change in Depression, Anxiety, Negative and Positive Affect, Life Balance, Self-Forgiveness, Psychological Flexibility, the Working Alliance, Outcome Measures and the Benefits of Psychotherapy: Case Studies of 2 Clients

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Abstract

This article demonstrates the digital assessment of two clients over the course of ten therapy sessions. Of particular interest was the change that took place in these two clients during three ART (Accelerated Resolution Therapy) sessions numbered four, five and six. During this period of time there were very substantial changes on many measures using Pragmatic Tracker and Blueprint digital assessment platforms. The changes that took place in these two clients were consistent on some of the measures such as anxiety, cognitive fusion, experiential avoidance, valuing, life balance, self-forgiveness, outcome and the benefits of therapy. However, they differed on other digital assessment measures such as depression, negative affect, the working alliance, and especially spiritual awakening.

One client's results overall were more volatile than the other, even though both clients showed major changes on many measures. Also, it appears that during the ART sessions (4th to 7th sessions) the second client's scores indicated greater change than the first. This is despite the fact that the first client attributed the most change to his ART sessions. Both clients, however, showed dramatic changes on the three ACT (Acceptance and Commitment Therapy) measures of psychological flexibility (cognitive fusion, experiential avoidance and valuing). This is consistent with the findings in a previous case study published earlier this year. These changes in psychological flexibility generally took place during all therapy sessions including the three ART therapy sessions. It was difficult to tell whether or to what extent the three ART therapy sessions

were more effective than the other seven therapy sessions with these two cases and, in particular, the three tapping sessions which took place immediately after the three ART therapy sessions.

Keywords Depression, Anxiety, Life Balance, Self-Forgiveness, Psychological Flexibility, ART, Tapping, ACT, Affect, Imagery, Working Alliance, Outcome, Digital Assessments, Benefits of Psychotherapy, Case Study

Introduction

In previous articles published in the *IJHC* (Friedman, 2020, 2021, 2023) and the Society for the Advancement of Psychotherapy (Friedman, 2019, 2022), new psychological scales were developed and introduced (Friedman, 2020, 2021) that can be used to assess change during psychotherapy. One of these scales has been recently translated and validated on Chinese nursing students (Friedman Life Balance Scale) in Nantung, China and was recently published (Zhao, F.F., Friedman, P., et al., 2023). These scales were also used to track changes in two clients in psychotherapy during a severe bout of COVID 19 (Friedman, 2022) and one distressed client with relationship problems, along with three psychological flexibility scales used in ACT or Acceptance and Commitment Therapy (Friedman, 2023).

The purpose of this paper is to digitally assess change in two clients over ten sessions who experienced the four following approaches: IFT (Integrated Forgiveness Therapy), ART (Accelerated Resolution Therapy), PPPT (Positive Pressure Point Techniques (PPPT), an offshoot of EFT (Emotional Freedom Techniques), and GIT (Guided Imagery Therapy). This may be the first time that a case study using detailed session by session digital assessment has been done using ART as one of the interventions, so it will be given a

special emphasis. See the Addendum for a brief description of these four techniques.

The purpose of this article is:

- To introduce the digital assessment of two cases using ART or Accelerated Resolution Therapy (Kip, 2013, Waits et. al, 2017, Rosenzweig, 2021) along with the more widely known Forgiveness (Friedman, 2010, 2015), Positive Pressure Point (Friedman, 2006, 2010) and Emotional Freedom or Tapping Techniques (Gallo, 2022, Stapleton, 2019) and Guided Imagery (Krau, 2020) approaches to psychotherapy.

Case Studies:

For confidentiality purposes, names, occupations, stories and identifying information have been changed.

Dan Stokes is a 36 year old divorced male carpenter, with one son, age 6. Mary Smith is a 30 year old married, female school teacher, with two children, ages three and five. Both Dan and Mary were depressed and anxious at intake but Mary was quite a bit more anxious and depressed than Dan. Dan had recently been divorced a few months earlier and was feeling guilty about how he had initiated the divorce. Dan and

Mary we're dealing with the trauma of difficult deaths in their families of either siblings or parents. Mary was also dealing with the disability of her five year old and a conflictual relationship with the father of her two children whom she had never married. Both Mary and Dan had relationship problems with members of their family of origin including parents and siblings. Both Mary and Dan were in therapy for the first time but Dan was much more ambivalent about seeking therapy.

Although Mary wasn't suicidal, she certainly felt a certain amount of despair about the direction of her life at the time she called seeking therapy with me. Both Dan and Mary were instructed that they would be given digital assessments every week from Pragmatic Tracker or [Blueprint](#) and that they would receive a link that they could click on to fill out the weekly questionnaires. The therapy with both Dan and Mary was conducted virtually using Bluejeans, a Verizon product similar to ZOOM.

Client Experiences

Both Dan and Mary were asked three questions after their tenth therapy session and asked to write short essays in response.

Here are their responses.

Dan: Tenth Session Summary of Experiences in Psychotherapy

Paragraphs 1. What brought you into therapy. What troubled you? What were your problems? What was upsetting you? What were your challenges? (Personally, relationally, spiritually and job or career wise)

I wasn't always open to therapy, but after losing both of my parents at such a young age and going through a tough breakup/divorce I was open to therapy and willing to make changes in my life. After losing my parents I felt a lot of grief. I lost my mom at only 17 years old, and I lost my dad very unexpectedly and dealt with a lot on my own after that. I felt a lot of regret and anxiety and wanted to learn better ways to work through these problems. After my breakup I felt a lot of guilt. I felt guilty ending a divorce when we were together for 8 years, but at the end of the day I wasn't feeling appreciated or supported. It was very challenging dealing with these problems on my own and upsetting when I was feeling judgements from others in my life that I felt were close to me.

Paragraph 2. What have you found most helpful, beneficial and meaningful during the course of therapy so far that helped you change, shift and improve in a positive way. This includes the use of the Forgiveness Solution book, (and any processes and exercises in it); plus any exercises, processes, tools and techniques you learned during therapy and used during the week.

During my therapy sessions I felt ART (Accelerated Resolution Therapy) to be the most beneficial and meaningful that helped me change and improve my mindset in a positive way. ART Therapy taught me how to change the scenes in my life that I felt were negative and brought on anxiety, fear, grief, and guilt, and shift them into a more positive light. Through these exercises I have been able to have a better outlook on my life and when something seems negative or is not going the way I would like I use ART

therapy to guide me to change my perspective to a positive outlook.

I also found the Tapping exercises (Positive Pressure Point Techniques) from the Forgiveness Solution book to be very helpful in managing my anxiety. I practice these exercises mostly in the mornings when I wake up, after work, and before bed when I feel anxious the most. Working through these exercises allows me to focus, reset, and feel calm and at peace.

Paragraph 3. What changes have taken place in yourself and your life or relationships during therapy in regards to paragraph one and anything else. How have your troubles/problems/upsets/relationships etc change, shift and improved in a positive way. How have you grown as a person or in your relationships?

The changes that took place in myself are that I found love and compassion for myself. I have made significant progress on forgiving myself through my divorce and accepting that I am happy where I am at in life. I also have a more positive outlook when I grieve for my parents. Although I will always miss them and grieve for them, I have learned to put any regrets behind me and focus on the good memories we had together.

I also feel that I have grown from my divorce. I have learned to stay calm when communicating with my ex from my past relationship. We are learning how to be good friends, and have been more open with our communication than we ever have. I am very happy I chose and was open to going to therapy. Although I feel I am ready to terminate my sessions I feel I have all the necessary tools to guide me through my life that will help me manage and cope

and deal with any problems that may arise in my life in the future.

Mary: Tenth Session Summary of Experiences in Psychotherapy

Paragraphs 1. What brought you into therapy. What troubled you? What were your problems? What was upsetting you? What were your challenges? (Personally, relationally, spiritually and job or career wise)

When I finally made the decision to go to therapy, my mom had just visited our home in PA from Iowa.. We had left Iowa in a very traumatic and abrasive way, with none of our belongings and absolutely no plan and did not say goodbye to anyone. I felt like I was trapped in this alternate universe trying to communicate with my parents who seemed to not listen to a single word I said, or care about my feelings, opinions, and decisions. I felt pushed into a corner with no way out and no way to think, and when they told my boyfriend, Bill, my supporter and partner, he had to fly back to Pennsylvania after making promises to do no such thing, I knew I had to leave. I drove from Iowa all the way to Pennsylvania, stopping in various cities. I knew how desperately I wished I could enjoy these places I had never been before. I was devastated at the way I left my family, and felt hopeless. I was afraid of being left alone to just think about what had happened.

Several months later, I eventually decided to tell my mother she could come and visit us out of guilt and shame that I had left without saying goodbye, and taking her granddaughter from her. I knew I was not ready to see her, because my anxiety was still extremely high, and

I struggled to accomplish day to day tasks. A single text from her would send me into a downward spiral of hours of crying, talking with Bill and trying to navigate how to handle the situation, what the right decision was, and silently wondering if I was to blame for it all.

I often would wake up in the night and just cry, because I felt so hopeless and heartbroken, confused and hurt. My thoughts were extremely jumbled and I felt as though I could not even form complete thoughts about how I felt, what I wanted or what any of it meant. I would jolt awake every morning, immediately filled with anxiety, feeling like I'd done something wrong, and that feeling lingered all day until I went to bed.

When my mom visited, she told me that I looked the worst she had ever seen me, commented on my weight, my sunken eyes, the whole thing. She said I had to come home, and pressured me into flying home with her. She spoke negatively about my abilities as a mother, and by the end of our conversation I felt more defeated, ashamed, fearful, and depressed than I had ever felt. What I wanted to tell her was that the reason I looked so bad was because of her and the stress that the entire situation put me under, but I didn't.

After her visit, I knew I needed to get help. I knew I was not okay and could not continue on the way I was. All I wanted were some tools to use to get past this anxiety that suddenly plagued my life. I had a lot of anxiety about the past, I constantly judged myself and thought of every mistake I'd made, the people I had hurt in the process. I never

processed my sister's death, I became pregnant right before my first year of college in an emotionally abusive relationship. I felt like my life was a series of unfortunate events and I was too afraid to sit down and process it because it felt like I would not be able to handle it.

So every day was a struggle; I was not living, I was surviving, and I couldn't find the beauty in life. I was sprinting from one thing to the next, afraid of the silence or calm, because the silence was not peaceful, it was terrifying. I filled every second of my day with something to do; and even that is something I still struggle with. Sitting down and just resting was not in the itinerary, ever. And eventually, after my mom's visit, I knew I could not go on living how I was.

Paragraph 2. What have you found most helpful, beneficial and meaningful during the course of therapy so far that helped you change, shift and improve in a positive way. This includes the use of the Forgiveness Solution book, (and any processes and exercises in it); plus any exercises, processes, tools and techniques you learned during therapy and used during the week.

I remember the first thing that hit me hard, was the beam of light imagery exercise that we do every session. Thinking about the light coming into me and spreading it out to every person close to me, then every person close to them, all the people in the world, and then onto the animals of the ground and sea, it was the first time I felt grounded and actually present in as long as I could

remember. As our sessions went on, I was able to process the things that were buried deep inside, the things I could not even form complete thoughts about. I was able to sit and go through them, think about how they have made me feel and affected my life.

The most important tool I have acquired so far is the ability to see how much forgiveness, and even more importantly un-forgiveness, is the answer to just about every question I was asking myself.

I had unforgiveness in my heart towards myself, my parents, my daughter's father, my sister, God... I was holding all of these silent grudges deep inside because I thought I was owed them. I thought that if I let them go then I would lose any hope of working through them, and it turned out to be just the opposite. No one is built to harbor all of that pain, hurt and unforgiveness, especially not towards every important person in their life. I was afraid of letting it go, because I thought some part of me would be gone too. I thought I would no longer be able to validate and justify the struggles I dealt with on a day to day basis, the anxiety I had.

But with therapy I have realized that I am doing myself, and everyone who loves me, a disservice by holding on to these grievances. I realized how much of the anxiety was my responsibility, because of how I allowed myself to perceive the things that happened to me. The exercises in the Forgiveness Solution book and the work we have done in the sessions have taken away so much of the confusion that clouded my mind, and showed me the path to follow

to find the light I was looking for all this time.

With my mom, I have been able to see her for the truth of who she is. I remember the first thing that hit me in regards to her was the illustration of the woman yelling at the man in anger, and then showing that underneath all of that is fear. I immediately thought of my mom, because that is the root of all of our issues. She is afraid of losing me, like she lost my sister, and I have pulled away from her for several years which further cemented that fear in her. I realized that she yearns for control, because in her traumatic childhood she did not have any. I have begun to love her regardless of all of these things, learning to let go of them, and reminding myself that I do not need this list of wrongs to be justified when another individual has hurt me, and that it is my responsibility to effectively communicate if it has, hope for a resolution, and even if there isn't one, forgive anyway.

Using the white magic eraser thing from the ART exercises on the trauma from my sister's death helped me to remove the barrier in my head that blocked all the positive memories of my sister,. It also revealed that the barrier was really just the unforgiveness I had against myself in my relationship with my daughter's father, Fred. It helped me to erase the trauma from that day and see past that and see all of the good and the happy things that I thought I would never see again.

Paragraph 3. What changes have taken place in yourself and your life or relationships during therapy in

regards to paragraph one and anything else. How have your troubles/problems/upsets/relationships etc change, shift and improved in a positive way. How have you grown as a person or in your relationships?

I am definitely not who I was when I started therapy just ten weeks ago. The anxiety I had then is no longer there, the pressure I felt from the moment I woke up is completely diminished. I have begun to take responsibility for everything that happens on a day-to-day basis, and seeing my role in my life. I often think of the goals we put in place in the beginning, and I think of the one about looking back and seeing how I have helped others, and not just wallowing in my own afflictions. But now to me, that is not a goal with a timeline. I have realized that I am naturally very inwardly focused as I always have been; I have always had goals for myself and things I wished to attain or accomplishments I wished to complete, and I have realized how that can make me become subconsciously selfish. Every day I look for opportunities to get out of that mindset and put effort into my relationships with others. So I am not so focused on me, myself and I, and how I'm feeling, because that has not done a whole lot of good for me in the past.

I have looked for the balance of accomplishing what I wish to, but also focusing on how I can be a blessing to others. I have realized that a situation is only what I allow it to be, and things can only affect me if I give them permission to. My mother's *feisty* personality has as many flaws and strengths as mine does,

and every word she says does not need to send me into a downward spiral. I know now that loving her will heal all things, if I believe it to, like the story in the book of the woman who took care of her sick father. I think the same can happen with me and my mom, If I reach out the hand of love, forgiveness, gratitude, and patience, I think all of this anxiety I have towards her will continue to go away.

I have hope about moving back to Iowa, and I have hope that everything will be okay. I can see the protective barrier I put around myself before, like I was hiding behind all of that hurt, as if it could keep it from happening again. I could not connect with people or allow them in, I could not be present in the moment and enjoy it without looking for the next thing. But now, I feel much more capable in my life, my decisions, and my ability to love others and myself.

Digital Assessments

Tables show the results of the digital assessments. Dan and Mary were given questionnaires digitally before every therapy session that they could fill out from links sent by Blueprint or Pragmatic Tracker on their cell phones or computers. They filled out weekly the Friedman 5 Factor Personality Scale with an Emotional Stability subscale (Friedman, 2020); the Generalized Anxiety Disorder-6 item (GAD-6; Spitzer et al., 2006)) scale; the Patient Health Questionnaire-9 item (PHQ-9; Kroenke et. al., 2001) depression scale; the Friedman Affect and Friedman Belief Scales -short form (Friedman, 2021); the Friedman Life Balance Scale ((Friedman, 2020); the Friedman Spiritual Awakening Scale (Friedman,

2020); the Clinical Outcomes in Routine Evaluation 10 items (CORE10; Barkham, et al., 2013) scale, the Working Alliance Scale (WAI; Horvath & Greenburg, 1989), the Outcome Rating Scale or ORS (Duncan, B. et. al., 2003), the Cognitive Fusion Questionnaire or CFQ (Gilanders, D.T, et.al., 2014), the Acceptance and Action Questionnaire or AAQ-II (Bond, F.W., et.al, 2011), the Valuing Questionnaire or VQ (Smout, M., et. al., 2014) and the Helpfulness and Beneficial Therapy Scale (Friedman, 2020).

The first three sessions consisted of an initial interview, the psychological uplifter, a white light imagery and meditation sequence at the beginning of each therapy session and the introduction to my book “The Forgiveness Solution” (Friedman, 2010) at the end of session two. Both clients were given a copy of my book, “The Forgiveness Solution” at the end of session two.. They were asked between all subsequent sessions to read and do the exercises in two or three chapters in the Forgiveness Solution book.

Both clients experienced ART (Accelerated Resolution Therapy) during therapy sessions four, five and six. In sessions 7, 8 and 9 the clients we're taught the Positive Pressure Point Tapping Techniques (PPPT) discussed and demonstrated in chapters 8 and 9 of the Forgiveness Solution book. This technique is an offshoot and elaboration of EFT also known as the Emotional Freedom Techniques. Meanwhile both clients engaged in many of the forgiveness guided imagery exercises in my book, *The Forgiveness Solution*, during the week. Therapy session 10 was spent either concluding therapy with a

ten-session written summary of the client’s experience or anything else that needed to be done.

Tables 1-13

Table 1 shows the changes in the PHQ-9 Depression Scale for Dan and Mary. Mary had a depression score of 12 at intake while Dan had a score of 6. At the tenth therapy session Dan had a score of 1 and Mary a score of three. The trend of Dan’s scores on depression were close to a straight line. Mary's depression scores however were very different. After dropping substantially between the first and second session Mary scores on depression went up to 10 and 14. Then Mary’s scores dropped to eleven, seven, four and eventually two. In other words, Mary appeared to be getting worse before she got a lot better. This is a very different trajectory of change on depression then Dan. Mary also showed dramatic changes from session four to seven, the ART sessions, while Dan showed more gradual changes consistent with his overall change pattern.

| | | | | | | | | | | | |
|------|----|---|----|----|----|---|---|---|---|---|---|
| Dan | 6 | 6 | 5 | 4 | 3 | 1 | 1 | 0 | 0 | 1 | 1 |
| Mary | 12 | 6 | 10 | 14 | 11 | 7 | 4 | 2 | 2 | 2 | 3 |

Table 1: Changes in the PHQ-9 Depression Scale

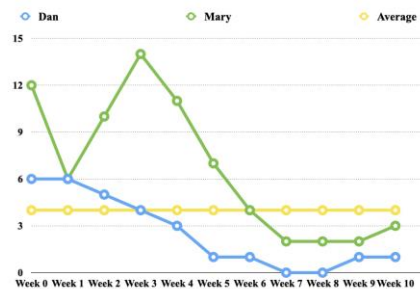


Table 2 demonstrates the changes that took place in Dan and Mary on the GAD-7 anxiety scale. On this scale Mary had a score of 16 at intake and Dan a score of 10. Then Mary's score dropped significantly between the first and the ^{second} session to 5 before going up to 8 for 3 sessions. Dan on the other hand had a fairly consistent drop in his anxiety scores on the GAD-7. Finally Dan's scores dropped to 3, 4, 4, 2 and 1, 1 2 . All these scores are below the anxiety cut-off of four. Finally, Mary had scores of 3,3 4, 1 and 0 for the last five sessions, mostly below the cut-off of four. All scores were below the cutoff of four for the last six sessions except for one score of five that Mary had at week nine. Again Mary showed marked changes from session four through seven, the ART sessions (she also dropped markedly in the three pre-ART sessions), while Dan showed more gradual changes consistent with his overall pattern.

Dan
10 9 9 6 3 4 4 2 1 1 2
Mary
16 5 8 8 8 2 3 3 1 5 0

Table 2: Changes in the GAD-7 Anxiety Scale

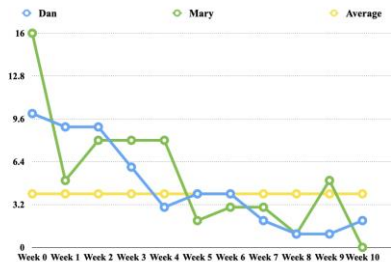


Table 3 indicates that on the Friedman Negative Affect Scale, Dan's scores decreased significantly from 20, 20 and 18 to 9, 9 and 8 and then dropped even further to 5, 2, 3 and 3. Mary's scores

jumped around a lot more from 24, 18, 24, 36 and 30 to 15, 8, 5, 6, 3 and ended with 6. Overall Dan's scores dropped 17 points and Mary's 18. Dan was much more consistent in the downward trend than Mary though eventually she changed as much. Both Dan and Mary ended up with low Negative Affect Scale scores, however. Mary's scores jumped but dropped dramatically from session 4 through 7 the ART sessions while Dan's scores again decreased more gradually from session 4 through 7.

Dan
20 20 18 9 9 8 5 2 3 3 2

Mary
24 18 24 36 30 15 8 5 6 3 6

Table 3: Changes in the Friedman Negative Affect Scale

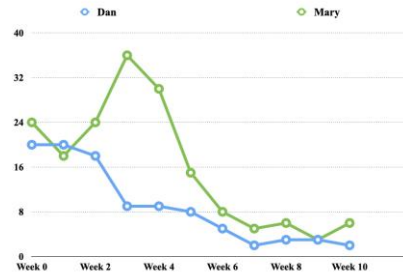


Table 4 shows that Dan and Mary had very similar decreasing scores on the Cognitive Fusion (CF) scale. In fact, Dan's scores decreased overall from 41 to 13 and Mary's from 40 to 13. Dan had scores of 40, 35, 33, 28, 25 and 23 and then 18, 11, 12.8, 12 and finally 13. Mary had scores of 41, 41, 32, 33 and 29 and then 18, 16, 11, 13.2, 16 and finally 13. Both Dan and Mary ended up with scores well below the average score of 25. In fact, they both dropped below 25 by the 6th session. Cognitive Fusion (CQ) is one of the measures used in the

ACT (Acceptance and Commitment Therapy) approach to therapy to assess psychological flexibility. This strongly suggests that both Dan and Mary were much more psychologically flexible by session 6. This reinforces the case study finding in a recent article in the IJHC (Friedman, 2023). Both Dan and Mary, however, had a fairly consistent drop in Cognitive Fusion throughout the course of the ten therapy sessions. It doesn't appear that the change in Cognitive Fusion, although substantial, was any greater during the 3 ART sessions than other sessions.

| | | | | | | |
|-----|----|----|------|----|----|--|
| Dan | | | | | | |
| 40 | 35 | 33 | 28 | 25 | 23 | |
| | 18 | 11 | 12.8 | 12 | 13 | |

| | | | | | | |
|------|----|----|------|----|----|--|
| Mary | | | | | | |
| 41 | 41 | 32 | 33 | 29 | 18 | |
| | 16 | 11 | 13.2 | 16 | 13 | |

Table 4 Changes in Cognitive Fusion (CFQ)

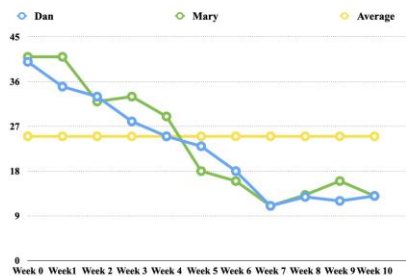


Table 5 demonstrates that both Dan and Mary decreased substantially on the AAQ-II which is a measure of Experiential Avoidance or Psychological Inflexibility. Dan started with a score of 35 and ended up at the tenth session with the score of eight. Mary started with a slightly higher score of 37 and ended with a higher score than Dan of 16. Still these are fairly dramatic changes over a

period of 10 sessions in a quasi linear like downward direction. The trend for Dan and Mary in both cases was fairly similar. Moreover, once again the decrease in experiential avoidance or psychological inflexibility, though substantial, during the three ART sessions, was also substantial during the rest of the therapy sessions.

| | | | | | |
|-----|----|----|----|----|----|
| Dan | | | | | |
| 35 | 30 | 32 | 29 | 25 | 24 |
| | 15 | 10 | 10 | 10 | 8 |

| | | | | | |
|------|----|----|----|----|----|
| Mary | | | | | |
| 37 | 38 | 31 | 36 | 33 | 25 |
| | 23 | 15 | 14 | 16 | 16 |

Table 5: Changes in AAQ-II (Experiential Avoidance or Psychological Inflexibility)

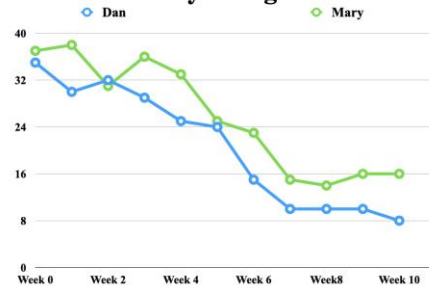


Table 6 indicates that both Dan and Mary increased from relatively low scores on VQ, the Valuing Questionnaire to fairly high scores. The Valuing Questionnaire is considered another measure of

Psychological Flexibility in ACT. Dan started with a score of 32 and fairly gradually increased to a score of 56 at the seventh session and ended up with a score of 55 at the 10th session. Mary started with a score of 28 at the first session and didn't change much over the next three sessions. Her scores then jumped up to 52 and stayed in that range

until the tenth session, ending up with a score of 48. Overall, Dan increased 23 points and Mary increased 20 points. In any case they both showed very significant increases in psychological flexibility though Mary's scores were more volatile. Mary's scores appear to have increased on the Value measure much more dramatically during the three ART sessions, session four to seven, than Dan's scores did. His scores on the valuing measure increased steadily throughout the course of treatment.

| | | | | | | |
|------|----|----|----|----|----|--|
| Dan | | | | | | |
| 32 | 39 | 30 | 41 | 41 | 45 | |
| | 48 | 56 | 55 | 57 | 55 | |
| Mary | | | | | | |
| 28 | 28 | 32 | 28 | 26 | 52 | |
| | 48 | 57 | 52 | 41 | 48 | |

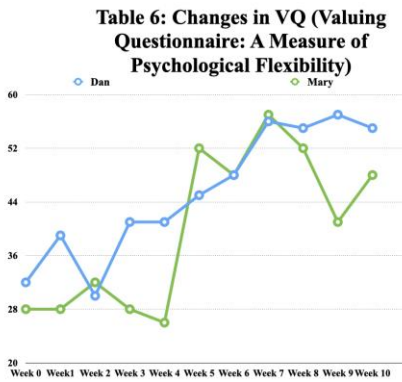


Table seven shows the changes that Dan and Mary made on the Friedman Life Balance scale. On this scale 51 is an average population score. Dan started with a below average score of 45 but by the 5th session he had reached a score of 51. He ended with a score of 60 at the tenth therapy session. Mary started with the score of 52 at the initial session and stayed pretty much the same for the first four sessions. However, she jumped up to a score of 70 at the fifth session and

ended with the well above average score of 76 at the tenth session. Overall, Dan increased by 15 points on the Friedman Life Balance scale and Mary increased 24 points. In both cases Dan and Mary increased markedly in their Life Balance. In this case both Dan and Mary seem to have substantial increases in their Life Balance scores during the three ART sessions, sessions 4 through 7.

| | | | | | |
|------|----|----|----|----|----|
| Dan | | | | | |
| 45 | 39 | 34 | 40 | 41 | 51 |
| | 49 | 61 | 60 | 60 | 60 |
| Mary | | | | | |
| 52 | 53 | 55 | 50 | 55 | 70 |
| | 63 | 71 | 76 | 75 | 76 |

Table 7A: Changes in the Friedman Life Balance Scale

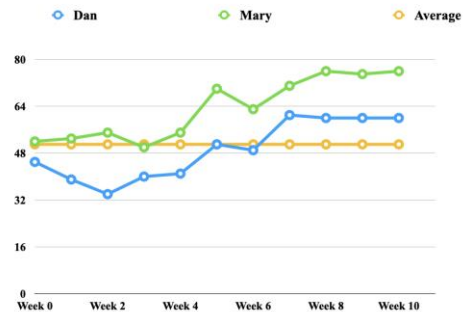


Table 7B shows the changes in Self-forgiveness, Self-compassion, and Self-love, which is a subscale of the Friedman Life Balance scale, that Dan and Mary made over the ten therapy sessions. Dan did not make any changes on this subscale until the fifth session when he went from a score of 15 to a score of 19 at the 10th session. Mary, on the other hand, made some gradual changes in the early sessions, and then from the 4th through the seventh session she made substantial changes going from a score of 12 to a score of 19. For Mary

these were the ART sessions that substantially began to change her life. Dan's changes during the ART sessions were slightly more modest, going from 12 to 17. Still, both Dan and Mary improved significantly in Self-forgiveness, Self-compassion and Self-love, especially during the ART sessions.

| | | | | | |
|------|----|----|----|----|----|
| Dan | | | | | |
| 13 | 13 | 10 | 13 | 12 | 15 |
| | 16 | 17 | 18 | 18 | 19 |
| Mary | | | | | |
| 8 | 9 | 12 | 10 | 12 | 18 |
| | 18 | 19 | 19 | 16 | 18 |

Table 7B: Changes in Self-Forgiveness, Self-Compassion and Self-Love

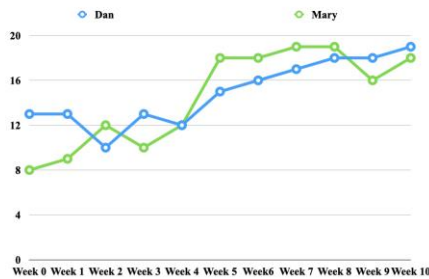


Table 8 demonstrates the changes, if any, that Dan and Mary made on the Friedman Positive Affect scale. Dan started with the score of 50 which is quite high and ended with a score of 50 indicating no change. Mary started with a score of 31 which is quite low and increased 15 points to a score of 46 at the 10th session. Although she ended up with this slightly lower score on Positive Affect than Dan, she made a lot of progress because her score of 31 was so low at intake. Dan appears to have made little or no progress on Positive Affect during the three ART sessions, while Mary had a significant jump in Positive Affect during the three ART sessions.

| | | | | | |
|------|----|----|----|----|----|
| Dan | | | | | |
| 50 | 47 | 45 | 42 | 45 | 46 |
| | 48 | 55 | 51 | 54 | 50 |
| Mary | | | | | |
| 31 | 38 | 36 | 33 | 32 | 41 |
| | 47 | 47 | 50 | 39 | 46 |

Table 8: Changes in the Friedman Positive Affect Scale

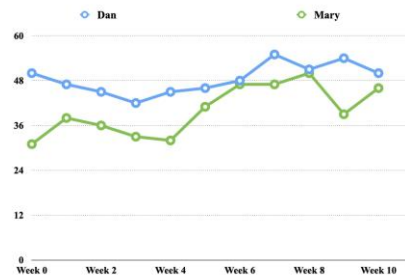


Table 9 indicates that Mary started with the maximum working alliance score (WAI) of 60 and ended with a maximum working alliance score (WAI) of 60. Dan on the other hand started with a moderate score of 48 on working alliance but ended with a maximum working alliance score of 60. It is more typical for clients to start with lower working alliance scores and then to increase over time to high or even maximally high working alliance scores. It is unusual for a client to start with such a high working alliance score as Mary did and then for the most part to continue with very high working alliance scores throughout the course of treatment. Dan's score on the Working Alliance measure increased steadily throughout the course of treatment including through the three ART sessions. Since Mary had such high scores to start with there wasn't much room for change during the three ART sessions on the Working Alliance measure

| | | | | | |
|------|----|----|----|----|----|
| Dan | | | | | |
| 48 | 51 | 53 | 53 | 55 | 55 |
| | 56 | 59 | 56 | 59 | 60 |
| Mary | | | | | |
| 60 | 54 | 58 | 59 | 57 | 60 |
| | 60 | 59 | 60 | 60 | 60 |

Table 9: Changes in the Working Alliance Inventory (WAI)

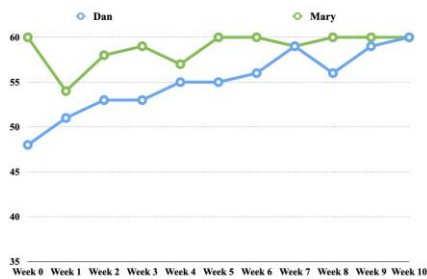


Table 10 shows that Mary had a steadily increasing spiritual awakening scale score from 52 to 68 on the Friedman Spiritual Awakening Scale while Dan had a spiritual awakening scale score that decreased overtime from 54 to 39. Most of the other measures moved in the same direction for Mary and Dan so this is a somewhat unexpected finding. However, Dan comes from a more atheistic background and Mary from a more religious background. It appears that Dan's scores on the spiritual awakening scale started decreasing during the three ART sessions, sessions four through seven, while Mary's scores appeared to have increased during those three ART sessions.

| | | | | | |
|-----|----|----|----|----|----|
| Dan | | | | | |
| 54 | 47 | 48 | 46 | 50 | 33 |
| | 38 | 42 | 47 | 43 | 39 |

Mary

| | | | | | |
|----|----|----|----|----|----|
| 52 | 54 | 56 | 56 | 53 | 71 |
| | 64 | 69 | 68 | 72 | 68 |

Table 10: Changes in the Friedman Spiritual Awakening Scale

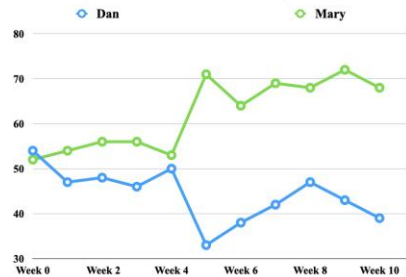


Table 11 demonstrates that on the ORS (Outcome Rating Scale), both Dan and Mary show significant positive changes. Dan increased eight points on the ORS from 25 to 33 while Mary increased 14 points from a low 15 to a score of 29 at the tenth therapy session. An average score on the ORS is 25. So Mary went from well below the average ORS score to four points above it, and Dan went from an average ORS score of 25 to a score of 33 well above it. ORS is basically a four question measure of well-being. However, Dan did not appear to have changed at all during the three ART sessions, sessions four through seven, while Mary's scores increased substantially during the three ART sessions.

| | | | | | |
|------|----|----|----|----|----|
| Dan | | | | | |
| 25 | 24 | 25 | 34 | 32 | 30 |
| | 31 | 34 | 35 | 34 | 33 |
| Mary | | | | | |
| 15 | 19 | 23 | 18 | 20 | 26 |
| | 28 | 28 | 30 | 27 | 29 |

Table 11: Changes in ORS Outcomes

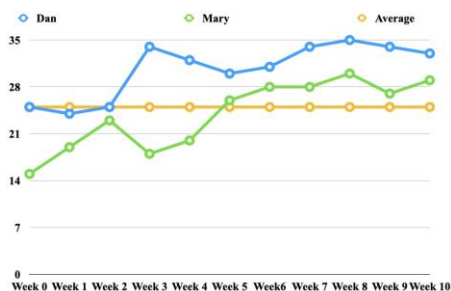


Table 12: Changes in CORE Outcome

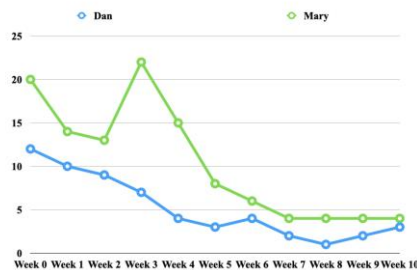


Table 12 indicates that on another outcome measure called CORE, which is a short measure of psychological distress, that Dan’s scores dropped from a mild level of 12 to a low score of three. Mary’s scores dropped from a moderate to severe score of 20 at intake to a low score of four. A score of 0 to 5 is considered healthy. So on both outcome measures Dan and Mary moved into the healthy range of well-being.

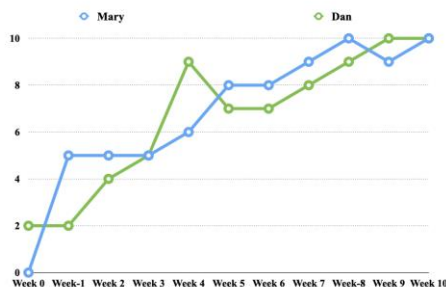
Once again Dan’s scores indicate a gradual drop in psychological distress over the course of the 10 therapy sessions including the three ART sessions. Mary, on the other hand, appears to have dropped markedly on this short psychological distress measure, the CORE-10 during the three ART sessions, sessions four to seven.

| | | | | | | |
|------|----|----|----|----|----|---|
| Dan | 12 | 10 | 9 | 7 | 4 | 3 |
| | | 4 | 2 | 1 | 2 | 3 |
| Mary | 20 | 14 | 13 | 22 | 15 | 8 |
| | | 6 | 4 | 4 | 4 | 4 |

Table 13 shows that on a measure of Benefits of Therapy, Dan shifted eight points from a score of two at intake to a maximum score of 10 at the 10th therapy session. Mary, on the other hand, started with a score of 0 at intake and ended with a maximum score of 10 out of 10 at the 10th therapy session. Consequently, both Dan and Mary are reporting dramatic changes in the positive impact and benefits of therapy. However, Mary’s scores on the benefit measure seems to indicate a greater positive change during the three ART sessions while Dan’s scores seemed to indicate little or no change during those three ART sessions.

| | | | | | | |
|------|---|---|---|----|----|----|
| Dan | 2 | 2 | 4 | 5 | 9 | 7 |
| | | 7 | 8 | 9 | 10 | 10 |
| Mary | 0 | 5 | 5 | 5 | 6 | 8 |
| | | 8 | 9 | 10 | 9 | 10 |

Table 13: Changes in the Benefits of Therapy



Possible Limitations This is a case study, N = 2. Naturally, results from such a small sample size cannot be generalized to a larger population without further clinical research. This is a multiple methods ICBEST (Integrative, Cognitive, Behavioral, Energy, Spiritual Therapy) approach. Therefore, it is impossible to fully isolate the effects of any single active intervention such as ART (Accelerated Resolution Therapy), and impossible to draw any definitive conclusions about the interventions themselves. It is, however, an exploratory investigation, session by session, using digital assessments early in therapy, of ART's effectiveness with two clients. It also does show how clinician-researchers can use their offices as laboratories to explore the effects of newer forms of psychotherapy.

Discussion

This article demonstrated the digital assessment of two clients over the course of ten therapy sessions. Of particular interest was the change that took place in these two clients during three ART, (Accelerated Resolution Therapy), sessions numbered four, five and six. During this period of time there were very substantial changes on many measures using Pragmatic Tracker and Blueprint's digital assessment platforms. The change that took place in these two clients was consistent on some of the measures such as anxiety, cognitive fusion, experiential avoidance, valuing, life balance, outcome and the benefits of therapy; and different on other digital assessment measures such as depression, negative affect, the working alliance, and especially spiritual awakening.

It appears that Mary's results overall were more volatile than Dan's even though they both showed major changes on many measures. Also, it appears that during the ART sessions (4th to 7th sessions) Mary's scores indicate greater change than Dan's. This is despite the fact that Dan attributed the most change to his ART sessions. Both Dan and Mary, showed dramatic changes on the three ACT (Acceptance and Commitment Therapy) measures of psychological flexibility (cognitive fusion, experiential avoidance and valuing). This is consistent with the findings in a previous case study published earlier in 2023 (Friedman, 2023). These changes in psychological flexibility generally took place during all therapy sessions including the three ART therapy sessions. It is also impossible to tell whether or to what extent the three ART therapy sessions were more effective than the other seven therapy sessions with these two cases, and in particular the three tapping sessions which took place immediately after the three ART therapy sessions.

In previous articles in this journal, for example, sessions four through seven typically consisted of using the Positive Pressure Point Techniques (PPPT), which extensively uses tapping techniques. The changes using PPPT in those case studies were comparable to the changes using ART in this study of two cases. In addition, in all sessions after session two, the clients were working between sessions with the exercises in my book, *The Forgiveness Solution*.

Conclusion

This case study shows how an ICBEST (Integrative, Cognitive, Behavioral, Energy and Spiritual Therapy) approach can be an effective treatment for common psychological issues. It illustrates the use of digital assessments, viz. Blueprint and Pragmatic Tracker, to track therapeutic progress session by session. It also provides evidence for the utility of assessing psychological flexibility as an indicator of therapeutic change over time and the power of self-forgiveness, self-compassion and self-love to facilitate change. Generally, it also shows how negative affect goes down while positive affect goes up over time; and that the therapeutic alliance is also an important ingredient in the outcome and benefits of change. This case study particularly focused on Accelerated Resolution Therapy (ART) over sessions four to seven as the author had not previously used this newer approach before, early in therapy. Nevertheless, the Positive Pressure Point Techniques (PPPT, which includes tapping), Integrative Forgiveness Therapy (IFT) and Guided Imagery Therapy (GIT) were also important components overall of the treatment of these two cases.

Addendum

Description of the four major interventions used in the two cases.

Accelerated Resolution Therapy (ART) is a newer form of psychotherapy developed by Laney Rosenzweig. It consists of all of the following components: bilateral eye movement stimulation, core beliefs, sensations and feelings, voluntary image replacement,

Thank You:

the director scene, rescripting, scene matching, gestalt techniques, metaphors, shifting perspectives, positive imagery, healing trauma and sometimes spirituality.

Integrative Forgiveness Therapy (IFT) consists of eight principles of forgiveness based heavily on *A Course in Miracles*, forgiveness affirmations, forgiveness guided imagery, forgiveness based letter writing and forgiveness based gestalt-type empty chair exercises. They are collectively integrated into a powerful forgiveness healing process.

Positive Pressure Point Techniques (PPPT) which is an offshoot of the **Emotional Freedom Techniques (EFT)**. Both the Positive Pressure Point Techniques and the Emotional Freedom Techniques are basically Tapping Techniques. The client taps on a series of acupressure points after briefly holding in mind an emotionally charged image or feeling. Sometimes the Positive Pressure Point Techniques utilize affirmations and sometimes not.

Guided Imagery Therapy (GIT) has been around for a long time. The guided imagery approach used with these two clients focuses on forgiveness guided imagery. It uses fourteen forgiveness imagery scripts which are in the author's book *The Forgiveness Solution* (Friedman, 2010) All of these forgiveness scripts are available on MP3's which are provided free of charge to clients.

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Bio

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